For Reference

Not to be taken from this room

303753

Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

Penal Code of California, 1915, Section 623.

Better Homes and Gardens

CIRCULATION
LIBRARY

60¢

BURLINGAME
DEC 31 1974
LIBRARY

Barbecues Cold-weather Style

eekend
jects: Ten
ways to make
ur house better

corating: A room for the
nily to create and enjoy

e kitchen craft ideas

The best
exercises for
your health

Great
gardens for
young sprouts

Special: An eas
new quilting technique

Kitchen window gardens-
A joy all through the winter

308753

Let the sunshine in! Armstrong Solarian®

The sunny floor that shines without waxing.

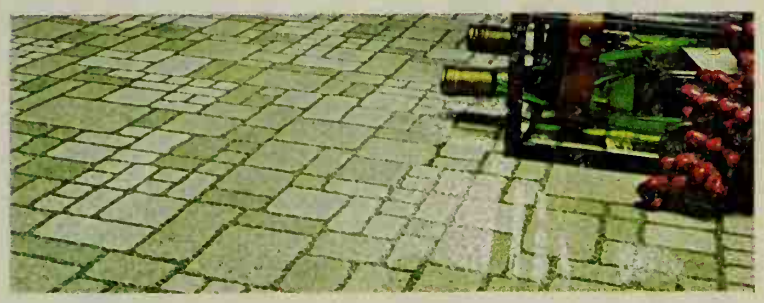
What's the secret? Solarian's special Mirabond® wear surface that keeps its high gloss, without waxing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines: just sponge-mop with a detergent and rinse thoroughly. Black heel marks come up easier, too.

Where foot traffic is heaviest, you may eventually see a reduction in gloss. So, if you need it, your Armstrong retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine the way you like it.

Armstrong floor fashion center

You'll find your nearest Armstrong retailer in the Yellow Pages under "Floor Materials." Many are authorized "Floor Fashion Center®" retailers, offering a complete selection of Armstrong floors, color-coordination assistance, and professional installation. Look for this sign.

Shown here are just three of the many Armstrong patterns with our "shines-without-waxing" Mirabond wear surface. See them all at your retailer's store. Or we'll send you free color brochures. Write Armstrong, 7501 Elm St., Lancaster, Pa. 17604.



Armstrong

CREATORS OF THE INDOOR WORLD®

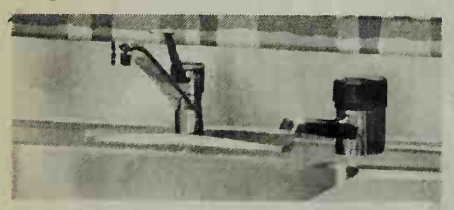
Certain floor designs copyrighted by Armstrong

GET HALF A NEW KITCHEN WITH ONE KITCHENAID APPLIANCE.

It's a KitchenAid dishwasher that comes with its own sink cabinet, stainless steel sink and counter top.

The whole unit's only 48″ wide. But there's plenty of room in the storage cabinet.

Enough space to add a KitchenAid stainless steel disposer under the sink.



And to add a KitchenAid hot-water dispenser on top. For steaming hot water. Instantly.

Altogether, it can be a one-piece kitchen clean-up center.

For details on models and colors, talk to your KitchenAid dealer. (He's listed in the Yellow Pages under "Dishwashers.") Or just mail us the coupon.

KitchenAid®
Built better. Not cheaper.

KitchenAid Division, Dept. 5DC-1
Hobart Corporation
Troy, Ohio 45374

Tell me about your Dishwasher-Sink.

Name_____

Address_____

City_____

County_____

State_____

Zip_____

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JANUARY, 1975; VOL. 53, NO 1

FAMILY HEALTH
4 Exercises that can help save your life

CRAFTS
58 Crayon quilt
60 Art from the oven
74 January sewing special: Versatile jump suit

DECORATING
52 A family-produced guest room

FOOD
20 He cooks: San Francisco Firehouse Bread
50 Win money for your recipes
68 Winter day barbecue
Fire up the grill
70 Rev up the rotisserie
72 Stir up the stuffing
77 Prize tested recipes
Meat loaves—Doughnuts

EQUIPMENT
26 Kitchen window gardens
62 Kitchen face-lifts

GARDEN
64 Fun gardening for kids

FAMILY MONEY MANAGEMENT
24 How to close the gaps in Medicare
24 Can you make money with your crafts?

FAMILY TRAVEL
15 A guide to stay-put vacations in the Caribbean

BUILDING
34 Weekend projects
Fast ways to make your house better

CARS IN YOUR FAMILY
48 Watch out for these road hazards

NEWS AND SHOPPING
8 Good news
82 How to order material from the magazine
83 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 80

Cover photograph: de Gennaro

CUSTOMER SERVICE: For service on your magazine subscription or book club membership, write Customer Service Director Mi ael K. Curtis, 1716 Locust Street, Des Moines, Iowa 50336.

Editor JAMES A. AUTRY
Managing Editor MYLES CALLUM Art Director BILL YATES
Administrative Editor DUANE L. GREGG Editor-at-Large GEORGE BUSH

Foods and Equipment Editor DORIS EBY
Kitchens, Appliances, Home Management Editor JOAN McCLOSKEY *Senior Associate Food Editor* NANCY BYAL
Associate Food Editors SALLY P. TORPEY NANCY HOPKINS *100's of Ideas Editor* NANCY LINDEMEYER

Building and Outdoor Living Editor NOEL SENEY
Garden Editor HAMILTON MASON *Associate Editor* BEVERLY GARRETT *Architectural Editor* STEPHEN MEAD
Remodeling and Home Maintenance Editor DAVID R. HAUPERT *Improvement Ideas Editor* RUSSELL O'HARRA

Interiors and Design Editor RICHARD W. JONES
Crafts and Home Entertaining Editor ELIZABETH CRASTER *Home Furnishings Editor* SHIRLEY VAN ZANTE
Associate Designer ROBERT E. DITTMER *Projects Designer* DAVID ASHE
Associate Editors PAMELA WILSON CULLISON REBECCA JOHNSTON *Christmas Ideas Editor* MARGO GARRITY

Health and Family Life Editor GERALD KNOX
Money Management Editor MARGARET DALY *Leisure Products and Pets Editor* DOUGLAS M. LIDSTER

Travel and Transportation Editor GORDON GREER
Automotive Editor PETER STEPHANO *Regional Travel Editor* KATE KEATING *Western Travel Editor* TONY SWAN

Special Interest Publications
Editor NEIL KUEHNL *Managing Editor* RICHARD W. ROYER *Associate Editor* ROBERT A. DICKELMAN

Copy Editor MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS *Editorial Research Associate* C. RAY DEATON

Associate Art Director GERALD PREATOR *Assistant Art Director* ERNEST SHELTON
Graphics Designers ROBERT C. FURSTENAU JOHN CASWELL BRYAN E. McCAY *Art Production Manager* RAY WOODS

New York—Eastern Editor MARGARET McMAHON *Associate Design Editor—East* CAROL BASSIN HELMS
Associate Editor LESLIE COLCORD *Shopping Editor* ANN LIVELY
Los Angeles—Senior Associate Editor, Western States ELIZABETH GILRAIN *Chicago—Contributing Editor* JESSIE WALKER

Test Kitchen Director MARION VIALL *Reader Service Director* TERRY WADLE *Photo Studio Manager* LUE CALKINS
Properties and Location Manager JIM HIRSHEIMER

PRESIDENT/PUBLISHING GROUP AND MAGAZINE DIVISION GENERAL MANAGER **WAYNE A. MILLER**
Division Vice-Presidents Group Publishing Director JACK D. REHM FRED STINES
Editorial Director JAMES A. AUTRY
Operations Director JAMES R. NARBER Controller ROBERT E. GERHARDT

Publisher MORTON BAILEY JR. Advertising Director J. WESLEY SILK

CORPORATE OFFICERS **Chairman and Chief Executive Officer E. T. MEREDITH III President ROBERT A. BURNETT**
Senior Vice-President H. Y. ENGELDINGER
Group Presidents WAYNE A. MILLER, Publishing JOHN GREGG, Printing JAMES CONLEY, Broadcasting
Vice-Presidents FRANK FURBUSH DONALD L. ARNOLD JACK BARLASS WALTER VOSS JAMES A. RIGGS
Vice-President, Finance and Treasurer WILLIAM H. STRAW Controller Wm. DEAN ANKRUM
Vice-President, General Counsel, and Secretary GERALD D. THORNTON Assistant Secretary THOMAS G. FISHER

Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

Subscription Inquiries and Changes of Address: Write to Subscription Informati De Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336 and b ure to enclose an address label from a recent copy. Please give us five weeks notice prio you change of address. **Subscription Prices:** one year $5, two years $9, three years $ to United States and its possessions. Canada, add $2 per year. Other countries dd $ per year.

© Meredith Corporation, 1974. All rights reserved. Printed in U.S.A.

This glass was washed with a leading automatic dishwasher detergent.

Any detergent, even the best, can leave water spots, because spots form in the rinse cycle, after your detergent has gone down the drain.

This glass was washed with the same detergent and Jet-Dry Water Spot Preventer.

Jet-Dry works in the rinse cycle, making rinse water sheet off without leaving drops behind.

No drops. No spots.

Jet-Dry comes in Liquid form for machines with dispensers and Solid for machines without. Either way, it lasts over two months in normal use. Get Jet-Dry.

EXERCISES THAT CAN HELP SAVE YOUR LIFE

Exercise saves lives—but it has to be the right kind of exercise. These days, chair-borne Americans are on an exercise binge; a President's Council on Physical Fitness survey recently counted skiers, golfers, tennis players, and touch-football addicts in record numbers. Yet heart attacks are also at an estimated all-time high of 700,000 deaths a year. And very few of the most popular exercises do much to strengthen the heart and circulatory system, the chief targets of the coronary epidemic.

But one form of exercise may combat heart disease. It's called aerobic exercise, and it specifically concentrates on building up the heart muscle and cardiovascular system. Popularized by Dr. Kenneth Cooper of the Aerobics Institute of Dallas, aerobics is defined by Dr. William Haskell of the Stanford Heart Disease Prevention Program as "any exercise that involves the large muscles of the legs and trunk in sustained rhythmic activity over long periods." Aerobic exercises include brisk walking, jogging, swimming, bicycling, cross-country skiing, rowing, and dancing.

Since the conditions that lead to heart attack have their roots in childhood, these same experts have been campaigning for school physical-education classes that stress aerobics and de-emphasize competitive sports and games that mainly develop muscular strength and coordination. Achieving this goal may be some years away.

Meanwhile, both adults and children can benefit from an exercise program within the family. Here are some sound guidelines for establishing a regular physical activity program that will be of real value—plus background information you should have before beginning it.

The theory of aerobics

Heart attacks strike because the heart muscle is starved for oxygen. Consequently, a part of the heart dies. The starvation usually results from atherosclerosis, a condition which clogs the coronary arteries with fatty material and prevents the oxygen-transporting blood from reaching the heart with sufficient speed or volume. Aerobics —which literally means "with oxygen"— aims at improving both ability to deliver, and utilize, oxygen in such emergencies.

During aerobic exercise, heart rate increases gradually and steadily to a plateau which stresses the whole system. The heart, the lungs, and the working muscles make a increased demand for oxygen. As workout follows workout, the body accustoms itself to this demand and conditions itself to meet it. Daily exercise over several months produces a marked increase in oxygen "uptake"—the amount of oxygen you can utilize during maximum physical stress.

Meanwhile, the heart muscle learns to perform its task with less effort—in the same way that a car operates when it goes into overdrive. The "stroke-volume" of the heart improves, pumping the same amount of blood per minute with fewer beats. According to Dr. Haskell, three to four weeks of walking at three mph can reduce the heart rate by six to eight beats with no change in cardiac output.

And, of all forms of exercise, aerobics burns up the most calories, making it a very effective way to control your weight.

The best forms of exercise

Aerobics is generally taken to mean any exercise that builds endurance by involving the entire body—primarily walking, jogging, swimming, and bicycling, but also rowing, cross-country skiing, dancing, working out with a stationary bicycle or rowing machine, and specific game-type activities that must be played vigorously. All can be equal in their benefits. Choosing among them is largely a matter of personal interest and practical considerations. Walking and jogging are the most popular because they can be performed virtually anywhere at any time of year without special equipment.

However, none of these activities should be performed casually, but according to a definite pattern of cardiovascular development. Here are guidelines for the four most popular:

- *Walking* means moving at a brisk pace, not strolling or sight-seeing. Walk erect, head up, shoulders back, arms swinging. Choose a route through a park or area where you will not be stopped frequently by traffic, pedestrians, or stoplights.
- *Jogging* should be done at a sustained rhythm, fast enough to speed up breath and heart and to elevate the body temperature and bring out perspiration. Jog with back straight and head up, arms held slightly away from the body. Take moderate steps, landing on the heels and rocking forward for the next step, rather than running on the toes like a sprinter, which can produce severe leg soreness.
- *Bicycling,* in Dr. Haskell's words, for

continued

Drawing: Hellman Design Assoc.

303753

"Your striped one, dear? I'll go through the pile again."

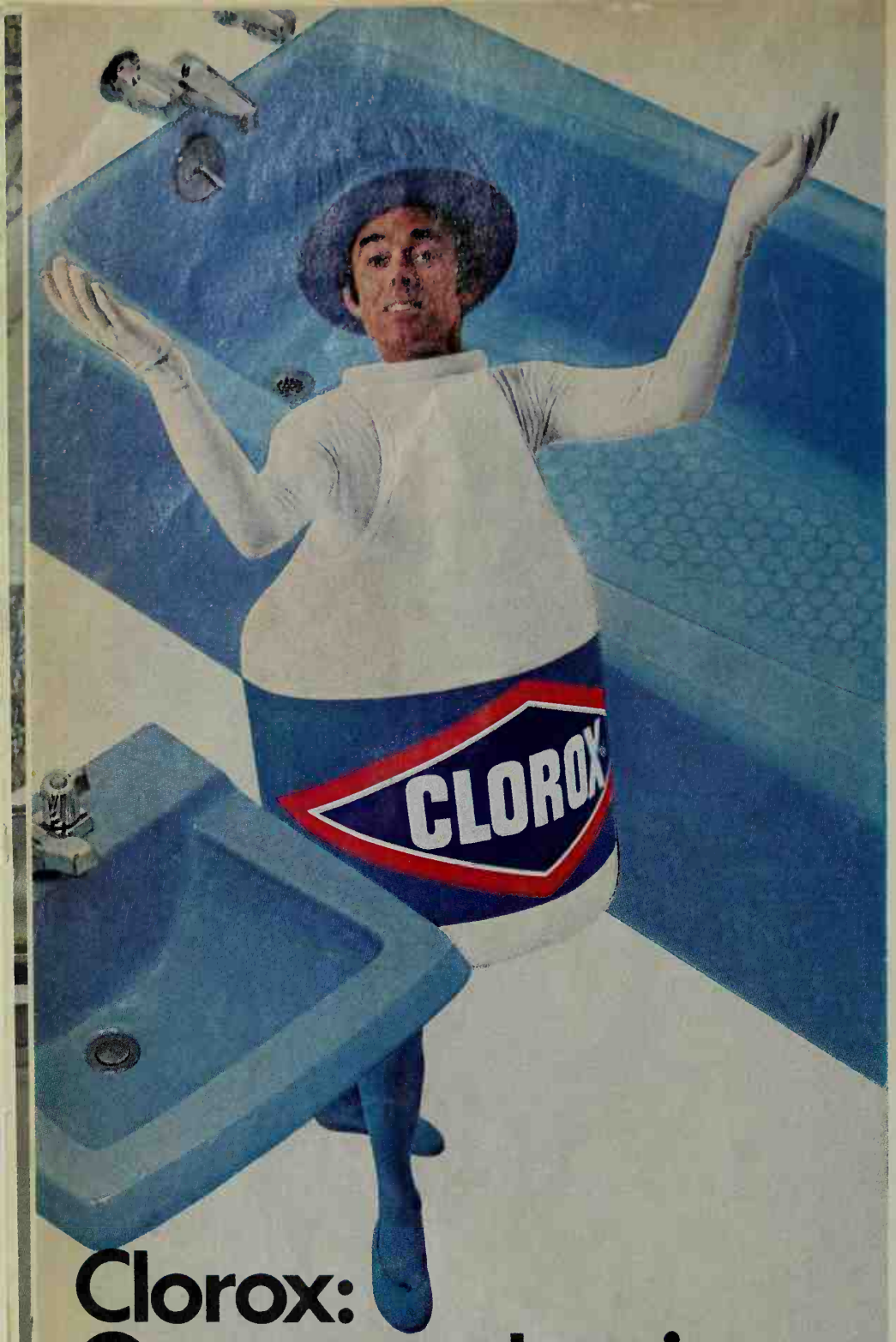
That static cling season is here. Better use Downy.

It's that time of year. Clothes are clinging again. Hiding from you. Bunching up. Sticking together. Relax. Downy helps stop static cling before it even starts.

At the same time Downy rinses in softness and April Freshness, it's helping to rinse *out* annoying static cling.

That's such a sensible way to help keep clothes from clinging to each other. And clinging to your family.

And you thought Downy was only a fabric softener.



Clorox: Germs and stains down the drains

Clorox® liquid bleach, it's one of the most powerful household disinfectants and stain removers you can buy. And Clorox is a lot cheaper to use than most leading household cleaners and disinfectants.

Here's an easy way to kill germs and remove stubborn stains from both your bathtub and sink. Fill the bottom of each with warm water. Add one cup of Clorox to the tub and ¾ cup to the sink. Swish solution around. Let stand 5 minutes. Drain and they're sparkling fresh. See label for other uses.

Clorox. It does more than the wash (Also in Quart Housecleaning Size)

©1974, The Clorox Company

continued

Lifesaving exercises

purposes of conditioning, should be "for exercise, not transportation." Pedal at a quick, rhythmic pace, preferably over a route with hills in it. Avoid streets with frequent stoplights or heavy traffic. On a ten-speed bike, lower the gear ratio to maximize pedaling resistance and force you to work harder.

• *Swimming* should be done with what Dr. Samuel M. Fox, III, of George Washington University calls "steady intensity." Swim at a good pace without pausing, aiming for a state of moderate fatigue. In a pool too small or crowded for uninterrupted swimming, hold onto the side and "flutter kick" for the workout period.

Of course, other forms of exercise also stress the heart and lungs. Softball, volleyball, footracing, and even weight lifting call for significant increases in the output of the cardiovascular system. But the demand comes in brief, sometimes all-out bursts interspersed with rest periods so that stress is not maintained long enough for a significant training effect to occur. Indeed, these activities are harmful for a previously inactive person, since they put heavy strain on an untrained system. Other sports such as bowling or golf do little for cardiovascular fitness, while competitive games like tennis or handball can be stress producing but may be more difficult to maintain at a level of constant output. Calisthenics are valuable conditioners (and excellent warm-up activities), but you frequently tire of the exercises before gaining real cardiovascular benefits.

The first step: see your doctor.

Those "jogging deaths" you read about in the newspapers almost invariably involve a middle-aged, out-of-condition male who took up the activity without getting a medical go-ahead first. Adults vary enormously in their tolerance for exercise, even when they are of the same age and build. It's unwise for any man over 30 to begin an exercise program without his doctor's OK—especially if he is overweight, has a desk job or has been relatively inactive, or has had a history of heart disease, high blood pressure, diabetes, or chest pain. His physical examination should include a stress electrocardiogram, in which his heart rate is monitored during exercise on a stationary bicycle or treadmill.

Even with his doctor's approval, a beginner should start exercise gradually. Sudden exertion after long inactivity not only can threaten the heart itself but may cause stiff joints and sore muscles which will sideline the exercise for several days. A good start for exercise is to walk for several weeks before moving on to more strenuous activities.

The President's Council on Physical Fitness has devised a simple test to gauge your ability to handle an aerobics program. It consists of walking at a brisk pace on a level surface until you experience breathing difficulty or discomfort. If you cannot walk for five minutes without these symptoms or feeling exhausted, begin exercising with brief periods of walking alternating with periods of rest. If you can endure five minutes but not ten, start your program by walking for eight minutes, resting for three, then walking another eight. If you can last ten minutes but feel tired and sore afterwards, begin by alternating walking and jogging. If you can do more than ten minutes easily, you are ready to jog.

The important thing to remember is that a program of physical activity can be established for almost anyone. (In fact, there are many supervised programs for heart attack victims beginning from six to 15 weeks after the attack.) However, if you experience dizziness, nausea, trembling, prolonged or severe breathlessness, pounding in the head or pain in the chest, stop exercising immediately. If the symptoms persist, see your physician about altering your exercise program.

Establishing your schedule

The benefits of aerobics come from exercising long enough to stress the cardiovascular system and frequently enough to keep it in good condition. It's important to exercise on schedule, leaving yourself enough time to carry out your program. A daily half hour is best, but it's difficult to achieve in these days of crowded schedules. At minimum, however, you should work out every other day. Leaving exercise for weekends simply doesn't do the job. You forfeit many benefits during the five-day break.

In any individual workout, you probably won't hit your stride until ten minutes have passed. By then the body temperature has risen sufficiently to demand increased circulation and adequate demand has been placed on the whole system. Once you have reached this point, you should continue for at least another 15 to 20 minutes.

A good workout should last about 30 to 35 minutes, and be broken into four parts: warm-up, conditioning, circulatory activi-

tes, and cooling off. The warm-up should consist of about three minutes of walking, followed by loosening-up exercises sufficient to start elevation of the body temperature and speedup of the heart rate. Raising and stretching the arms, touching the toes, rotating the trunk and head, bending sideways from the waist—all are good openers.

The conditioning period should involve 10 minutes of more vigorous calisthenics—push-ups, sit-ups, straddle hop, and half-knee bends.

The "circulatory activities" period of brisk walking or jogging or whatever should last at least 15 to 20 minutes, to be followed by at least two minutes of slower walking to cool off. After that should come a warm—not hot *or* cold—shower, or some other quiet activity, and then a shower.

None of these four steps should be omitted, particularly for the warm-up and cooling-off periods. According to Dr. R. James Barnard of UCLA, even otherwise fit people may overtax the heart by beginning exercise abruptly without prior preparation.

Any time of day is appropriate for exercise, except that you shouldn't workout within an hour after eating or in the middle of a hot, sultry day. Doctors suggest you also avoid exercise at times of emotional stress or when you are excessively fatigued. Otherwise, however, it's best to choose a regular time and stick to it.

President's Council studies have shown that exercisers who work out early in the morning and those who participate with family or friends are the most persevering. Others who stay with exercise are those who build it around a regular duty, such as walking the dog.

What you need to begin

One of the joys of aerobic exercise is that it requires virtually no equipment. Jogging and warm-up suits are practical and comfortable, but old clothes—warm ones for winter and cool ones for summer—will serve just as well. Don't wear rubberized or plastic clothing, which seals in heat and perspiration. Increased sweating won't produce permanent weight loss, and temperatures can actually be elevated to dangerous levels. Women should not wear tight brassieres, girdles, or other restrictive garments which might impede blood flow.

Joggers and walkers should choose properly fitted shoes with firm soles, strong heels, good arch support, and pliable tops. Leather is better than canvas, which may produce blisters. Ripple or crepe soles cushion the impact of paved surfaces. Wear clean, heavy well-fitting socks. Until your feet toughen, you may wish to add a second pair of thin socks under the heavier ones.

Charting an improvement program

It isn't really necessary to clock your walking, jogging, bicycling, or swimming, but setting goals stimulates your self-motivation and can add to the physical benefits. The point of aerobics is to gradually step up the pace as endurance improves, so that you steadily raise your exercise tolerance and push back the fatigue limits. Goal-setting can help you record your progress. As your performance improves, you may wish to increase the distance or work load in the allotted time, or reduce the amount of time to cover a specified distance. Remember, though, that the real goal is physical fitness, not competition. Enjoy your activity—don't make it another form of work.

Actually, the best way to gauge your achievements isn't in time or distance, but in how you feel. Work at a level which leaves you moderately fatigued, but not totally wrung out. "You don't have to reach the point of collapse to achieve exercise benefits," Dr. Haskell says. Individualized exercise programs bring you within 60-80 percent of maximum aerobic capacity predicted for your age group. A good rule of thumb for estimating when you've reached the level is that you feel tired but exhilarated afterwards, and feel like exercising again the following day.

Varying your program

Once you've established the habit of regular exercise, *and* have worked yourself into condition, you can substitute an equivalent amount of other physical activity for circulatory exercise.

Most people begin by walking or jogging, then gradually replace those activities with bicycling, swimming, hiking, dancing, or even tennis or handball. Seasonal sports like ski-touring or hiking can be just as beneficial as more conventional exercises and can replace them in appropriate weather.

Exercise need not begin and end with your scheduled workout, however. Walk instead of driving when you can. Avoid elevators and use stairs. In a shopping center parking lot, choose the stall farthest from the store instead of the nearest one. Encourage the children, too, to walk instead of being bussed or chauffeured. The housewife can try to make her work a little less efficient, climbing stairs more often and putting more effort into her chores. ■

(Written in cooperation with Edwin Kiester, Jr.)

6 or 3 or 1.
Your choice.
Six cold tablets, or three ounces of liquid, or just one Contac.

Sneezing, drips, congestion.
You've got the common cold.
You want to keep medication working in your system up to 12 continuous hours.

You'd need six cold tablets (two every four hours) or three ounces of the colds liquid (one every four hours) or just one Contac. For aches, coughs and fever, the others contain things not found in Contac.

Your cold. Your choice.

Give your cold to Contac.®

3 CATALOGS FREE

SPRING HILL PARK SEED KELLY BROS.

Now with one easy step get 3 beautiful 1975 catalogs from 3 famous nursery and seed companies

Spring Hill Nurseries invites you to Buy Direct from the Grower and Save! You'll find exactly what you want in Spring Hill's new value-packed 56 page Spring catalog including dwarf fruit trees, nut and shade trees, hedges, groundcovers, vines, shrubs, bulbs, perennials, evergreens and houseplants. Hundreds of Red Circle Specials will save you money when you buy from one of America's largest and most reliable nurseries founded in 1849. Enjoy the convenience of credit card shopping and order by phone toll-free!

Park's Flower Book 1975 brings you the most complete list of Flower and Vegetable seed. Awaiting you are over 3,000 of the newest, best flowers and vegetables plus the old favorites and rarities. All 124 pages are fully illustrated in lavish color. Not an ordinary seed catalog, Park's Flower and Vegetable Book provides you the growing information needed for each variety and a complete selection of growing supplies. Start your lovelier and more productive garden right now by filling out the attached card.

Kelly Bros. Garden Guide and Nursery Catalog . . . a book you'll treasure. Kelly's new catalog, with more than 400 color photos, shows you plants in natural garden settings—shade and ornamental trees, shrubs, evergreens, hedges, groundcovers, dwarf fruit trees, nuts, berries, grapes, roses, lilacs, lilies, seeds—everything to make your grounds more beautiful and fruitful.

Throughout the catalog you'll find money-saving specials to help you increase the value of your property. Use your credit card.

You are assured of high quality plants at direct-to-you prices, all with Kelly's famous guarantee of satisfaction. Send for your free Kelly Bros. catalog today.

This one coupon brings you 3 FREE catalogs from three of America's leading nurseries and seed companies . . . No obligation, mail today!

Cooperative Mailing Service
P.O. Box 1001
Marshfield, Wisconsin 54449

Please send me at no cost or obligation, the 1975 Spring Hill, Park Seed and Kelly Bros. catalogs.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

526

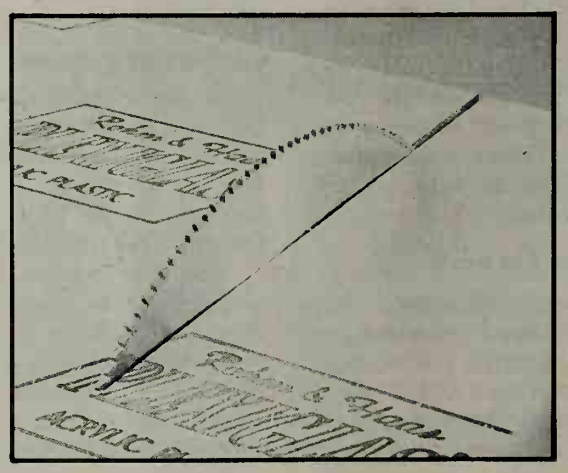
GOOD NEWS

Protect your family from potential fires by keeping a dry chemical fire extinguisher where every member of the family can get to it in an emergency. This sleekly designed extinguisher looks so good you won't be tempted to hide it in an inaccessible spot.

The 2½-pound extinguisher mounts on a special wall bracket in the kitchen, garage, or workshop. The 1½-pound unit comes in a canvas tote bag and is just the right size to slip into the glove compartment of your car.

The dry chemical is effective against almost all kinds of fires—even oil, grease, and electrical fires. Press the green pin protruding below the nozzle occasionally to make certain the extinguisher is in good operating condition.

Xtinguisher, portable model, $12.50; wall-mounted model, $17.50 in housewares department. Rogin Limited, 24 East 64th Street, New York, N.Y. 10021.



For smooth results on acrylic plastic projects you need to do a smooth cutting job at the start. This circular saw blade has been especially designed for satin-smooth cuts in acrylic and many other difficult-to-cut plastics.

The 1/16-inch-thick blade has a heavy center hub for vibration-free performance, and the fine teeth (seven per inch) have a .01 inch set to cut the hard acrylic plastics without chipping.

Here are a few tips to help you get professional results: Always leave the protective paper on the plastic sheet; the paper acts as a lubricant to reduce blade friction. If the paper has been taken off, apply masking tape along the intended cutting line. Set blade height just a little above the acrylic sheet for maximum smoothness and safety. (We removed the blade guard and raised the blade higher so you could see it better.)

Cope Circular Saw Blade for Plexiglas Acrylic Sheet, 6½-inch, $14.00; eight-inch, $17.55. Cope Plastics, Inc., 4441 Industrial Drive, Godfrey, Ill. 62035.

continued

Only one heavy-duty washer has a unique "up-and-down" agitator to clean your clothes from top to bottom.

When Frigidaire builds a heavy-duty washer, it's not just designed to clean your clothes.

It's designed to pamper them.

Which is why we're the only ones who offer you a vertical-action Jet Cone Agitator.

Instead of having your clothes going around in circles, like conventional washers.

Frigidaire uses an up-and-down motion that does what you expect a heavy-duty washer to do.

And it does it gently.

As for your permanent press and knit clothes, Frigidaire has a "cool down" process which minimizes the chance of wrinkling.

So no matter what the fabric or finish, we have a setting to pamper it.

While this Custom Deluxe model lets you wash anything from one piece to an 18-pound load, both our washers and our dryers can handle a wide range of washday problems.

Our comparable dryers have a large door opening to make it easy for you to load and unload.

What's more, the 12 pressurized jets that make up our exclusive Jet Circle Spray System get your clothes under water fast to start cleaning them fast.

When you look for a washer, you want the kind of gentle yet thorough cleaning action—from top to bottom—our up-and-down agitator was designed to give. So, by suggesting you see your Frigidaire dealer first, we're really suggesting you start at the top.

Frigidaire. Home Environment Division of General Motors.

ONLY FRIGIDAIRE

Do You Know the Secret of Looking Younger?

You may think you do. You watch your diet. You try to get enough sleep. You've even started an exercise program and wouldn't dream of going to bed until you've done your fifteen minutes of calisthenics. Good for you. Yet all these efforts to keep you looking on your young side can be inadequate if you don't take proper care of your complexion.

Why wait another moment to join the knowledgeable, younger-looking women from many parts of the world who share the secret

benefits of a unique beauty fluid. From Paris to Australia, these women enjoy the rewards of a skin-loving lotion that helps them to look their youngest by soothing away the dryness that makes aging little lines and wrinkles too noticeable. The remarkable fluid is found in drugstores in the United States, where it is known as Oil of Olay beauty lotion.

Beauty connoisseurs discovered Oil of Olay and its myriad benefits. Notice for yourself the way your skin virtually drinks in Oil of Olay as you gently smooth it on. You will be astonished at how quickly and completely Oil of Olay penetrates. And it never leaves a greasy feeling on your skin. Within days there will be a clearly discernible difference in your looks, as your skin begins to grow softer, smoother and more supple.

Devotees of Oil of Olay include the complexion-cherishing fluid as part of their twice-a-day beauty ritual. In the morning, as a marvelous makeup base that lets cosmetics stay fresh for hours. Again just before bedtime, so that the wealth of pure moisture, with tropical oils and other emollients, can provide a moist climate for the skin during quiet nocturnal hours.

Oil of Olay is compatible with the skin. Working along with nature, it helps maintain the delicate oil-moisture balance of your skin, vital if you are to look as young as you possibly can. Oil of Olay also establishes a barrier to help retain your skin's own moisture, an added beauty benefit as the years flit past.

Your friends and family will never know how you achieved the change in your appearance unless you choose to tell. At first you may want to guard your precious knowledge. But eventually Oil of Olay will probably be a secret you'll want to share.

Beauty Secret

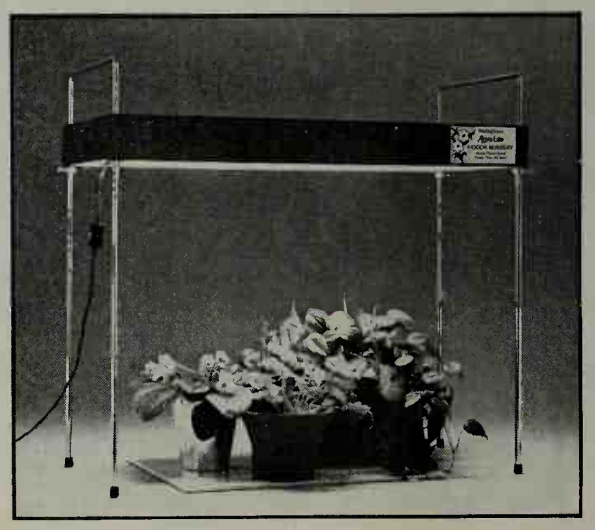
If you wear makeup only when you go out, don't let your face go untended at home. Let Oil of Olay® be a constant part of your morning and bedtime grooming.

GOOD NEWS

Treat overnight guests to restful sleep on a mattress you can keep a closet when it's not needed. Although it is an air-inflatable mattre it's unlike those you tuck under a sleeping bag. This mattress h individual air "coils" to support your body, much as innerspring co do in a conventional mattress.

Constructed of rugged 20-mil vinyl, the mattress has a velve surface of electrostatically impregnated rayon that can be clean with soap and water. You can inflate the mattress in just a fe minutes using the special adapter and your vacuum cleaner—a deflate it just as quickly.

Inflate-A-Bed, available as single, double, and queen size mattress in Royal Red, Black, and Avocado Green complete with inflati adapter from $49.00 to $69.00. World Products, Inc., 565 Indust Drive, Seattle, Washington 98188.



Your indoor plants will get a real energy boost under this fluoresce lamp. It makes plants grow as they would in the sun—and faster tha under any other artificial lighting source.

A popular misconception is that the ideal plant-growing light shou duplicate sunlight. While sunlight is made up of wavelengtl necessary for plant growth, it also contains additional wavelengtl that are not utilized by plants. Naturally, it's of no value to reproduc these wavelengths for plants grown under supplemental or artifici lighting.

The fluorescent lamps used in this compact, adjustable indoor pla lamp emit a unique combination of red and blue light in a balan and quality of wavelengths required for fast, sturdy growth. The un is ideal for nursing sickly plants, starting garden seedlings ahead of th garden season, and helping your favorite houseplants live up to the full potential.

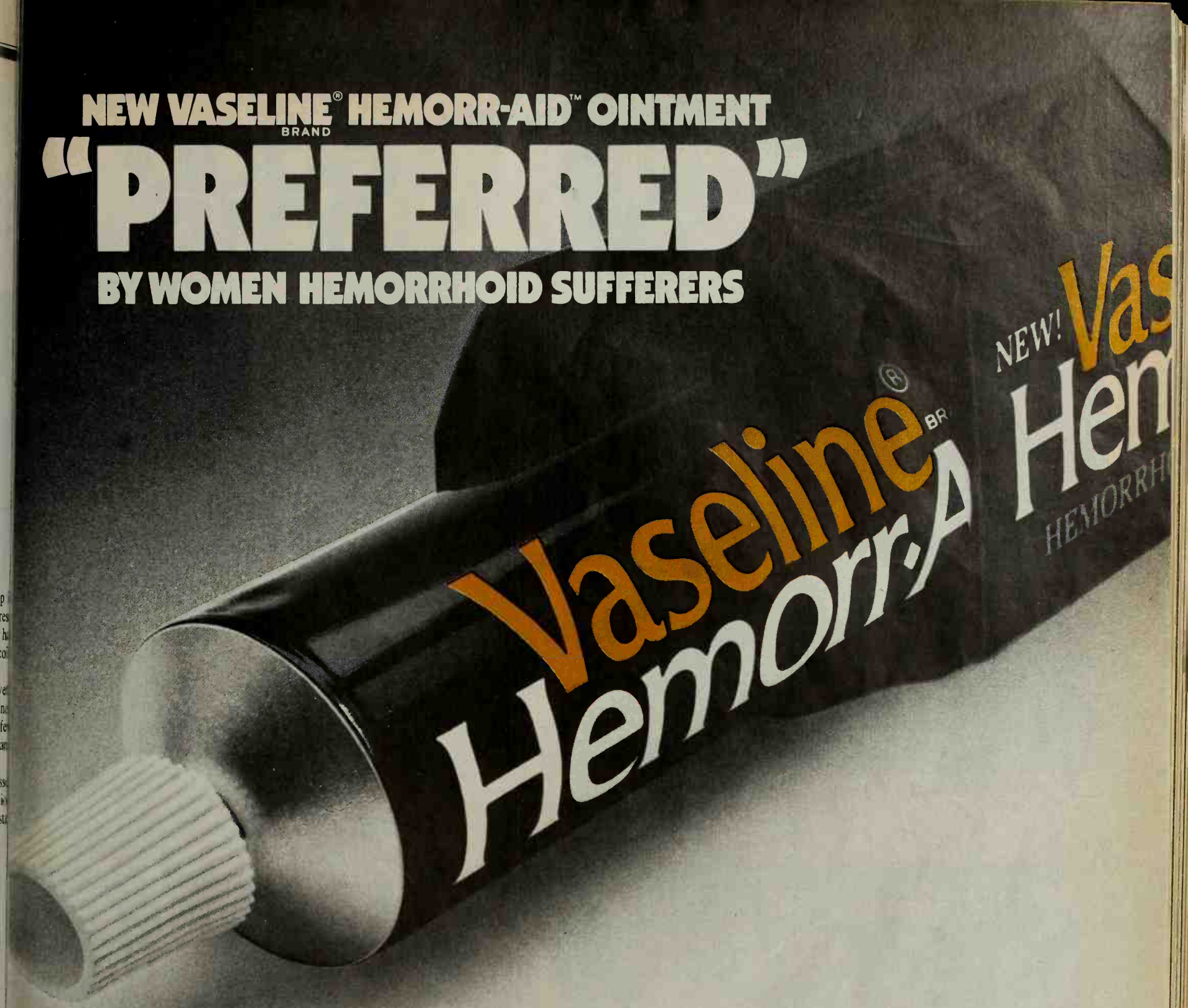
Westinghouse Agro-Lite Indoor Nursery, $35.00 at garden dept Westinghouse Electric Corporation.

continued

NEW VASELINE® BRAND HEMORR-AID™ OINTMENT

"PREFERRED"

BY WOMEN HEMORRHOID SUFFERERS



Most women hemorrhoid sufferers preferred new Vaseline® Hemorr·Aid Ointment to the leading preparation in actual home usage tests.

Women hemorrhoid sufferers in ten American cities recently used and compared new Vaseline® Hemorr·Aid Hemorrhoid Relief Ointment with the leading preparation. The results? Among those with a preference, most women gave a "preferred" rating to new Vaseline® Hemorr·Aid Ointment.

The safe hemorrhoid treatment you can trust.

New Vaseline® Hemorr·Aid Ointment is a clinically pure white ointment for fast, effective, temporary relief of pain, burning, and itching. Its formulation contains no irritating chemicals or ingredients. Used as directed, you can apply it as often as needed without fear of side effects.

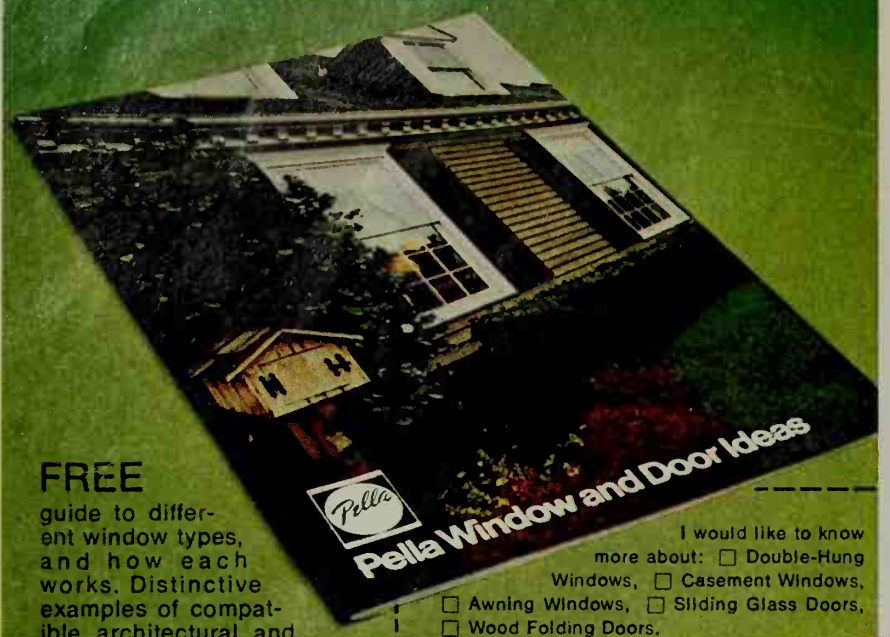
More economical for frequent users.

Ounce-for-ounce, Vaseline® Hemorr·Aid costs about 25% less than the leading preparation. An important factor for sufferers who use hemorrhoid ointment on a regular basis.

Change to safe, "preferred" Vaseline® Hemorr·Aid.

"PREFERRED"
VASELINE® BRAND HEMORR-AID™

New 16-page book on "Window & Door IDEAS" for traditional and contemporary homes.



FREE guide to different window types, and how each works. Distinctive examples of compatible architectural and window styles. A section on what to consider in window placement. And the full story on Pella Products. How they can eliminate screen and storm chores. How you can reduce maintenance and fuel costs. And a number of other things you might like to look into. It's fully-illustrated, in color, and yours free.

I would like to know more about: ☐ Double-Hung Windows, ☐ Casement Windows, ☐ Awning Windows, ☐ Sliding Glass Doors, ☐ Wood Folding Doors.

☐ I plan to build. ☐ I plan to remodel.

Name_____

Address_____

City_____

State_____ Zip_____

Telephone_____

Mail to: Pella Windows & Doors, Dept C01A5
100 Main St., Pella, Iowa 50219

The "instead-of" snack

Be a martyr? Give up delicious snacks? Of course not! Now people keep right on enjoying life with Herb-Ox Instant Broth. They're switching in droves to satisfying Herb-Ox Instant Broth "instead of" . . . fifteen calories or less in a big happy cupful. Three great flavors: beef, chicken, onion. Live a little!

Glorify your main dishes with Herb-Ox Bouillon Cubes. Only 6 to 10 calories per cube. Yet so meaty-tasting they make ordinary meals taste sinfully rich.

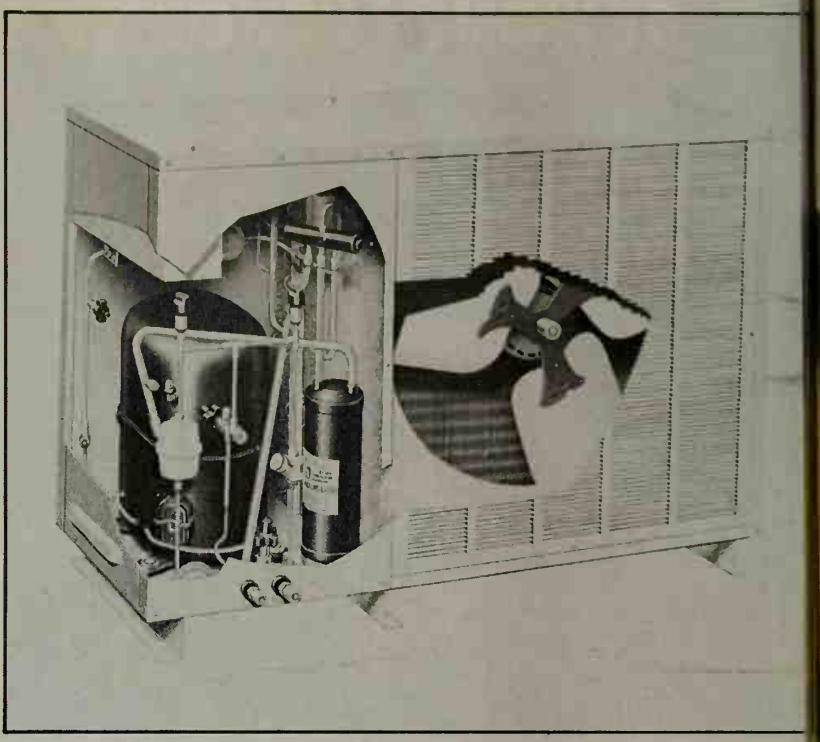
Want 30 deliciously yummy recipes in plastic case free? Send coupon to The Pure Food Co., Inc., Dep't BH-15B, Mamaroneck, New York 10543.

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

GOOD NEWS



You can conserve energy—and save a lot of money—by heating yo house with an electric heat pump. Up until now, the hitch has be that heat pump systems were intended for new or replaceme installation, and the potential fuel bill savings hardly justified r placing a good fossil fuel or electric heating system. But this ne heat pump system is designed to be used in conjunction with yo present heating plant.

Basically, it's a split-system heat pump that can be applied to eith a new or existing forced-air central furnace—gas, electric, or o The system consists of an outdoor heat pump, a new cooling co refrigerant lines, indoor heat pump thermostat, control system, a heat pump delay and defrost limit controls.

How does it work? On mild temperature heating days, the he pump handles all heating needs. When the outdoor temperatu dips to about 30 degrees the two-stage indoor thermostat activates th existing furnace. As soon as the furnace is functioning, a heat rela de-energizes the heat pump and your existing furnace supplies th heat necessary to keep you comfortable.

How do you save money? It's as simple as this: An electric resistanc furnace produces 3,413 Btu's of heat for every kwh of electricity. A 40 degrees, a heat pump can produce 8,533 Btu's for every kwh electricity. That amounts to 2½ times the heat for the same heati dollar.

Now, some critics, skeptical of the claims made by heat pum manufacturers, are quick to point out that at below 30 degrees th system would cost just as much to operate as a conventional forced-a system. This is true, but it will *never cost more*. And except for few really bad spells during the heart of winter, the temperatu rarely stays below the 30-degree mark. The real savings exists durin the months when the outside temperature is between 30 and 6 degrees; in most regions, the major part of the home heating seaso

And there's another bonus, in addition to saving energy and mone on heat. During the summer months, the heat pump reverses th refrigerant flow and becomes a central air conditioning unit. Th existing furnace blower acts as the primary air mover. On an existin home, the system could cost between ten- and 20-percent more tha a conventional air conditioning system of the same cooling capacit —but such variables as insulation, house size, and geographic locatio will affect labor charges. The cost difference would be less on ne house construction.

Lennox Fuelmaster + heat pump/fossil fuel comfort system, Lenno Industries, Inc., 200 S. 12th Ave., Marshalltown, Iowa 50158.

Giant new garden catalog yours FREE!

AND NEW ROSES! Presenting SPELLBINDER, the 1975 Rose of the ar — the amazing new color-changing hybrid tea with blooms that ange from ivory pink to deep rose red as they open!

e most exciting collection of award-winners in years — fantastic new red nber TEMPO . . . blazing orange FUTURA . . . the most fragrant rose on market today, JADIS!

ND J&P'S EXCLUSIVE FLORA-TEA® ROSES — these "Bouquet-anching hybrids" are the most significant breakthrough in rose hybridiz- since we created the floribunda over 35 years ago.

'EN MORE — NEW ALL-AMERICA SELECTIONS, including fabulous REGOLD, a bright new classic in dazzling, opulent gold! PLUS fragrant flow- ng trees, high quality berries and grapes, exotic flowers. Hundreds of ideas ht here in the most asked-for garden catalog in the world. It's yours FREE. ail your postage-paid card today — or use the coupon to the right.

ckson & Perkins Co.
orld's Largest Rose Growers and Nurserymen
-A Rose Lane, Medford, Oregon 97501

IF PRODUCT OR PERFORMANCE DEFECTIVE
Good Housekeeping GUARANTEES
REPLACEMENT OR REFUND TO CONSUMER

All J&P Roses have earned this seal.

Jackson & Perkins Co.®
33-A Rose Lane, Medford, Oregon 97501

Rush my free copy of your full color catalog – Roses '75.

Print Name _____
Address _____
City _____ State _____ Zip _____

The splendor of English formal gardens reincarnated in Regency Rose. From Cannon Royal Family International Fashions.

Blossoming on crisp, no-iron cotton and polyester percale sheets and pillow cases. Truly washable Permapoint™ quilted polyester and cotton bedspreads. And beautifully thick all-cotton towels.

Regency Rose in parchment, as shown. In blue. And in pink. A soft new landscape for your home.

International Fashions™

Cannon®
Royal Family

Cannon Mills Inc., 1271 Avenue of the Americas, New York, N.Y. 10020

Photographs: Kate Keating

A guide to stay-put vacations in the Caribbean

By Kate Keating

If you have been denying yourself a vacation in the Caribbean because of the intimidating room rates that prevail at hotels there—from $50 to $100 a day per person, meals extra—there are now some good reasons to take heart and reconsider.

All sorts of alternatives to those fancy, rich-man's hostelries—more reasonably priced places marvelously appropriate for families—are blossoming from one end of the Caribbean to the other.

For example, without ravaging your savings account, you might rent a Jamaican beachside villa. Or you can stay in a charmingly renovated slave-family cabin on a banana plantation on Martinique. Or how about a Puerto Rican sugar plantation? Or camping at the shore in tents in the Virgin Islands? Or you can live it up at a most unusual branch of the Club Méditerranée that approximates a fancy summer camp for the whole family.

As you examine the following samples of these stay-put possibilities, keep in mind that while the weather scarcely changes all year round in the Caribbean, accommodations are less costly—by as much as 50 percent—during the off-season, from about April 16 to December 15.

Villas

In the vacation-house business, "villa" is subject to some very liberal interpretations; a villa for rent in the Caribbean can be anything from a modest one-bedroom bungalow to a duplex to a fully staffed and lavishly landscaped six-bedroom extravaganza—with prices ranging from $150 a week upward.

Shibui, St. Thomas—Japanese cottage for four, $90 per night, $60 off-season.

Cowpet Bay, St. Thomas—condominium villa for eight, $120 per night, $88 off-season.

Assuming you don't get carried away and opt for an opulent villa, a house can have the distinct advantage of costing a family less than a hotel room. You can also save a pretty penny on meals; having a kitchen is bound to cut costs, even if you only prepare breakfast, lunch, and snacks in it. Another important consideration is the convenience of being able to continue family living routines with the same informality, space, and ease you have at home.

Those advantages apply as well to the apartments and duplexes that are available in growing abundance in the Caribbean. Many of these dwellings didn't exist ten or even five years ago. Condominium complexes, especially, have been sprouting up on the islands like crazy.

Generally speaking, the bigger villas and apartments are better values. Usually they are more pleasingly appointed and better situated. If two families were to share a larger vacation villa, they could come up with a much more commodious place for very little more money per person.

How do you go about arranging for a villa or apartment? The best bet, if you want to choose from the broadest possible selection, is through one of the international vacation-home rental agencies in this country, particularly if you want something on one of the more obscure islands, or something really special like a plantation house. Once you've provided an idea of what you want, how many of you there are, of what ages, and how much you can spend, a good rental agent will give you a frank description of the house or apartment that seems to match your needs—and the area around it, since you don't want to end up sinking your vacation funds into a big villa adjacent to the airport, for instance.

Three villa rental agencies in the U.S. that enjoy excellent reputations and represent villas and apartments throughout the Caribbean are Caribbean Home Rentals (write to Eugenia Bedell), 28 Highwood Avenue, Tenafly, New Jersey 07670; At Home Abroad, Inc. (write to Claire Packman), 136 East 57th Street, New York, New York 10022; and VillaWorld (write to Patti Kramer), 51 East 42nd Street, New York, New York 10017.

The one drawback of dealing through a rental agent (with the exception of VillaWorld) is that you can't take advantage of the lower airline tour fares—the so-called IT fares (for Inclusive Tour). The IT fares are contingent upon your purchasing specific IT-numbered land arrangements with your air tickets. (You can, however, always take advantage of the regular 21-day excursion fares that are offered unrelated to land arrangements. These fares also represent a savings, though not as great as IT fares,

continued

Villas

over normal economy rates.) Villa or apartment rental IT packages are available for Jamaica, Barbados, Puerto Rico, the U.S. Virgin Islands, and Grand Cayman. To get the lower fares, you have to do your renting through either a travel agent or the airlines offering the fares: Pan Am, American Airlines, Air Jamaica, Eastern, BWIA-International, and Cayman Airways.

Jamaica leads the islands in the number of villas and is the only island with a villa owners association that lists members' units and acts as an information and booking agency. (There are also hundreds of nonmembers' villas, represented by regular real estate agents.) JAVA (Jamaica Association of Villas & Apartments), as it's called, lists about 300 homes in the Negril, Montego Bay, Runaway Bay, Discovery Bay, Ocho Rios, Mammee Bay, Oracabessa, and Port Antonio areas.

The homes in the charming, less developed, and not yet so highly touted fishing village of Port Antonio are the most reasonable. Sample prices are from $200 a week in summer for a two-bedroom villa; $400 for a four-bedroom/four-bath villa with a pool, view of the sea, and a staff of three, maid, cook, and gardener; $450 for a villa right on the beach. (Figure double for rates in winter.) The highest rentals are for villas in the more elite Montego Bay and nearby Rose Hall. There, a comparable villa would be about $150 a week more. Values at the Ocho Rios and Runaway Bay areas fall about midway between the two.

The rental apartments all have at least daily cleaning service; the larger ones have a full-time maid and a cook who will do the food shopping for you if you wish. The villas usually have, in addition, a gardener and sometimes a laundress and a butler.

For information and an illustrated directory of villas, you can write to JAVA (Pamela Swaby) at 200 Park Avenue, Room 229, New York, New York 10017, but JAVA only accepts reservations made through travel agents.

Barbados follows Jamaica in the abundance of its villas (many of which are downright fabulous), though it has no agency like JAVA. Barbados villas are also, for the most part, fully staffed, a feature that is less available on most of the other Caribbean islands. Rental rates tend to be higher than those in Jamaica, especially for the larger villas.

Most of the Barbadian villas are along and behind the western shore—the Platinum Coast—in the parishes north of the capital city of Bridgetown. Notable exceptions are a colony of houses (for four, $56 a night in summer, $150 in winter) that are part of the fabled Sam Lord's Castle resort complex on the southeast corner of the island, and the stunning Moorish-motif studio-apartment settlement of the Arawak Inn that perches splendidly on a rocky point jutting into the sea from the southern shore ($30 a night for two in summer, $55 in winter, children only if over 14). At the opposite extreme of those two somewhat isolated havens is the area southeast of Bridgetown where apartment hotels are stashed along the beach like so many sardines in a can. (Prices are often not high, but they're no bargain unless you really like having a lot of people around you.)

Of particular interest to the budget conscious is Sunset Crest, a self-contained Platinum Coast resort community of about 100 homes with shops and beach club and a bus that circles the property. Rates for a modest but nice house that accommodates four are $155 a week in summer, an excellent value, leaping to $450 a week in winter.

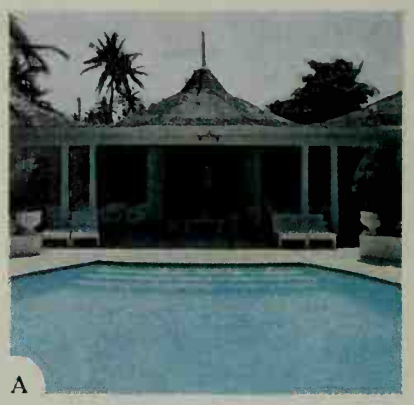
You can get further information from the Barbados Board of Tourism (Clennell Bynoe), 800 Second Avenue, New York, New York 10017.

Grand Cayman, a wholesome, serene mecca for scuba divers and relatively undiscovered by others, is an island well worth considering for a "stay-put" destination. It's nearby, about 500 miles due south of Miami, and while it doesn't have a lot of villas per se, the accommodations that it does have are tasteful.

There are some villas tucked away on Rum Point on the north shore in a discreet compound, Cayman Kai, which also has some simple but pleasant "sea lodges." The biggest villa, four bedrooms and baths, rents for $65 a night or $445 a week in summer and $115 a night or $805 a week in winter, with maid service, for eight people. The lodges, connected dwellings looking out on the sea, are $55 ($80 in winter) a night for a two-bedroom/two-bath unit.

However, most of Cayman's accommodations are found abreast of the astonishingly brilliant Seven Mile Beach that stretches along the west coast from the capital of George Town. A spanking new condominium apartment at the Royal Palms there rents for $40 a night, double, in summer ($75 in winter). Another recently built condominium, Cayman Sands, is a row of well-designed conical cottages in which angles and curves substitute for doors. Double rates are $48 per night ($60 in winter) for a two-bedroom/two-bath villa. Victoria House, a new apartment building yet farther along the beach, has two-bedroom apartments that rent for $35 ($60 in winter) a night, double. If your children are over 14, the West Indian Club, a pink marvel of formal tropical architecture, offers the classiest digs on the island. Apartments that open onto the sea are available in efficiency, one-bedroom, and two-bedroom versions. Summer rates are $175, $315, and $420, respectively, for the minimum rental period of one week. Winter minimum is ten days: $450, $800, and $1,000.

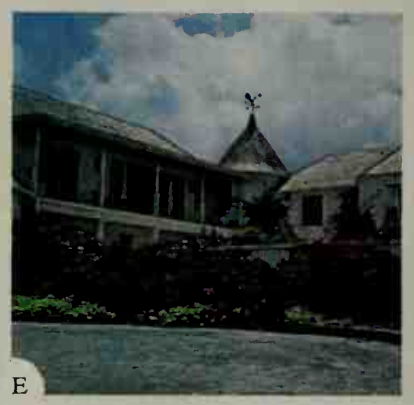
For further information, write the Cayman Islands Department of Tourism (David Richardson), Suite 604, 250 Catalonia Avenue, Coral Gables, Florida 33134.


A

B

C

D


E

F

G

H

A. *"Cirrhosis on the Sea," Jamaica—fully staffed villa that can accommodate a party of eight, $1,300 per week, $650 off-season.*
B. *Barbados Beach Village, Barbados—apartment, double, $60 per night, $25 off-season.*
C. *Club Caribbean, Jamaica—cottage, double, $25 per night, $12 off-season.*
D. *Cayman Sands, Grand Cayman—condominium duplex, double, $60 per night, $48 off-season.*
E. *"Chummery," Barbados—fully staffed villa for eight, $2,750 per week, $1,400 off-season, through a rental agent.*
F. *Arawak Inn, Barbados—studio apartment, double, $55 per night, $30 off-season. Children must be 14 or older.*
G. *La Samanna, St. Martin—attached villa for six, $300 per night, $150 off-season.*
H. *St. Croix by the Sea, St. Croix—condominium apartment, double, $70 per night, $38 off-season.*

The U.S. Virgin Islands—St. Thomas, St. John, and St. Croix—don't have an abundance of single villas available for rental, but St. Thomas and St. Croix do have a bunch of posh condominium apartments and attached houses, practically all of which have a restaurant, a beach, a swimming pool, and tennis courts. For the larger condominiums—Sapphire Hill and Cowpet Bay on St. Thomas; St. Croix by the Sea, Condominium Estate Carlton (bus to beach), Coakley Bay, Mill Harbor, and Gentle Winds on St. Croix—rentals average $60 a night in summer for a two-bedroom unit for four.

There is also a handful of modest, plain, and basic shoreside cottages and apartments where things are very casual and very American. On St. Thomas, for example, Sea Horse Cottages provide an informal alternative, and on St. Croix, Sunset Beach Cottages are a good example of comfortable, friendly accommodations at $35 a day for four ($55 in winter). For further information, write the Virgin Islands Government Information Center (Ludvig Harrigan), 16 West 49th Street, New York, New York 10020. Other offices are in Miami, Washington, and Chicago.

Home swapping is another possibility in lining up a vacation home in the Caribbean. For an agreed upon period, you exchange your home for an island home with no cost to either party. This means your only vacation expenses are air fare, food, and whatever you spend on activities and shopping. Sometimes the swap includes a car and even pets.

There are at least four house-swapping service directories that list homes in the Caribbean, albeit none in great numbers, and most of those listed are in the Virgin Islands, Puerto Rico, and Jamaica. But there are enough to give you a chance of working out a trade. House swaps are handled through the mails with the two families exchanging letters, photos, and references.

The largest of the clubs, with the most extensive listings, is Vacation Exchange Inc. (Mary DeBaldo), 350 Broadway, New York, New York 10013. Other listings come from International Hospitality Service (Robert K. Baker), Suite 3, 1377 9th Avenue, San Francisco, California 94122; Holiday Home Exchange Bureau, Inc. (Olivia McMillan), P.O. Box 555, Grants, New Mexico 87020; and Adventures in Living (Wilma Ferguson), P.O. Box 278, Winnetka, Illinois 60093. For each there is a fee of around $15 that covers listing your home, a copy of the directory, and detailed advice on how to go about swapping.

Inns

A small, unique inn can be a perfectly delightful and inexpensive vacation haven for a family. The problem in finding just the right inn, though, is that most of them are unknown, making it extremely difficult to tell which are the gems and which are the duds. Puerto Rico, Jamaica, and Martinique all have programs to eliminate that problem—to do the sorting out of good and bad and then make frequent inspections to be certain that criteria of food and service are met.

Mantalent Inn, Jamaica—double, $360 per week MAP, $258 off-season.

La Casa del Frances, Puerto Rico—Parador, room for four, $48 per night, $41 off-season.

Paradores Puertorriqueños, Puerto Rico's country inn program, still in its fledgling stages, works with the owners of inns of particular charm in attractive out-of-the-city locations to bring the hostelries up to Parador standards. The objective is to provide reasonably priced, appealing accommodations throughout the absolutely stunning Puerto Rican countryside to lure visitors from the confines of San Juan beyond which so many never venture.

The best of the Paradores, La Casa del Frances, on the small island of Vieques just off the eastern shore, is a turn-of-the-century sugar-plantation house converted a few years ago into a guesthouse. It sits amidst open fields where cattle graze, only a half-mile's walk from one of the most gorgeous and least used beaches you're ever likely to see. The house has 12 rooms built around a two-story atrium, and the cost, for a family of four staying in one meticulous, immense room with private bath, tall louvered French doors opening onto the veranda, and an old-fashioned fan quietly rotating high up on the ceiling, is $41 per day in summer or $48 in winter, European Plan (no meals). Modified American Plan, with dinner and full breakfast, is $7 per person per day extra. If you leave your shoes outside your door at night, in the morning you'll find they've been polished—a service you don't see a lot of nowadays.

Another Parador is El Verde Lodge ($30 double in summer, $33 in winter, MAP), an informal cluster of cedar log cabins about 25 miles southeast of San Juan in the hills of El Yunque tropical rain forest.

El Guajataca at Quebradillas, toward the west above a superb curve of beach on the northern shore, is the largest of the Paradores with 38 rooms all facing the sea. However, on summer weekends, a full house of guests taking a weekend out of San Juan produces considerable hubbub. Rates are $20 double, EP, in summer and $24 in winter.

Two other inns are to be awarded the Paradores seal shortly—both are restored haciendas on working coffee plantations in the central mountain range. For information, write to Paradores Puertorriqueños, Inc. (Lucy Camacho), 8 West 51st Street, New York, New York 10019.

The French islands of Martinique and Guadeloupe have more than their share of nifty country inns, small hotels, and guesthouses, for that has long been the style there. Most of these charming hostelries are not expensive, and, being French, serve nothing less than scrumptious meals and do so with great style. Unfortunately, however, quality is no insurance against anonymity for a ten-room inn, so the best of the inns in Martinique have grouped under the banner "Relais de la Martinique." One outstanding member is the Leyritz Plantation Inn up in the northern banana-plantation country just out of Basse-Pointe. The inn, which includes ten guest rooms and 14 large, stone slave-cottages with kitchenettes, sits atop a hill

continued

Leyritz Plantation Inn, Martinique—cabin, family of four, $72 per night MAP, $54 off-season.

El Guajataca, Puerto Rico—Parador, double, $24 per night, $20 off-season.

Inns

backed by huge mountains that often wear clouds on their peaks; to the other side, acres and acres of bananas stretch away to the seashore. Restoration of the 18th-century buildings has been done with an extraordinary dedication to historical authenticity; so, too, the furnishing of the rooms and cabins—Martinican antiques only. The rustic, bamboo-roofed cabins are plenty roomy enough for a family stay—a few of them are two-bedroom/two-bath units.

Scattered around the grounds are stone ruins of a sugar factory and a rum factory still to be restored. The granary was turned into a handsome restaurant where emphasis is on Martinican dishes. Tennis courts, a swimming pool, and horses ($3.50 an hour) are available on the grounds, and a bus makes a free daily trip to the beach, 18 miles away. It's a good place to practice your French, but enough of the friendly staff speak a bit of English so you can get along all right even if you don't speak the language.

Rates for a family of four (one child under seven and one under 12) are $54 a night, MAP, in summer and $72 in winter. The inn closes for October.

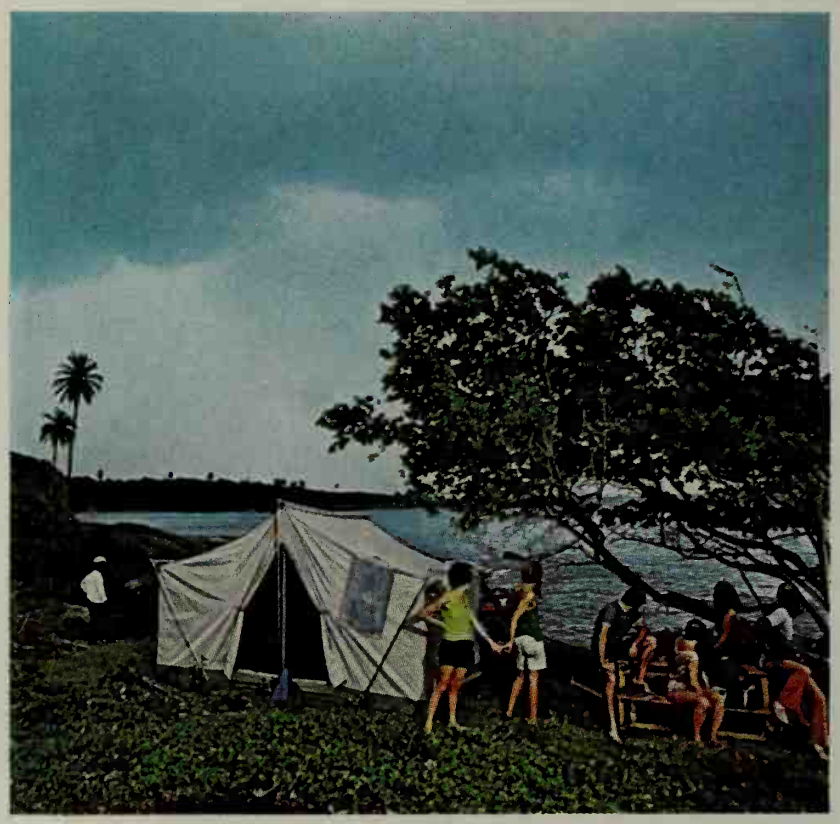
Another of the Relais de la Martinique members of a different type is La Vallée Heureuse, a supremely peaceful, gracious old family manor in the hilly suburbs above Fort-de-France. While La Vallée Heureuse is one of the most reasonable inns you'll find anywhere (about $27, double, MAP), and children are welcome, it is not the place to take your kids if they're on the rambunctious side. Inside, lovely antiques are everywhere, and outside gardens at each turn bloom not only with the oleander, hibiscus, and bougainvillea you see so much of on the island but also with rare specimens—African orchids and Chinese roses. The inn's restaurant, Le Bitaco, is considered among the best on Martinique, which is saying a lot.

There are now 12 inns in the association; for information write to the French West Indies Tourist Board (Madame Angele Levesque), 610 Fifth Avenue, New York, New York 10020.

The Inns of Jamaica is, again, a qualitative grouping of really pleasing smallish hotels, numbering about 30, in special settings. You'll find the lion's share around the Montego Bay area, but you'll also find one or two of these inns, some of which are old and restored, others brand new, near Negril, Mandeville, Runaway Bay, Ocho Rios, Port Maria, and Kingston. IT packages are available for any of the inns, with MAP summer prices per person for three nights and four days from $46 to $73, although the majority are closer to $60. Rates are about 25 percent higher in winter. For information, write to the Jamaica Tourist Board (Diana Willis), Suite 262, 200 Park Avenue, New York, New York 10017.

Camping

Despite the benign climate of the Caribbean islands, tenting is done only on a surprisingly limited scale. Granted, every now and then, if you get off to one of the more obscure beach or mountain areas, you might see a small pup tent pitched for an informal, unofficial overnight stay, but there are only two bonafide campgrounds throughout the islands—the Cinnamon Bay camp in the Virgin Islands National Park on St. John, and Strawberry Fields on Jamaica's northern shore.



Both campgrounds are on most fortunate seaside settings, are well managed, and provide tents, cots, bed linens, food storage and cooking utensils, freshwater showers (in a central bathhouse), and flush toilets. Each campground constitutes a genuine camping experience, which, of course, rules out everyday luxuries such as private bathrooms, innerspring mattresses, and television sets.

If you've never gone camping before and you're considering camping in the Caribbean, you should try "roughing" it first somewhere near home, or at very least visit a campground. To those who appreciate the simplicity of outdoor living, either Cinnamon Bay or Strawberry Fields will please, but to the uninitiated who see tenting mostly as an inexpensive way to vacation on a Caribbean island rather than as an entirely different way of existing, encountering either campground could be quite a shock. It's true that camping is inexpensive, but focusing too much on the bargain aspect and not enough on the realities to be anticipated—waiting your turn for a shower, for instance, or occasional water rationing in drought

Cinnamon Bay, St. John—tenting for four, $80.50 per week.

periods, or even securing edibles in metal boxes to discourage the scavaging mongooses—has a way of distorting expectations.

Cinnamon Bay is much the larger of the two operations, with a greater range of activities and more extensive facilities. There is a well-stocked commissary, a cafeteria, and an open-air cocktail bar, as well as lectures, guided history and nature hikes, and snorkeling trips. And you have the whole National Park as your playground—that's 9,500 acres of land and 5,600 acres of offshore, underwater marine gardens. (In addition, the campground is just a short distance beyond the very posh Rockefeller resort, Caneel Bay Plantation, where you can see 19th-century sugar factory ruins. The restored Sugar Mill Restaurant there is open to the public for lunch.)

The campground sprawls along Cinnamon Bay, and some of the 40 tents are pitched appealingly at the edge of the white coral sand beach. Needless to say, the beachfront sites are the most popular, but they're fairly assigned on a first come, first served basis—you just have to be lucky to get one. In addition to the tents, there are

Strawberry Fields, Jamaica—tent for four, $140 per week.

40 cottages back from the beach—utilitarian concrete and screen structures furnished pretty much in the same way as the tents; ten bare sites where you can pitch your own tent should you choose to haul it all the way to St. John; and two group sites that accommodate eight to ten tents for large parties traveling together. Rates are the same year-round: for a cottage, $14 a day for two plus $2 for each extra person up to a maximum of six; for a tent, $7.50 daily for two plus $2 for each extra person up to a maximum of six; and $2 a day for a bare site on which you can pitch one large or two small tents with nothing furnished except a charcoal grill and picnic table.

Cinnamon Bay is an extremely popular, pretty much family-oriented campground and never at a loss for applicants. Length of stay is limited to 14 days. For the prime December-April period you should make your reservations as far in advance as possible but not more than eight months in advance or they won't be considered.

When writing, specify the dates you would like, provide an alternate period if you can, and enclose a deposit check made out to Cinnamon Bay Camp for 50 percent of the total rental charge. (The balance is paid on arrival

but leave your checkbook home —once you get there, it's cash or traveler's checks only.) Write, via airmail, to Cinnamon Bay Campground, Reservations, P.O. Box 4930, St. Thomas, U.S. Virgin Islands 00801.

Strawberry Fields, tucked away on Jamaica's north shore about midway between Port Antonio and Ocho Rios, has a more pleasantly primitive ambience than does Cinnamon Bay. About 45 miles from the Kingston airport, the last five miles to the campground is over an extremely rough, dusty, gravel road that twists through farmland and along the shore where you'll see fields of sugar cane, cattle and goats grazing in their pastures, native women gardening beside small but tidy wooden shacks, and the occasional fisherman carving out a canoe or mending his nets. The result of being positioned in such an off-the-beaten-path spot is blissful isolation, and it takes only a short time to give your full concentration to the sandy beaches, lush foliage, the wildlife, and maybe snorkeling or rafting. From Strawberry Fields, you are well positioned for auto excursions to many attractions in the area—like the Blue Mountains, Dunn's River Falls, or, for that matter, the shops and restaurants in Ocho Rios and Port Antonio.

Strawberry Fields campers are largely, but by no means exclusively, a younger crowd. Yet there are families of all ages, and for some reason the mix works extremely well, making for an easy sociability that you can drift in and out of as you like. There is also nightly calypso music and dancing in a thatched roof shelter above the beach. An added bonus is that Air Jamaica offers a GIT (lower even than IT) package for the campground from New York, Philadelphia, Boston, Chicago, and Detroit, with an option for car rental also. (You can also arrange for transfer from the Kingston airport: $24 per person for two or more.)

Tents accommodate up to four, which would cost $140 for a week with all the camping accouterments you need except towels. Thatched roof cottages for four are $182 a week; for six, $238 a week. Food may be bought at the camp's general store or the nearby village of Annotto Bay, or if you choose not to cook, meals are available at the camp restaurant that serves American dishes but always provides at least one Jamaican specialty. Modified American Plan (breakfast and dinner) is available for $31.50 per person per week. For further information, write to Caribbean Campgrounds Ltd. (Irene Kolker), 54 West 56th Street, New York, New York 10019.

Vacation club

The Fort Royal Club Méditerranée on Guadeloupe is making a strong bid for family business. That might surprise you if you're aware of this international organization's reputation as a vacation club for frisky, young, swinging, bead-toting, pareu-draped singles

Fort Royal Club Méditerranée, Guadeloupe—two adult/two kid family packages per week: economy season $484; low season $626; and middle season $806.

who rock all night in the discotheque. But this particular Club Méd "vacation village" doesn't conform to that popular image. There are beautiful young people there, and there is a discotheque, but there are also plenty of families (children must be four or over) and even older couples, all of whom are doing the same thing —just having a rollicking good time in their own ways.

The boon for families is a newly introduced Mini Club program that groups the kids by age and interest under the guidance of instructors and counselors from 9 a.m. to 6 p.m. six days a week. (Your kids have the option of having meals with you or with the Mini Club for which special kid-style menus are prepared.) That frees parents to pursue their own activity, be it snorkeling, sailing, water-skiing, tennis, yoga, or, who knows, maybe even boccie ball, under the direction of instructors, as well. The atmosphere is that of a lavish summer camp for all ages, and it seems to be most effective in lifting the burdens of around-the-clock parental responsibility and bringing out a spirit of playfulness in people you could well imagine being quite heavy and un-playful in other circumstances. The atmosphere is *very* French, but all the staff speak English to some degree. The meals are incredibly elaborate and marvelously prepared, albeit a bit more flavorfully than most American kids are used to. (It's not a bad idea, if your child is a very finicky eater, to bring along dry-package familiars like fruit drink mix, hot chocolate mix, and instant oatmeal to tide him over the introductory period.)

Families with children are housed in the main hotel building, making it easier for parents to take part in evening activities, all of which are centered in that building. While baby-sitting is not part of the Mini Club program, there are plenty of potential baby-sitters around, both staff and teen-age guests who are more than happy to earn extra money.

Once you get to the Club Méd, you stow your wallet in the hotel safe—a custom that makes a significant contribution to the general joie de vivre. There is no extra charge for any of the activities, mealtime wine is on the house, and drinks at the bar are bought with plastic pop beads you wear. Besides the relief of not handling money for a week or two, the system is sensible since a bathing suit is the costume of the day, every day, making it difficult to carry a wallet.

The Fort Royal rate strueture is so complicated as to be almost incomprehensible. There is an economy season (late spring, early fall), a low season (mid and late summer), a middle season (some winter weeks), a high season (other winter weeks), and

then there are Christmas and New Year's weeks that are sort of high, high season. First, you must be a Club Méd member, which costs $10 per adult for the first year, renewable for $6 a year thereafter. There is no membership charge for kids. Then there are family package rates: for two adults and two children between four and 12, one week in economy season is $484, in low season $626, and in middle season $806. In high season there are no packages—it's $336 per adult and $268 per child. Air France IT fare packages are available from New York and Miami, with Los Angeles and San Francisco connections via National Airlines, from May through October, as well as 21-day (that's *up to* 21 days) excursion fares, which apply year-round.

For further information, write to Club Méditerranée, (Michele), 40 West 57th Street, New York, New York 10019.

If you do decide to make the Caribbean your vacation destination this year, it would be wise to make your inquiries, arrangements, and reservations as far in advance as you can to ensure availability of your first choice—the islands are expecting a banner year and they just may be right.

The bonanza of visitors, it is thought, will be vacationers previously headed for Europe but deterred by the hefty transatlantic fare increases. ■

Don't let any spot set. Lift it out instantly with K2r.®

The trouble with spots is—the longer they set the harder they are to get out.

The beauty of K2r Spot-lifter is—K2r lifts most any spot out of non-washable fabric instantly, before it gets set. Just spray it on. Let it dry. And brush the spot away without a trace. Cost? A couple of cents a spot. Or less.

The closer you are to K2r, the quicker you're cleaner!

© MNP Texize Chemicals Company
Division of Morton-Norwich Products, Inc.

SAN FRANCISCO FIREHOUSE BREAD

Ashley Hobson has a standing order when he takes his turn as chef at Fire Fighters Post 97 in San Francisco. All his cohorts demand his now-famous specialty, San Francisco Firehouse Bread. "I make four loaves of bread for 12 men at dinner," Ashley told us, "and there is never a crumb left over."

His interest in cooking goes way back. He picked up the basics as a ten-year-old and then courageously took a cooking course in high school where he was the only boy in the class.

Ashley describes himself as "a rather plain cook" who believes in good ingredients, well prepared. He maintains that "eye appeal is 50 percent of a good recipe" so he embellishes his dishes with colorful garnishes.

At home, his appreciative audience includes his wife Ruth and their five children, Margy, John, Cathy, Edward, and Susan.

SAN FRANCISCO FIREHOUSE BREAD

2 packages active dry yeast
½ cup chopped onion
3 tablespoons cooking oil
1 13-ounce can (1⅔ cups) evaporated milk
½ cup snipped parsley
3 tablespoons sugar
1 teaspoon salt
½ teaspoon dried dillweed
¼ teaspoon ground sage
¾ cup cornmeal
4 cups whole wheat flour

Soften yeast in ½ cup warm water (110°). Cook onion in hot oil till tender. Combine onion, milk, parsley, sugar, salt, dillweed, and sage. Stir in yeast. Beat in cornmeal. Beat in *half* the whole wheat flour. Stir in remaining flour by hand to make a moderately soft dough. Turn out on lightly floured surface. Knead 3 to 5 minutes. Place in greased bowl, turning once to grease surface. Cover and let rise till double, about 1 hour. Punch down; divide in half. Place in 2 well-greased 16-ounce coffee cans. Cover and let rise till double, 30 to 45 minutes. Bake in 350° oven for 45 minutes, covering loosely with foil during last 15 minutes. Makes 2 loaves.

Buying information, page 80

Photographs: Lyon, Die

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

Now, every other encyclopaedia (including our own) is suddenly obsolete.

The lifetime learning center... easier to read, easier to understand, easier to use.

For over 200 years, the Encyclopaedia Britannica has been recognized as the reference standard of the world. Now, this most authoritative, most complete reference work in the English language has been totally redesigned and rewritten to bring your family a far more readable, more usable, more informative encyclopaedia than was ever before available.

Tomorrow's encyclopaedia today

Britannica 3 instantly makes every other encyclopaedia obsolete. It features a unique, new three-part arrangement that makes seeking, finding and knowing *easier* than ever before. It can motivate student and adult alike to a new world of self-enrichment.

More useful—in more ways—to more people

New Britannica 3 serves the three basic requirements of a meaningful family encyclopaedia... because it is arranged in these three distinct sections:

1. *The 10-volume Ready Reference and Index (Micropaedia)* designed to help you get at facts, or a single fact, quickly and easily. The Micropaedia contains 102,000 short articles (each less than 750 words) written in an easily readable style. So readable, in fact, that many students will find the Ready Reference and Index of immense value in homework.

2. *The 19-volume Knowledge-in-Depth Macropaedia*, designed to help you discover the *meaning* of the facts. These volumes contain 4,200 authoritative articles on major subjects, providing the reader with the understanding, insight and wisdom available in every field of learning.

3. *The one-volume Outline and Guide (Propaedia)*, designed to help you explore entire fields of knowledge. Here is a readable outline of the whole of human knowledge, with introductory essays that guide the reader toward study of any area of learning in Britannica 3.

Thousands of subjects of practical value

Britannica 3 has special articles on interior design, medicine, science, mathematics, religion, politics, health, sports, child care and much more... useful information that can make everyone in your family a better informed individual.

Alive with colorful illustrations

Britannica 3 features over 24,000 magnificent maps and illustrations—thousands in vivid color. But this new encyclopaedia doesn't merely show "pretty pictures." The illustrations are an integral part of an approach which brings life and greater meaning to the facts depicted.

Tremendously useful to students

For today's student, Britannica 3 is indispensable... of immense value in homework... truly the finest, most complete and authoritative reference work the world has ever known. It is far more *readable*, more *usable*... ideal to help develop the active, alert minds that achieve success in school and later life.

FREE Preview Booklet

Britannica 3 is like no other encyclopaedia. That's why we have created a special 40-page Preview Booklet which pictures and describes this new achievement in detail. This booklet is yours absolutely free, without obligation. We'll also give you information on obtaining Britannica 3 *direct from the publisher* on a convenient Book a Month Payment Plan. Simply mail the attached postage-free card today.

Acclaimed by the press:

"The 15th Edition of The Encyclopaedia Britannica is splendid; its new concept works; it is a remarkable reference source and a unique tool for systematic self-teaching."
—*Wall Street Journal*

"E. B. is far broader, and more learned than other works in English. Britannica's new 15th Edition is the most versatile and generally authoritative of the lot."
—*Christian Science Monitor*

"...a prodigious effort to create not only the most authoritative research and reference work in the English language, but an entirely new approach." —*Newsweek*

"What riches are here. In 43 million terse words we find an introduction to the knowledge and learning of the world."
—*Washington Post*

"...a most desirable reference and learning tool, imaginatively designed and honorably executed." —*The Atlantic Monthly*

"...the first major change in encyclopaedia making since encyclopaedia makers abandoned Latin and started arranging subjects alphabetically in the seventeenth century..."
—*National Observer*

Would you believe... I fell in love with a Micropaedia!

Sound crazy? Maybe.

But a short time ago I had an opportunity to get a sneak preview of Britannica's brand-new encyclopaedia and, believe me, it's nothing like the old one my family cherished for years. This one is in three parts, and—hold your hat—the part I like most is called the Micropaedia!

If you or your children need a way to find out about anything at all, this part of THE NEW ENCYCLOPAEDIA BRITANNICA may get to you, too. But, that's just the beginning.

There are two more parts... and when you put them all together there's no better family encyclopaedia around.

Lucille Ball

MAIL CARD TODAY FOR

Free Booklet

which gives you an exciting preview of the all-new Britannica 3. No obligation, of course.

If card has been removed, write to:
ENCYCLOPAEDIA BRITANNICA, Dept. 300-F
425 N. Michigan Ave., Chicago, Ill. 60611

539

advance planning
reimbursements
medicare handbook
itemized statements
hospital insurance

How to close the gaps in Medicare

health insurance
reasonable charges
convalescent costs
claims
medical insurance

"But I thought Medicare would pay for those bills!"

Finding out that it won't is a constant source of frustration and possible financial hardship to many of the millions of Medicare-eligible Americans. The plain truth is, while Medicare does a great deal of good for a great many people, it is *not* the final solution for meeting the myriad medical expenses confronting the elderly.

If you or a member of your family is eligible for Medicare or soon will be, it's essential that you gain a clear understanding of the possible gaps in Medicare coverage. Only by anticipating them can you adequately plan in advance to close them. And that's the best way to prevent financial problems and anxieties that may take a costly toll.

Such advance planning is important not just for Medicare recipients themselves. If you have elderly parents, you may want to assist them in meeting expenses. Younger families can protect their own budgets by helping their parents anticipate and prepare for possible problems.

What kinds of problems can arise?

These are just a sampling of the problems that can cause an extended delay in receiving benefits, or even a failure to receive them altogether:

- Under the medical insurance part of Medicare ("Medicare B"), which helps pay for doctor bills, outpatient hospital care, and certain other costs, the patient is responsible for the first $60 in covered expenses in each year. But a claim must be submitted to the local medical insurance carrier for this $60, just as it is for later bills. If this isn't done, here's what can happen: A patient pays $60 for otherwise covered treatments, but fails to provide proper evidence to the carrier. Later, he incurs an additional $100 worth of expenses, for which he seeks reimbursement from Medicare. Not knowing of the previous $60 that had been paid, Medicare withholds $60 from the $100 claim, paying only 80 percent of the remaining $40.
- Errors in making claims for reimbursement from Medicare can foul up matters considerably. If a Medicare number is omitted or is incorrect, or if a name is illegible, there will be delays. Some of these errors may be caught early, but a wrong Medicare number could end up in the computer's "reject" bin, and many weeks can elapse before correction is made. Furthermore, incomplete information on the claim form can delay processing of claims.
- When a patient does not agree with the amount that Medicare has allowed on a given claim, getting satisfaction can be very difficult. If you disagree with a finding on your claim, you may request a review, but the request must be made *in writing* by the Medicare carrier. This could be a problem for many elderly folks. If after the review you still disagree with the decision on your claim, you may then request a hearing—but only if the amount in dispute (the difference between what you were paid and what you claimed) amounts to $100 or more.
- Medicare makes payments based on "reasonable charges." Unfortunately, there is a time lag between what the computer has been told *were* reasonable charges at the time it was programmed, and what they may be today. The computers are updated periodically, but charges go up without regard to the computer. In other words, the computer may note that $10 is a reasonable charge for a visit to the doctor's office. That may have been many months ago. Today a visit may cost $12. Medicare will make payments (80 percent of covered items after the $60 deductible) based on the $10, not the $12. Say that there have been 20 office visits after the $60 deductible has been paid for by the patient. The patient is billed for $240. He thinks that Medicare will pay 80 percent of those supposedly reasonable charges, or $192. Medicare, however, may figure payments based on its programmed reasonable charges of $10 per visit, and thus send a check out for 80 percent of $200, or $160.
- Convalescent costs can make the initial hospital costs look puny by comparison. Expenses for home health care or a skilled nursing facility can drain a family's resources, and these costs may not be covered by Medicare. For example, Medicare's hospital insurance can help pay for extended care in a skilled nursing facility only if (1) the facility is approved for Medicare payments; and (2) the patient is admitted because he needs additional care for a condition which was treated *while he was in the hospital;* and (3) he is admitted within a *limited* period (usually 14 days) after he leaves the hospital; and (4) he needs daily skilled nursing or rehabilitation services and (5) a doctor determines that he needs

continued on page 28

Can you make money with your crafts?

There couldn't be a better time to try. The market for American handcrafts is flourishing, especially with the Bicentennial coming up. In fact, all 50 states plan to focus on contemporary crafts through numerous guilds and fairs. There should be plenty of chances to put your wares on sale.

This widespread interest in American crafts doesn't mean that you automatically will make money, however. Whatever your products, from pottery to stitchery to woodwork to oils, they must appeal to the buying public. And they must compete realistically in price while still bringing you a fair return for your costs and time.

In other words, you must go about your venture in a businesslike way. It takes thought and know-how to be a success. Here are some pointers for setting up a business with your crafts:

Are your works salable?

The first step in making the transition from hobbyist to professional is to begin thinking about your products as salable entries in a competitive market. This usually requires concentrated effort. Your hand-thrown pottery bowl or original rug may delight you, but to be commercially salable it also must compete with all other handmade and mass-produced domestic and imported bowls or rugs that are being offered to the consumer. To help make your product the one the customer chooses, you'll have to do some advance planning.

The more you know about your market, the better your chances are to sell successfully. Begin with research to see where and how your designs fit in, and what your competition is offering. Visit fairs that offer items similar to yours. Observe what is selling—in what colors, textures, sizes, and price ranges. Notice how the crafts are displayed. Are they packaged? Are they sold individually?

Then take your market survey to your local public library. Look through magazines that show products similar to yours. In that way, you'll get some idea of what the editors are featuring as the best and the latest designs. You will typically see mostly mass-produced designs, rather than hand-

continued on page 29

"Westinghouse packed a 'free Tide' coupon in my new washer. But that's not why I use Tide.

Suzanne and Jason are.

I think that free Tide coupon is a good reason for a woman to try Tide. But the reason I've always used Tide is my kids. They're always in the dirt. Jason, for instance, loves to hunt bugs. And Suzanne falls in the dirt practicing for running races. But Tide gets their clothes clean. I'm really satisfied with it."

Mrs. Betty Jane Jaeger, Pennsville, N.J.

The Westinghouse Heavy Duty 18 washer has a Weigh-To-Save™ lid so you can use the right amount of detergent and water for your washload. Other features include 18-pound capacity, a special cycle for knits, a hand wash agitator, and settings for permanent press.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 18 washers pack Tide coupons in every top-loading automatic.

Kitchen window gardens

By Joan McCloskey

If your houseplant hobby is literally cascading into the kitchen sink, here's a solution. Push that flat, commonplace window out into the lush outdoor greenery with a three-sided greenhouse window.

We were so inspired by the serene, rejuvenating effect of the Descanso Garden Guild Kitchen that we adapted the idea in the home of one of our editors.

Our step-by-step instructions (see page 40) show you how to achieve the same effect in your own kitchen. Look for an appreciative response from your plants. The bank of windows will let natural light flood the kitchen, encouraging sluggish herbs and sun-loving plants to grow to their full potential.

Thrust like a theater stage into the outdoors, this extra-deep counter beyond the sink makes room for a veritable jungle of potted plants and an ingenious sunken herb garden. Heavy stainless pans from a restaurant supply store were drilled with several drain holes, then sunk into the ceramic counter top. A galvanized trough under the celery-toned tile collects excess moisture. It drains outdoors through a small opening in the sidewall of the bay window.

Herbs are handily located for snipping fresh into salads or meat sauces. This particular herb-growing bay includes pineapple mint for jellies; thyme, marjoram, and rosemary for flavoring roasts and gravies; sage for bread stuffings; rose geranium for special birthday cakes; and oregano for hearty Italian meat sauces.

BEFORE

EXTERIOR AFTER: Viewed from the outside, the new bayed window blends with the clean, contemporary lines of the house. The window extends two feet out, hanging over the deck below. This summer our staffer plans to build a storage house beneath the cantilevered bay for lawn chairs.

AFTER

Photographs: Mike Dieter. Designer: Duane Gregg

Mullioned windows angled from the ceiling to the top of verticle double-hung windows create a greenhouse effect in the Descanso Garden Guild Kitchen. Light filters through the hanging pots and dapples the celery-toned wood-rose motif tiles.

The opportunity to hang these greenhouse "roof" windows opened up when the ceiling was lowered to accommodate new wiring, ducts, and lighting. In the remodeling process the lowered ceiling was finished off 18 inches from the exterior wall.

Stoneware pots on the upper counter level contain potted, light-loving houseplants set in a base of sphagnum moss. From left to right are grape ivy, Christmas cactus, pale pink geraniums, and a begonia.

The structure looks quite simple viewed from the outside. Glass windows are carried to a point about two feet higher than the ceiling to the kitchen. A metal roof slopes down from under the second-story windowsills.

When our editor's home was built nine years ago, the architect told him that bay windows just didn't go with a contemporary house. That architectural dictum has frustrated the editor's gardening wife ever since. In recent years, she's filled the narrow windowsills with small potted plants, hung a few clay pots from the ceiling in front of a sunny window, and waited for the seed catalogs to arrive each spring. But she continued to yearn for a thriving garden in her kitchen. The Descanso Garden Guild window (left) served as catalyst. Since our staff member is an excellent carpenter, he launched his own window remodeling. Now a broad sweep of glass encloses the sink and buttery yellow counter top on three sides instead of one. As you can see, the plant population is thriving, perched in pots on a deep ledge over the sink.

Crafts for the Indoor Season

String Art String art takes on an exciting new dimension with these imaginative kits. Now you can use the latest design techniques to create either the "Suspension Bridge", "High Wheeler", or "Brig". Grouped together or used separately these kits make a great wall decoration in any room. Each kit contains walnut stained hardwood frame, black velour background, 25 yards each of the five bright thread colors, pins, pattern sheet, and complete instructions for one kit. (Each kit's finished size is 12″x16″).

Weaving Loom Weaving is one of today's most satisfying and useful hobbies. It's fun and economical. You can create almost anything—blankets, belts, pillows, handbags, table covers, shawls, jackets, wall-hangings, even your own family plaid design. This is a professional quality loom that will last for years. Crafted of hardwood, and finished like fine furniture, it's also a great decorator piece. Available in 2 sizes, 15″ and 20″ widths; each loom comes complete with all necessary hardware and full instructions for easy, fast assembly and use.

Quantity

_____**No. 11035 15″ Weaving Loom $17.99**
_____**No. 11036 20″ Weaving Loom $19.99**
_____**No. 11157 Suspension Bridge $9.99**
_____**No. 11158 Brig $9.99**
_____**No. 11159 High Wheeler $9.99**

Any 2 for $18.98, all three for $27.98

Total of Merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

Postage and Handling: For orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

If you use your charge card, fill out boxes below:

Expiration Date Month/Year ☐☐☐☐ Master Charge Interbank No. ☐☐☐☐

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Better Homes and Gardens, Dept 2NE, Box 374, Des Moines, Iowa 50336

Name_____

Address_____

City_____ State_____ Zip_____

We guarantee your satisfaction, or return your purchase in 10 days for a full refund.

begins on page 24

Medicare

and orders them for him; and (6) he has been in a participating hospital for at least three days. *Note that all six of these conditions must be met.* Medicare will not pay for nursing home care if it is for custodial purposes.

What can you do?

Forewarned can be forearmed, so get your facts straight *before* problems arise:

1. Examine the material on Medicare that's available at no charge at your local social security office. If you're concerned about an elderly member of your family, take the time to read through the material with him, and help him understand just *what is covered,* and *what is not.* The main document is called "Your Medicare Handbook," and a number of smaller pamphlets supplement it. If you have any questions about the coverage, don't second-guess. Ask a representative at your local social security office. Ask your doctor. Ask the administrative office of your hospital. Ask your local Medicare carrier. All of these sources should be able to provide valuable assistance. But don't delay. If the illness gets to you before the information does, it may be too late to protect yourself adequately.

2. Have a doctor examine the person who will be coping with Medicare. A regular, thorough checkup is mandatory if you're to keep ahead of possible Medicare gaps. (Medicare does not cover routine physical checkups or tests performed as part of checkups; the patient has to pay for these.) The doctor might be able to foresee certain types of ailments, within modest to extreme ranges. He can also help you determine which of those expenses might be covered by Medicare, and those which might not be. The more you know, and the sooner you know it, the better you'll be able to take the right steps toward closing the gaps.

3. Examine the documents that a member of your family may be filling out in order to receive Medicare benefits. As the preceding examples illustrate, many elderly patients lose time and money because of government paperwork requirements. If you can help them to understand the needed document and to complete it properly, you could be rendering them a most valuable service.

Is there supplemental insurance available?

Yes, but examine the various alternatives carefully. Many f
particularly among the el
either misunderstand—or ar
into misunderstanding—
kind of protection they get.
certain types of mail-order
plemental hospitalization p
for example. Although som
these are adequate plans, o
emphasize factors such as
"$1,000 per month," low i
cost, and no physical req
ments—lures that can lead a
ior citizen into thinking that
plan provides more cove
than it really does.

Frequently payments u
such plans are only for the n
ber of days spent in the hosp
and often the first few days
not covered at all. A short
pital stay followed by a len
convalescent period at h
could mean little or no "fast c
from the company. (The ave
hospital stay for someone
65 is two weeks or less.)

Further, preexisting condit
will most likely be excluded f
coverage, and studies have sh
that a large percentage of eld
citizens have preexisting co
tions which are likely to recur
necessitate a return to the
pital. If you know precisely
protection you're getting for
money you're spending, th
one thing. But if you think co
age is there, when in fact it i
you could be in trouble.

A number of major compa
offer supplemental Major M
cal type plans that do a n
complete job of filling the M
care gaps. These policies aren'
expensive, but they could be a
cheaper than the bills that
result if the gaps aren't cove
Check with local agents for
cifics and look into realistic c
for various medical serv
where you live. (See the Ma
1974 issue of *Better Homes*
Gardens for further informa
on shopping for a Major Med
plan.)

Are there other steps you
take?

It's wise to obtain a thoro
understanding of your pare
overall financial status to see h
they might withstand the rig
of a major medical calamity w
or without the help of Medic
The same is true of your own s
ation if you are approaching
tirement age.

Familiarize yourself with
possible sources that could
used to meet medical expen
when serious illness strikes,
elderly may not be capable
taking the necessary steps to c
vert their assets. Availa
sources for cash or borrow
leverage might include equity
a home, cash value in life ins

ance, disability benefits from prior work or armed services. Also, don't overlook community resources for nonfinancial assistance, such as volunteers to help with housework and trips to the doctor.

Produced for the magazine by Robert S. Rosefsky, well-known financial writer and syndicated columnist. ■

begins on page 24

Make money with crafts?

made crafts, but the overall styling is what's important. These are the products your potential customers have been told are good and what they'll compare your work to.

Should you sell retail or wholesale?

It's essential to think over what size and type of business would work best for you. Tailor your business activity to fit your own space, time, mobility, and money situations, so you don't take on more than you can handle.

One major decision is whether to sell retail or wholesale or both. Retail sales are made direct to the customer, as they are at a crafts fair. Wholesale means you sell your products to shopkeepers who then resell them to the consumer. Sometimes crafts people combine the two types of selling, but the processes are quite different, and extra effort must be made to keep separate records, separate prices, and so forth.

If you decide upon retailing, your state tax bureau (and sometimes the local bureau) will expect you to collect a small amount of money on each sale and send it back to them periodically for the retail sales tax. Whether you like it or not, it's the law of the land, and the inspectors monitor craft fairs, discreetly making sure taxes are collected properly.

Wholesaling requires no tax collecting. The stores you sell to will be making the final sale to the consumer and will be expected to collect the retail sales tax.

What credentials do you need?

Whether you wholesale or retail your crafts, most state governments will want to know about your business activities. (The three exceptions are New Hampshire, Oregon, and Georgia, who go their own way.) In turn, you will want to get from the state some recognition that you are a legitimate small-business person who is entitled to buy supplies tax free at wholesale prices.

Normally, the state tax department issues credentials—a license number—in response to your application stating that you are going into business selling your crafts. The licenses are either free or very modestly priced. When you purchase your supplies, you give the license number to your wholesaler, who needs it to account for the fact that he didn't charge *you* retail sales tax, since you were buying materials to resell. Write to the state tax bureau at your state capital for information about starting your own business, and for applications for a tax exemption number.

Should you keep books?

Bookkeeping and accounting are vital parts of any new business. They are, in fact, required by law as a business procedure. Look on your books as the personal diary of your business, to be kept each day the business operates. To create an acceptable bookkeeping system, buy two lined notebooks. Mark one "Income" and the other "Expenses." Then each day write the date in both books and jot down a line about what happened. If no income was earned that day, say it. If you spent any money, even on transportation or phone calls, put it down. Just be sure to keep the books up to date and make them legible.

How do you price your products?

Setting the right prices for your products can be a lengthy process, since you often have to rework your designs and material costs to make your prices comparable to those of your competitors. After all, prices are made in the marketplace. The object, of course, is to turn out something attractive that will compete and can be sold at a profit to you.

Costing often mystifies new designers. One good formula divides the process into four categories: For the first category, list on paper the cost of everything you need to turn out one finished item. These are your Direct Material Costs. Then figure out what it would cost you to hire a skilled crafts person to make the item—that gives you your Direct Labor Costs. Third, hazard a guess about what it costs to maintain your work area—including a small amount for rent, electricity, packaging, billing, and so forth. This is your Overhead

continued

Give a Squeeze...

Squeeze Parkay Margarine from Kraft.

Give a Squeeze at the table. Squeeze Parkay is easy to use and ready to go on hot corn.

Give a Squeeze when you're cooking. It's perfect for basting, sauteing or frying.

When you consider all its uses,

you'll squeeze it affectionately.

Creamy Squeeze Parkay Margarine tastes so delicious it makes you want to Give a Squeeze.

KRAFT

Division of Kraftco Corporation

Doctors Prove You Can Help Shrink Swelling Of Hemorrhoidal Tissues Due To Inflammation. Relieve Pain And Itch Too.

Gives prompt temporary relief from hemorrhoidal pain and itch in many cases.

When inflammation, infection and swelling exist in hemorrhoidal tissues—it can be very painful for the sufferer. But there's an exclusive formulation which in many cases gives hours of relief from the burning itch and pain in hemorrhoidal tissues. It also helps shrink the swelling of such tissues. Sufferers are delighted at the way it acts so gently and is so soothing to sensitive tissues.

Tests by doctors on hundreds of patients reported similar successful results in many cases. And it was all done without the use of narcotics, anesthetics or stinging, smarting astringents of any kind.

You can obtain this same medication used in these tests at any drug counter. Its name is Preparation H. *Preparation H®* also lubricates to protect the inflamed, irritated surface area to help make bowel movements more comfortable. Be sure and try Preparation H. In ointment or suppository form.

TRICKER'S WATER LILIES

SEND FOR OUR NEW FULL COLOR CATALOG...

Just 25¢ (to cover cost of postage and handling) brings you America's most complete water garden catalog. It contains beautiful four-color photos and a superb listing of hardy and tropical Water Lilies as well as many graceful aquatic palms or creeping oxygenating plants. Also includes a wide selection of interesting and exotic fish for indoor or outdoor pools . . .

Write to the office nearest you

Box 398, Dept. A-1, Saddle River, N. J. 07458
Box 7845, Dept. A-1, Independence, Ohio 44131

WILLIAM TRICKER, INC

YOURS FREE

OLDS' GATEWAY TO GARDENING — Colorful 84-page guide packed with tips and suggestions for better gardening.

INTRODUCTORY OFFER!

For openers we'll send you a packet of finest Mixed Asters and Black-seeded Simpson Lettuce — a 65¢ value for just 25¢! Limit one per customer. Stamps accepted.

OLDS SEED COMPANY
Box 1069 • Dept. D, Madison, Wis. 53701

Plant Patent No. 3065

ROSE PARADE

ALL-AMERICA ROSE SELECTIONS AWARD FOR 1975

A delight for all the senses, with delicate color and haunting fragrance. Ideal for mass-planting or as a hedge. No wonder all America is marching with this "fabulous floribunda!" Available at leading nurseries everywhere.

An introduction of Howards of Hemet, California.
HOWARD ROSE COMPANY • BOX 1345 • HEMET, CALIFORNIA 92343

continued

Make money with crafts?

Expense. Then add up the Direct Material Costs, the Direct Labor Costs, and the Overhead Expenses. That gives you the rock-bottom figure that your item costs to produce.

Finally, add on whatever amount you want to make for your profit. The sum of materials, labor, overhead, and profit will indicate your logical wholesale selling price.

Retailers usually double the amount of the wholesale cost to get their retail selling price. If you choose to retail yourself, add on an amount to cover extra work involved in making the sale personally.

When do you pay income tax?

In the eyes of the IRS, you are engaged in an actual business only if you come up with a profit in two out of five consecutive years. Otherwise, your activities are considered to be a hobby, primarily for pleasure rather than profit.

The distinction may seem superfluous to you, but there are specific advantages to setting up your handicraft production and sales to meet the IRS criterion for an ongoing business. Here's why:

Once you begin to sell your products, you must declare your income (no matter how insignificant) to the IRS and pay tax on any profits. Naturally, you can offset that income by showing the expenses entailed to make and sell the products. But here's where the hobby/business distinction counts. With a hobby, you are allowed to offset income with expenses only up to the amount of income. With a business, you may claim expenses that exceed your income, and there can be some special tax advantages. Check with an accountant or lawyer to be sure you are managing your business intelligently in terms of these income tax requirements.

What form should your business take?

There are only three ways to go into business: individual proprietorship, partnership, or corporation. With the first two, there's no cost to going into or out of business, and no paperwork is required. However, you have no protection against legal action; you are personally liable for everything that happens to the business. In fact, with partnerships, each member of the partnership is *totally* responsible for all the activities of the business, not just his portion, so you sho choose partners with care.

A corporation does protect from personal liability, bu costs money to create and sho be set up by a lawyer. If y business grows, get further in mation from an accountant.

How do you sell your produ to retailers?

Before showing your work t retail store buyer, become fa iar with the merchandise already has in his department you can sense his likes dislikes. Then phone for appointment, and rehearse y presentation before you see h Show at least four to six pie for variety, and have each tag with all the selling data, such price, delivery time, colors, sizes. Tags will help the buy and also help you if you nervous and forget everything

How can you get publicity?

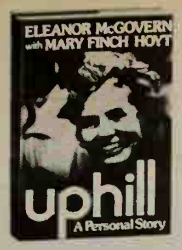
Publicity can be an invalua way to tell the public where t can see and buy your wo It could be fairly easy to publicity in your local paper on local radio or TV.

Find out the name of the ne paper writer or broadcaster w does interviews. Crafts people often welcomed for such int views. Send the interviewer brief note describing your wo adding that you will call to see you can make an appointm to meet him.

Where can you get informatio

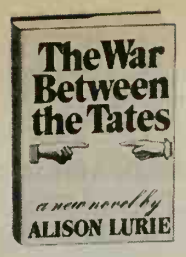
- U. S. Small Business Admin tration Publications: Check t local telephone book, or wr direct to U. S. Small Busine Administration, 1310 L Stre N.W., Washington, D.C. 204 for a list of available publicatio
- For information about D partment of Agriculture public tions and programs, write William R. Seymour, Craft Sp cialist, U. S. Department Agriculture, Washington, D. 20250.
- For data on your State Coun of the Arts programs, write Associated Councils of the Ar 1564 Broadway, New York, N. 10036.
- For information on prograr and membership in the Americ Crafts Councils, write to Ame can Crafts Council, 44 West 53 Street, New York, N.Y. 1001
- "How to Make Money Wi Your Crafts," by Leta W. Clar 1973, Wm. Morrow & Compan Inc., 105 Madison Avenue, Ne York, N.Y. 10016, $6.95.
- "Selling Your Crafts" Robert N. Nelson, 1967, Rei hold Book Corporation, 4 Park Avenue, New York, N. 10016, $3.95, paper. ■

337. Pub price $7.95



190. Pub price $7.95

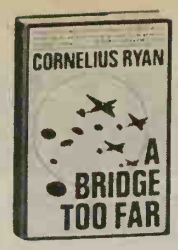
198. Pub price $7.95



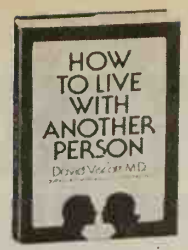
166. Pub price $7.95

258. Pub price $9.95

333. Pub price $12.95



110. Pub price $12.50



151. Pub price $5.95

357. Pub price $7.95

Outstanding books. Significant savings. BOOK-OF-THE-MONTH CLUB®

554. THOMAS JEFFERSON: An Intimate History *by* FAWN M. BRODIE
Illustrated
(Pub price $12.50)

501. THE AMATEUR PHOTOGRAPHER'S HANDBOOK *by* AARON SUSSMAN
Illustrated
(Pub price $8.95)

148. CATCH-22 *by* JOSEPH HELLER
(Pub price $8.95)

207. THE HAMMOND WORLD ATLAS
Superior Edition
(Pub price $12)

161. JOY OF COOKING *by* IRMA S. ROMBAUER *and* MARION R. BECKER
Illustrated
(Pub price $8.50)

140. THE COMPLETE MEDICAL GUIDE *by* BENJAMIN F. MILLER, M.D.
Illustrated
(Pub price $12.50)

323. TALES OF POWER *by* CARLOS CASTANEDA
(Pub price $7.95)

216. BABE: The Legend Comes to Life *by* ROBERT W. CREAMER
Photographs
(Pub price $9.95)

253. THE LIVES OF A CELL: Notes of a Biology Watcher *by* LEWIS THOMAS
(Pub price $6.95)

340. I NEVER MET A HOUSEPLANT I DIDN'T LIKE *by* JERRY BAKER
(Pub price $9.95)

89. DECORATING WITH CONFIDENCE *by* JOSE WILSON *and* ARTHUR LEAMAN, A.I.D.
Illustrated

178. Pub price $8.95

459. KISSINGER *by* MARVIN *and* BERNARD KALB
(Pub price $12.50)

261. SUPERSHIP *by* NOEL MOSTERT
(Pub price $8.95)

175. THE BEST *by* PETER PASSELL *and* LEONARD ROSS
Illustrated
(Pub price $5.95)

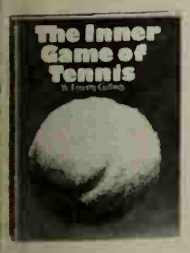
348. THE SACRED AND PROFANE LOVE MACHINE *by* IRIS MURDOCH
(Pub price $8.95)

127. THE POETRY OF ROBERT FROST *Edited by* EDWARD CONNERY LATHEM
(Pub price $12.95)

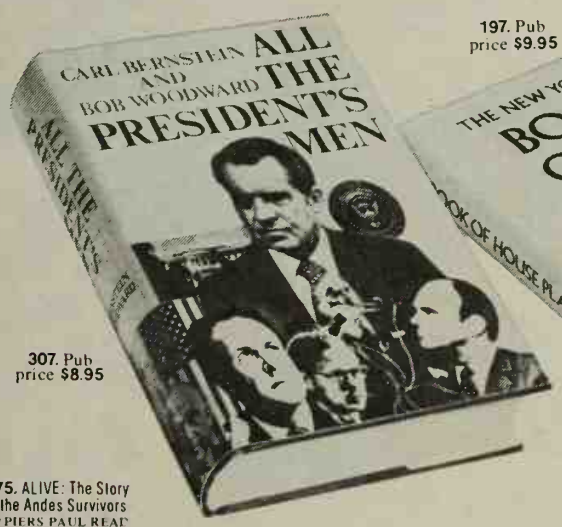
338. TINKER, TAILOR, SOLDIER, SPY *by* JOHN LE CARRÉ
(Pub price $7.95)

528. PLAIN SPEAKING An Oral Biography of Harry S. Truman *by* MERLE MILLER
(Pub price $8.95)

103. KISS HOLLYWOOD GOOD-BY *by* ANITA LOOS
(Pub price $7.95)

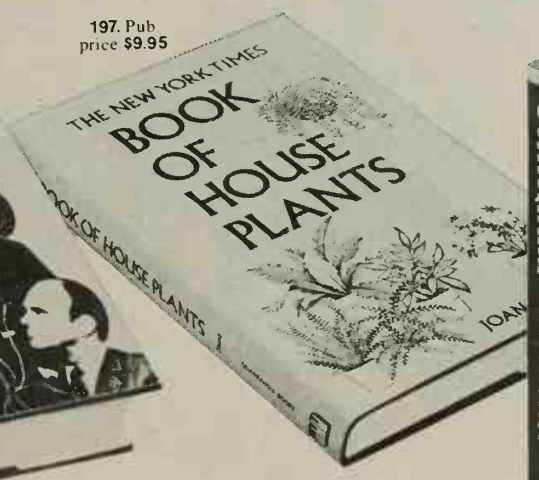


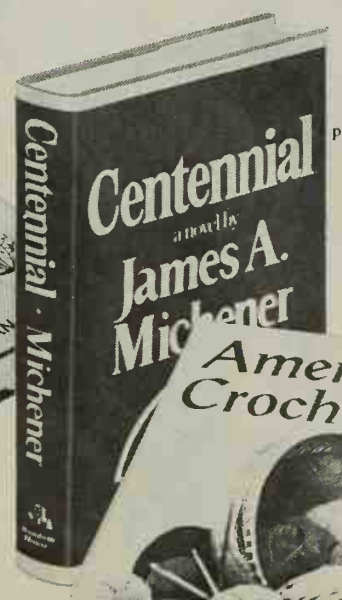
118. Pub price $6.95



307. Pub price $8.95

197. Pub price $9.95

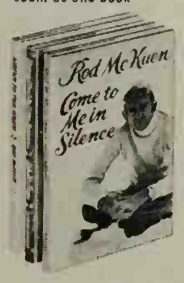




109. Pub price $12.50

275. ALIVE: The Story of the Andes Survivors *by* PIERS PAUL READ
Photographs
(Pub price $10)

These three volumes count as one book



169. COME TO ME IN SILENCE, AND TO EACH SEASON, LISTEN TO THE WARM *by* ROD MCKUEN
(Pub prices total $14.90)

339. FREE TO BE... YOU AND ME *Introduced by* MARLO THOMAS, GLORIA STEINEM *and* LETTY COTTIN POGREBIN
Illustrated
(Pub price $7.95)

252. HELTER SKELTER The True Story of the Manson Murders *by* VINCENT BUGLIOSI *with* CURT GENTRY
(Pub price $10)

244. THE NEW YORK TIMES COOK BOOK *by* CRAIG CLAIBORNE
Illustrated
(Pub price $12.50)

268. WATERSHIP DOWN *by* RICHARD ADAMS
(Pub price $6.95)

CHOOSE ANY 4 FOR ONLY $1

THE SUGGESTED TRIAL: You simply agree to buy four Club choices within a year at substantial savings on most books you choose

HAVE YOU EVER experienced the great good fortune of finding the very book you're shopping for "on sale"? That's the kind of pleasure you'll enjoy again and again when you shop in America's Bookstore—the Book-of-the-Month Club. You start by choosing four books you're eager to read—all for only $1. Then, as a member, you'll regularly be offered a choice of the best books published, almost always at substantial savings. If you continue your membership past the trial period, you'll be eligible for our unique Book-Dividend® plan—a delightful way to save even more, at least 70% on bookstore prices.

246. Pub price $12.50

310. Pub price $12.50

272. Pub price $7.95

Prices shown are publishers' U.S. prices. Outside the U.S., prices are generally somewhat higher.

BOOK-OF-THE-MONTH CLUB, INC., Camp Hill, Pennsylvania 17012

WEEKEND PROJECTS

FAST WAYS TO MAKE YOUR HOUSE BETTER

By Stephen Mead and David Haupert

If you're like most homeowners we know, you can rattle off a long list of problem spots in your home where the right project could make a big improvement. But, for one reason or another, you just haven't made the move yet.

To get you started, we've come up with ten imaginative problem solvers that you and your family can handle over a weekend or two. Pick the ideas that suit your needs, stock up on supplies (see materials lists on page 40), and swing into action.

Photographer: Irvin J. Borenstein, Inc., A.I.D.

Photograph: Bill Maris. Designer: Jan Jones of Contemporary Design.

Why not press an idle corner into active service? Whether it's in a family room, play area, or kitchen, salvaged corner space can be a real asset.

The seating/storage unit lining the corner of this rec room not only accommodates players awaiting their turn at table tennis, but also stows play equipment of all kinds. And the anti-smudge cork wall is a great backdrop for dart games, posters, and miscellaneous memorabilia.

Put together the plywood built-in as you would an extended box, spacing dividers roughly every two feet. Support the top at the back with a 1x2-inch ledger nailed into wall studs, and in front with a 1x2 rail that rests on notches in the divider panels. Cantilever the top and bottom enough to make room for the sliding-door tracks. Paint all surfaces or adhere laminated plastic to the plywood with contact cement.

Cover the wall with 12-inch squares of cork, either by running a couple beads of paneling adhesive behind each square or by applying floor-tile adhesive to the wall with a notched trowel.

Face-lifting a fireplace isn't as difficult as you might think. Though the more massive installations may require professional help, a good many others—like this one—can be face-lifted by the average husband-wife team in a weekend and at minimal cost.

To duplicate this rustic motif, nail a 2x4 vertically to the wall on each side of the fireplace, then box in the 2x4s with rough cedar. (Mitered joints look much neater than butt joints, especially on rough-sawn stock.)

Build the mantel separately, much as you'd make a box. Be sure to leave notches in each end where the mantel ties into the verticals, and leave the back side open. Anchor a 2x4 horizontally to the wall above the fireplace and nail the mantel to it and into the uprights on each side for extra stability.

Fill in the space above with cedar shingles, starting at the bottom and overlapping each course about half the length of a shingle. If shingle nails don't do the job, use a couple of beads of panel adhesive for each course.

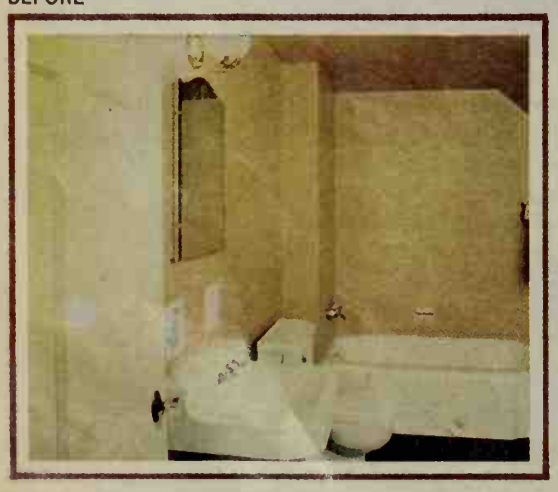
To brighten the slate surround—yours may be brick—face it with asbestos board, using panel adhesive. Paint the facing or cover it with a vinyl or metallic material.

To corral your multi-media equipment, try this compact entertainment center. The side facing the den in foreground handles TV, stereo components, records, and books. On the back, out of camera range, is a picture wall with a nook below that houses stools for extra seating. And, of course, the 4x7½-foot unit—roughly three feet deep—doubles as a room divider.

Make virtually the entire project out of ¾-inch plywood and cover the edges with wood stripping or edging tape. Apply trim around the top where the unit meets the ceiling.

WEEKEND PROJECTS

BEFORE



You don't need professional help or a fat pocketbook to give a Spartan bathroom some easy-living extras —such as storage space and a shower. In this example, the shelves are just painted 1x6s and a 1x12 resting on metal shelf supports. (You might want to experiment with a random layout, too, depending on the height of the accessories you plan to display among the more utilitarian items.)

The three ingredients of this shower—a head-high source of water, waterproof walls, and a shower rod/curtain—are all homeowner installed. Protecting the walls is a three-piece wall-surround made of foam-backed, laminated plastic. The unit is simply glued to the wall with an adhesive that comes in the kit, and the foam adjusts to any surface irregularities. Special strips forced into a retaining piece in each corner seal off all moisture. A bar-mounted shower device directs water to a selected shower level or can be hand-held for even greater flexibility. Installation consists only of mounting the bar with screws and replacing the existing tub spout.

You can carry your updating one step further by replacing the old center-mounted light above the mirror with a light-span track and three span fixtures—two of which should flank the mirror. Tie the track into your old fixture box and cover the box with a plastic plate which can be painted, if you wish.

BEFORE

Photographs: Bill Helms. Designer: Peg Walker

Sprucing up a threadbare sewing room is an ideal project for a two-person team. And, it provides the perfect opportunity to experiment with a decorating technique you'd rather not try in a more visible room.

While one person is shortening the sheets and sewing seams at the bottoms, the other can be painting the door and trim to complement the colors of the sheets.

To mount the sheets, slip 1⅛-inch wooden closet rods through the hems at top and bottom, then screw the top rod in place, making sure the screws reach well into every other wall stud. As one person stretches the sheet downward, the other can anchor the bottom rod the same way. Camouflage the screwheads with paint that matches the sheets.

Save another weekend for two more projects—a new six-foot sewing table and a refinished—or resurfaced—floor.

BEFORE

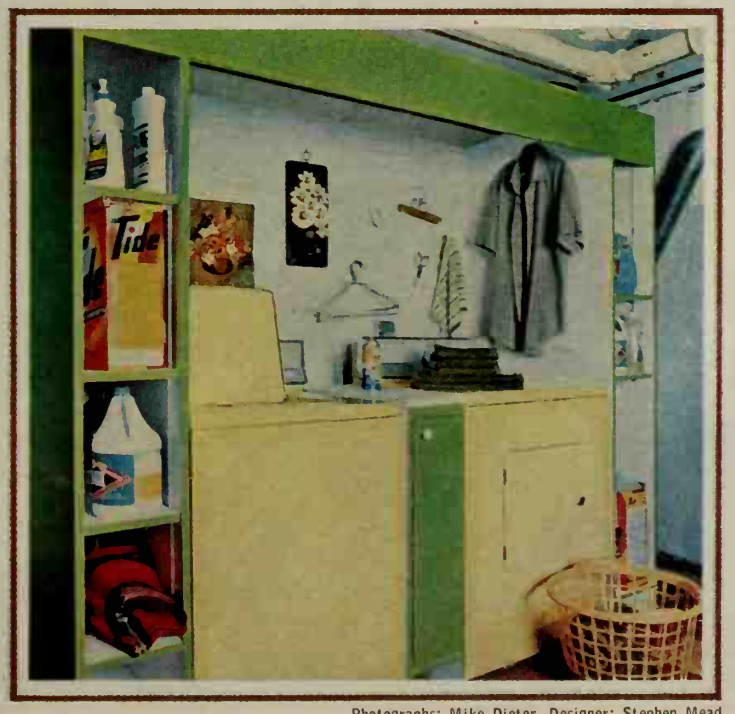
Photographs: Mike Dieter. Designer: Stephen Mead

A side entry within a few steps of the kitchen may be just the spot for two or three extra storage units designed to relieve some of the pressure on overcrowded kitchen cabinets.

Two modules will fit neatly behind the door—even when it's open—if the units are recessed in the wall between studs. Just cut away the wall covering between the studs, patch the rough edges, and insert the preassembled, pre-painted units. The ones pictured here are made of 1x6s, backed by ⅛-inch hardboard. Doors are ¾-inch plywood. The narrow module between the door and light switch is mounted on the wall surface.

While you're at it, update the light fixture, spruce up the walls and ceiling, if necessary, and create some coat-hanging space by nailing to the stair wall a long 1x6, fitted with ¾-inch dowels. (Or, try mounting two short boards, one above the other, in lieu of a long stairway.)

BEFORE



Photographs: Mike Dieter. Designer: Stephen Mead

If your basement laundry area is nothing more than two machines shoved up against the wall, you've got lots of company. But a weekend of work and a small investment in materials will convert that bare-bones installation into a practical, attractive laundry center.

The project at left isn't plush by any means, but it does provide essential storage space in a 7x6-foot area.

The middle section is just a skinny box with a door in front and plastic laminate on top. The taller modules are topless and backless, consisting only of two sides and one permanent shelf near the floor; the other shelves are adjustable. You can build these units on the floor, add the facing boards across front and back, then lift the structure into position.

Install the perforated hardboard last by nailing and gluing it to 1x2-inch furring strips. (You may have to use thicker furring to clear water pipes or electrical conduit.)

AND IN TWO WEEKENDS...

Photograph: Bill Maris. Designer: Keith Gasser of Jesse Benesch & Associates, Inc.

Photograph: Bill Maris. Designer: Clinton H. Thompson Construction, Inc. Source: Nephele Riley

Rather than cutting up a large basement into single-purpose rooms, consider this clever compromise. It's a three-sided divider that subtly separates the room into different use areas without sacrificing the wide-open-spaces feeling.

Flanking an old painted piano in this basement, the unit makes a great eye-level divider between sleep/study and play/party areas. It also creates loads of storage space in the form of shelving, drawers, and a closet.

Two of the sides are simply four equal-sized units, three feet square and two feet deep, stacked in two levels. Build each module out of ¾-inch plywood, then arrange at will. Make your own drawers, or buy unfinished dresser units. The third side is a six-foot-long closet, open to the sleep/study area.

For an especially smooth finish on the plywood, use two coats of sanding sealer under a coat of paint.

A blank wall can be a bonanza if you handle it right. This project not only turns a blank wall into a study center or bill-paying nook, but also brings dimension and color to an uninteresting room. The structure fits neatly around a window, or you can stack it against a plain wall and fill in the middle space with pictures, a giant poster, or additional shelves.

Assemble and paint the complete project on the floor, then raise it into position. The unit pictured has 24-inch modules on each side of a 42-inch center section. Height is 82 inches, just enough in this case to clear the top window trim. Use 1x12s mainly and cover the window shelf and fold-down table (plywood) with laminated plastic.

After you've positioned the unit against the wall, anchor it by toenailing an 8d finishing nail down through the top into each of two studs; leave enough of the nails protruding, so you can pull them out later if you want to move the unit.

If you're game to tackle a more ambitious bathroom renovation than the one pictured on page 36, you may be surprised to find out that the job isn't as tough as you thought.

The major hurdle in this project is replacing the lavatory. (Check local codes to see if you're allowed to do it yourself.) To remove the old fixture, turn off the water supply, then disconnect the waterlines and drainpipe.

After the lavatory is out of the way, build the framework for the vanity base. Start by making a ¾-inch plywood platform about four inches off the floor and cantilevered in front to create a kick space. Then make a framework of 2x2s and cover it with barn boards or other wood of your choice. Mount vertical uprights, horizontal rails, and doors to the front, and add a ¾-inch plywood top. Apply laminated plastic, cut a hole, and install the lavatory and new faucet per manufacturer's instructions.

After you've completed the vanity, you'll be able to build the remaining cabinets like a pro.

Personal information from Zonite® #3

You may be stepping into an odor problem.

You probably don't know it, but those pretty, silky panties you love to wear can help to cause vaginal odor.

Panties made of synthetic fiber can't absorb perspiration and vaginal secretions the way cotton fabric can. The tighter weave blocks air-flow, creating a wet/humid condition that encourages odor-causing bacteria to grow.

Pantyhose, slacks, girdles and other close-fitting garments can also contribute to odor. That's why it's good to wear cotton panties under these garments.

But whatever you wear, periodic douching can help prevent odor. Douching washes away the secretions that collect in the vaginal tract, leaving you cleaner and fresher.

And for thorough cleansing, use Zonite. It has a specially effective cleansing ingredient no other leading douche has.

Zonite cleans gently, too. A result of nearly 60 years experience in feminine hygiene, Zonite won't disturb the healthy condition of your vagina, won't upset its natural acid-alkaline balance.

Unlike many douches, Zonite has no perfumes or colorings. Leaves a clean, natural scent—and freshness! As a liquid, it's easy for even first-time douchers to use.

Remember, it's the little things that keep you at your feminine best. Already millions of women have gained new confidence by using Zonite. Shouldn't you?

Zonite

To know is to be confident

Weekend projects

Page 34: Corner seating/storage
52 lineal feet 1x2
1 4'x8' sheet ¾" A-C fir plywood
1 2'x8' sheet ¾" A-C fir plywood
20 lineal feet bypassing door track
56 square feet insulation cork
6 finger-button door pulls
mastic
paint

Page 35: Fireplace face-lift
48 lineal feet 1x6
20 lineal feet 1x10
2 8-foot 2x4s
1 6-foot 2x4
1 4'x6' asbestos board
1 bundle #3 cedar shingles
paint

Page 35: Entertainment center
3 4'x8' sheets ¾" A-A fir plywood
12 lineal feet quarter round
4 4-foot side-mount shelf strips
12 shelf-support clips
edging tape
paint

Page 36: '40s Bath update
18 lineal feet 1x6
3 lineal feet 1x12
4 3-foot shelf standards
10 6-inch shelf supports
2 12-inch shelf supports
1 tub-surround kit
1 flexible shower device
1 8-foot lighting track
3 track fixtures

Page 37: Sewing room spruce-up
6 bed sheets
80 lineal feet 1⅛" closet rod
paint

Page 37: Side entry storage
60 lineal feet 1x6
1 2'6"x8' sheet ¾" A-A fir plywood
1 4'x8' sheet ⅛" hardboard
6 lineal feet ¾" dowel
6 2-foot side-mount shelf strips
32 shelf clips
8 hinges
4 1-inch ceramic pulls
4 magnetic door catches
1 8-inch opaline light fixture
1 bag patching plaster
paint

Page 37: Basement laundry
1 4'x8' sheet ¾" A-C fir plywood
1 4'x4' sheet ¾" A-C fir plywood
1 4'x8' sheet ⅛" perforated hardboard
14 lineal feet 1x6
24 lineal feet 1x2
1 piece 10"x30" plastic laminate
8 4-foot side-mount shelf strips
24 shelf-support clips
1 1" white ceramic pull
1 magnetic door catch
2 hinges
assorted perforated-hardboard hangers
contact cement
paint

Page 38: Three-sided divider
4 4'x8' sheets ¾" A-B fir plywood
1 2'x8' sheet ¾" A-B fir plywood
2 unfinished dresser units
36 lineal feet flexible vinyl base
sanding sealer
paint

Page 39: Blank-wall study center
76 lineal feet 1x12
4 lineal feet 1x4
9 lineal feet 1x2
1 roll-down slat-shade unit (optional window covering)
1 24"x28" piece ¾" A-C fir plywood
1 26"x42" sheet laminated plastic
2 24-inch piano hinges
4 4-foot side-mount shelf strips
4 2-foot side-mount shelf strips
16 shelf-support clips
1 magnetic door catch
contact cement
paint

Page 39: Bath vanity, cabinets
Vanity
8 square feet barn board
16 lineal feet 1x3
16 lineal feet 2x2
1 2'x3' piece laminated plastic
1 2'x4' piece ¾" C-D fir plywood
2 sets drawer glides
2 magnetic door catches
4 strap hinges
4 1-inch black ceramic pulls
1 lavatory
1 fitting
miscellaneous plumbing items
contact cement
Cabinets
16 lineal feet 1x3
24 square feet barn board
12 strap hinges
6 1-inch black ceramic pulls
6 magnetic door catches ■

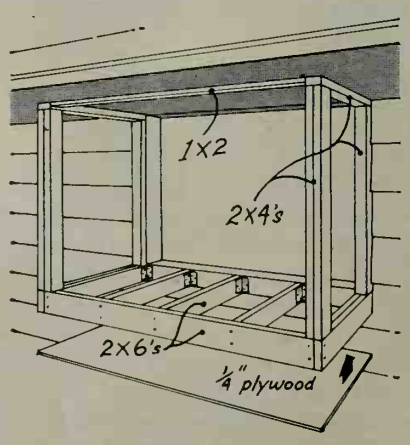
Kitchen window garden how-to

See page 26

The Descanso Garden Guild window is best suited for use in a house under construction or undergoing extensive remodeling. Here's a simplified version that can be added to many existing houses. The example pictured on page 26 was installed in a single-story house with a three-foot roof overhang. The conversion works best with a frame house that has vertical or horizontal siding. Although not impossible, it would be considerably more difficult to install such a unit in a masonry or masonry-veneer home.

The easiest place to install a homemade window garden is in a spot where a standard window already exists. (The opening is already cut, and you can reuse the old window in your project.)

Carefully remove the interior window trim, then gently force the window unit out of the opening, tapping from the inside with hammer and wood block. Avoid twisting the unit as you remove it. Next, cut away the siding and sheathing below the window opening to a depth of 5½ inches below the top of the horizontal 2x4 under the window opening. (This gives you access to the wall studs.)



Now build the new framework, starting with short 2x6s that cantilever from the house. (Cut 1½x 3½-inch notches in one end of each so the 2x6 supports can extend i the exterior wall to the depth of t 2x4 studs, yet fit flush with the t of the horizontal 2x4 at the base the old window opening. Nail t ends of the 2x6s into the sides of t 2x4 studs as pictured.)

Nail a 2x6 crosspiece to the oth ends of the 2x6s to tie them toge er, then attach an extra 2x6 to t two outside endpieces.

Nail two 2x4s and a 1x2 to t soffit as shown, then connect t framework to the base section w double 2x4s at the outside corne (Be sure to measure carefully, your new opening will accomm date the window unit.) Attach a v tical 2x4 to exterior wall on ea side of the old window openi

After the framework is comple re-install the window in its n location. Fill in the two sides of t new structure with double glazi —i.e., *two* pieces of glass in each separated ½ inch to help prev fogging in cold weather. Insulate t floor and ceiling of the unit, th attach a piece of ¼-inch plywo to the bottom of the 2x6s and a exterior trim pieces.

Add the finishing touches insi now. Lay a subfloor of ½-inch p wood and cover it with the mater that suits you. (We used ceramic ti grouted with silicone-rubber ba tub caulk.) Reattach the inter window trim, add custom-fit mo ing pieces, and your kitchen w dow garden is complete. ■

Kitchen face-lifts

See page 62

How to make the underskirt: Cut circle of fabric 2 inches larger th the diameter of tabletop. C lengths of fabric; seam to make piece at least twice as long as t circumference of the tabletop (i. piece should be 215 inches long f a 34-inch-diameter tabletop).

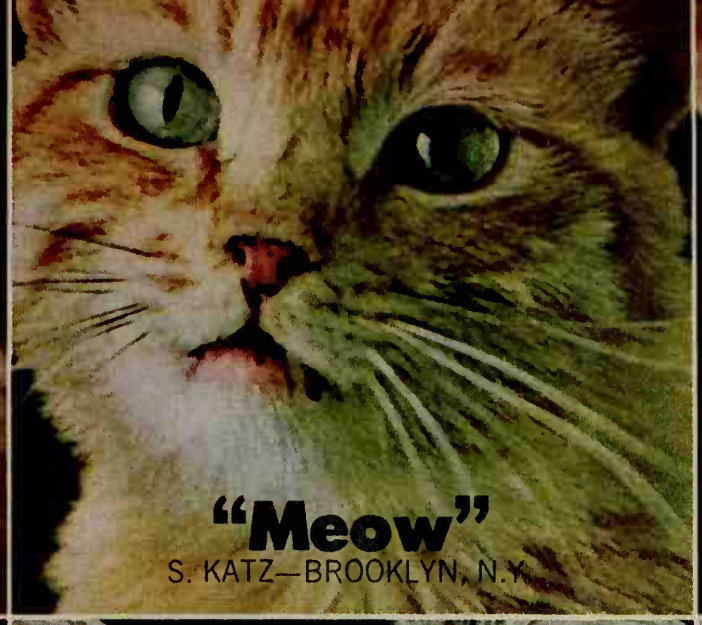
Seam long pieces together alo short ends to form a circle. He along one long edge. Gather alo other edge; pin and baste to top tablecloth, adjusting gathers even around circle. Stitch skirt to t with double row of machine stitc ing. Turn skirt right side out, pre then topstitch along gathers ¼ in out from seam. Trim skirt with strip of fabric cut from remna scraps of sheet, stitched about inches up from the hem of skirt.

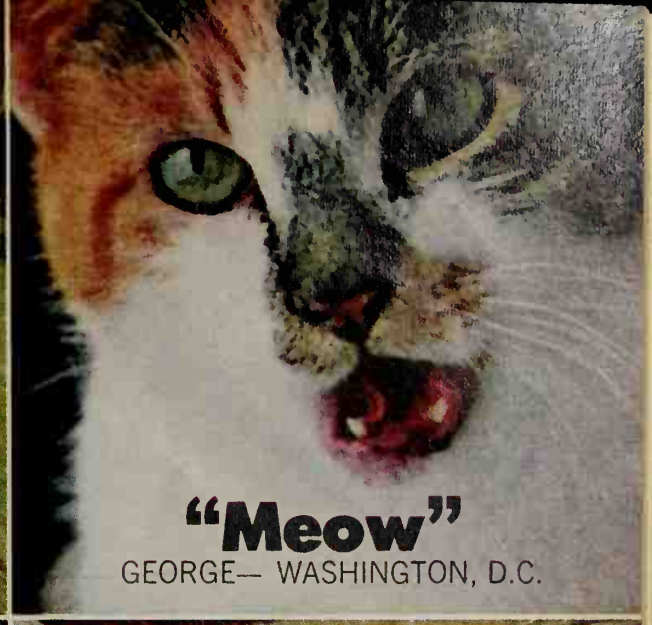
To make top tablecloth: Cut circle from a single-size sheet me suring in diameter twice the d tance from the center of tabletop mid-height of table (we cut a circ 68 inches in diameter for our 3 inch table).

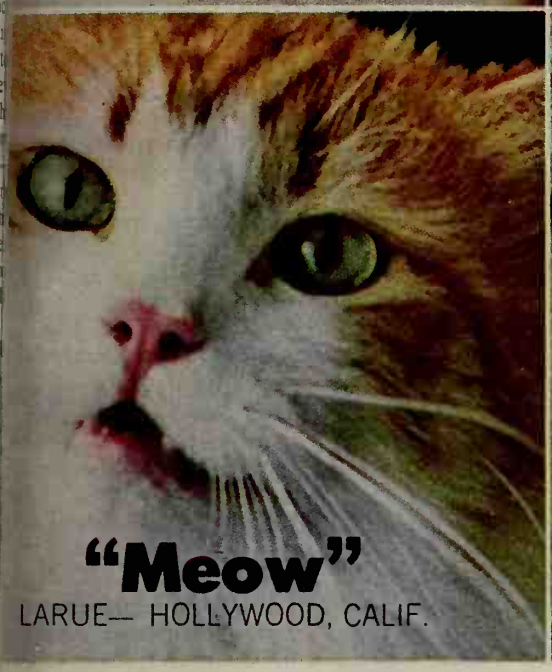
Hem circumference of circl Add ruffle or pleated edging f trim.

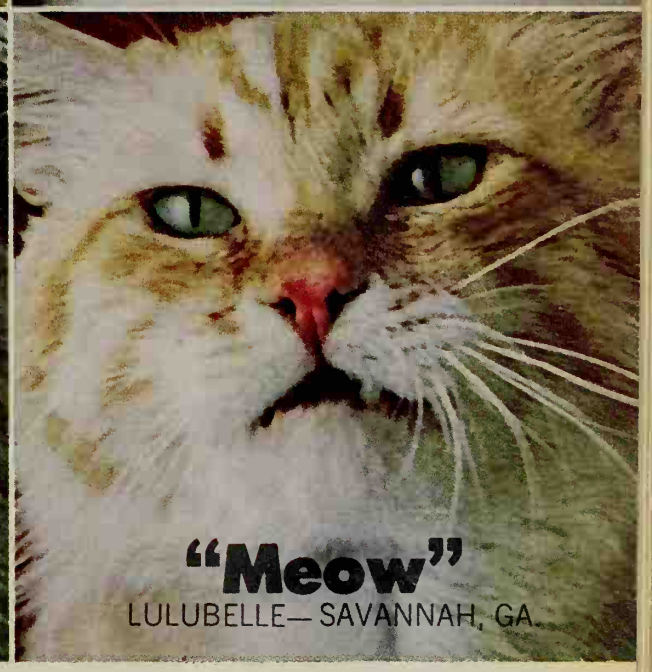
To make chair cushions: Tra pattern of chair seat on brov wrapping paper. Cut out patter allowing an additional one inch a around for seam allowances a stuffing. Cut two pieces of sheet pattern. With wrong sides togethe stitch top and bottom of cushi together around three sides. Tur

continued









THE BEST ADVERTISING FOR NEW MEOW MIX IS WORD OF MOUTH.

An ad can't tell you what a cat can.

And cats who've tasted Meow Mix™ have had one word for it. "Meow". (See above.)

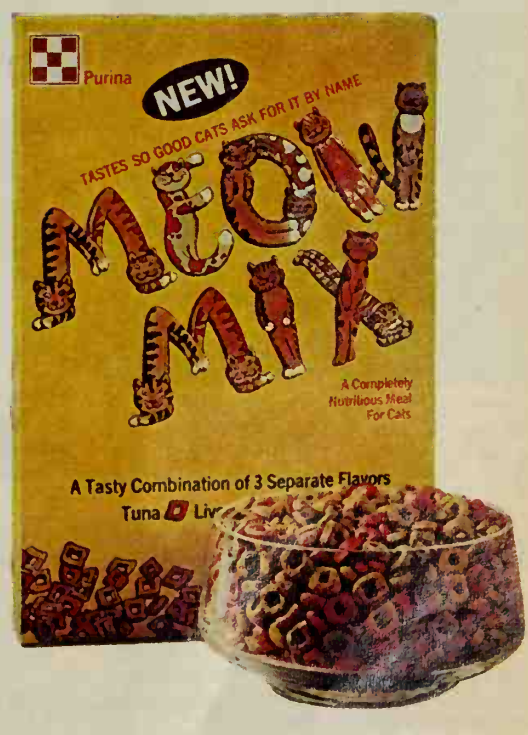
You see, Meow Mix is a whole new way to feed a cat. More than just a new variety of cat food, it's a cat food with real variety.

For the first time, a cat can get his three favorite flavors, tuna, liver and chicken, in one package. They're in separate bite-size morsels. The tuna is red the liver is brown the chicken is yellow . So they look as different as they taste.

And not only does a cat get the variety he craves, he also gets the nourishment he needs. Because Meow Mix contains all the protein, vitamins and minerals cats are known to need.

So now your cat doesn't have to wait till his next meal for change of taste, he can get it in his next bite. Which should keep him biting all day long.

But don't take our word for it, we'd rather you get it right from the cat's mouth.



© 1975 Ralston Purina Co.

continued

Kitchen face-lifts

press, and stuff with two layers of Dacron/polyester batting cut to size. Blindstitch fourth side closed.

Add ties to undersides of cushions at back corners.

To make canister covers: Cut fabric one inch longer than circumference of each canister and one inch wider than height. Apply fabric to canister with thin coat of fabric glue, overlapping edges at seam and bringing top and bottom edges of fabric over top and bottom edges of canister. Glue in place. Smooth out bubbles. Allow to dry. Treat with several coats of clear acrylic spray. ■

Here's How You Can Sponsor A Child

Here's What You Do

- Fill out your name and address on the coupon.
- Indicate your preference of boy or girl, and country.

Or . . .

- Check the box marked "Choose any child who needs my help," allowing us to assign you a child from our emergency list.
- Enclose your first monthly check. The cost is only $15 each month to help a child who needs you.

Here's What You Will Receive

- In about two weeks you'll receive a Personal Sponsor Folder with photograph and information on the child you sponsor and a description of the project where the child receives help.
- Later on . . . a "welcome letter" from the overseas field office.
- Progress reports on the child when you request them.
- A Christmas greeting from the child.
- The opportunity to write directly to the child. You will be given the mailing address and detailed instructions on mail to your child's country.
- Letters from the child answering your correspondence. You receive the child's original letter and an English translation from an overseas office. (Staff workers help children unable to write.)
- And the satisfaction that comes from helping a deserving child.

Here's What Your Sponsored Child Receives

- In children's homes: supplementary food, clothing, medical care, and dedicated housemothers.
- In Family Helper Projects: school supplies and clothing, medical assistance, emergency food and shelter, and family guidance from a trained child care worker.
- Special aid depending on the country and the type of project.
- Psychological support because the child knows *you* care.

Sponsors are urgently needed for children in: Brazil, India, Guatemala and Indonesia.

Write today: Verent J. Mills

CHRISTIAN CHILDREN'S FUND, Inc. Box 26511, Richmond, Va. 23261

I wish to sponsor a ☐ boy ☐ girl in (Country)_____

☐ Choose any child who needs my help. I will pay $15 a month. I enclose first payment of $_____. Send me child's name, story, address and picture.

I cannot sponsor a child but want to give $_____.

☐ Please send me more information.

Name_____

Address_____

City_____

State_____ Zip_____

Gifts are tax deductible. Canadians: Write 1407 Yonge, Toronto 7.

BH1910

Crayon quilt

See page 58

Materials: 1 set of Crayola fabric crayons (see Buying Guide); medium-weight drawing or tracing paper at least 12x12 inches; pencil; ruler; 17 13-inch squares of white, synthetic fabric—Dacron/polyester blends are excellent (colors will print on all-cotton fabric, but are less brilliant and might fade when washed); 18 additional 13-inch squares of fabric in assorted bright solid colors for quilt accents; 2¼ yards of hot pink or other bright color fabric for quilt edging; polyester quilt batting; backing fabric to fit (we used an old sheet). Seams: ½ inch. Finished size: 66x90 inches.

1. On each sheet of drawing paper, measure a 12-inch square and mark lightly with pencil. Encourage your quilt artists to keep their designs within these bounds when coloring, since pencil lines indicate seam lines on quilt blocks.

2. Color small squares of each crayon color on one sheet of paper, and then transfer your "test sheet" to a leftover piece of the fabric used for the quilt squares. The test piece will give you an idea of how well the fabric you've selected will take the crayon dye, and also will help your artists know what the colors look like when transferred to fabric. You'll find the colors much more intense on fabric than they first appear on paper.

3. *To transfer crayon drawings to quilt squares:* Following crayon package directions, place several folded sheets of newspaper, topped with a sheet of clean white paper, on the ironing board. Place a square of white fabric on top of this ironing pad, and then lay a crayon design facedown on the fabric, making sure design is centered on fabric. Brush *all* stray specks of crayon color off the paper (using stiff brush provided in kit) before you place the crayon design on the fabric, to avoid transferring the specks to fabric. Finally, use another clean sheet of white paper between transfer and iron to avoid soiling the iron.

4. Turn iron on to cotton setting (a good deal of heat is needed to transfer design effectively). Press with a steady, strong pressure over entire design until color becomes slightly visible through top sheet of paper. Check frequently by carefully lifting corner of design to make sure fabric is not scorching and color is transferring evenly. Once transferred to synthetic fabric, color is permanent and completely washable.

5. *To assemble quilt:* Arrange quilt blocks in seven rows of five squares each, alternating solid and crayon squares. Join blocks into strips; join strips into completed quilt. Press all seams open. Lay backing out on floor, wrong sid lay batting on top of backing; lay quilt top, faceup, on top. P all three layers together; mach stitch along all vertical and hori tal seam lines. Bind quilt wit inch-wide strips of solid color ric, folded in half lengthwise 3-inch-wide strips of batting to a soft, puffy edging. To attach b ing, stitch fabric strip to topsid quilt, right sides together; miter ners; turn edging to back of and blindstitch.

6. *If you wish to make a la quilt,* consult the chart below. measurements given are for to bed only, add extra all aroun side and foot drop is desired.)

Standard bed sizes are:

Twin: 39"x75"
Double: 54"x75"
Queen: 60"x80"
King: 76"x80"

Using your measurements, de mine how many 12-inch (finis size) crayon and fabric quilt bl you will need across (horizonta and down (vertically). Use s assembly procedure given for si quilt. ■

Winter day barbecue

See page 68

CORN-STUFFED PORK CHOPS

If drippings flare up during cooking, sprinkle coals lightly water to quench the blaze—

½ cup chopped celery
¼ cup chopped onion
2 tablespoons butter or margarine
1 beaten egg
2 cups soft bread crumbs (2½ slices
½ cup cooked whole kernel corn
½ teaspoon salt
½ teaspoon rubbed sage
Dash pepper
10 pork loin chops, cut ¼ inch thick

In small saucepan, cook celery onion in butter or margarine tender. Combine cooked vegeta and the remaining ingredients, cept chops. Season chops wit little additional salt and pep Spoon about ¼ cup stuffing c half the pork chops. Top with maining 5 pork chops. Place on over medium-slow coals. C hood. Roast 20 minutes. Turn roast 15 to 20 minutes more or done. Makes 5 servings.

LEMON-MARINATED CHUCK STEAK

4-pound beef chuck steak, cut 1½ inches thick
1 teaspoon grated lemon peel
½ cup lemon juice
⅓ cup cooking oil
2 tablespoons sliced green onion with tops
4 teaspoons sugar
1½ teaspoons salt
1 teaspoon worcestershire sauce
1 teaspoon prepared mustard
⅛ teaspoon pepper

Score fat edges. Place meat in s low dish. Combine remaining gredients; pour over steak. Let st 3 hours at room temperature overnight in refrigerator, turn steak several times. Remove st

nade, reserving marinade. dry with paper toweling. · medium-hot coals about minutes on each side for edium-rare. Heat reserved Slice steak; spoon mari-. Makes 6 to 8 servings.

) NEW ENGLAND INNER

w hot the fire is, hold your the coals at the height the be cooking. If you can ly hold your hand there four seconds, the fire is –

rned beef for oven roasting
baking potatoes
er or margarine, softened
dry onion soup mix
lustard Glaze
reamy Mustard Sauce

nd rinse corned beef. Ar-dium coals around edge of e beef on large square of ty foil on grate in center of se hood; roast for 1½ rub potatoes but do not each in 3 or 4 lengthwise end together softened but-rgarine and all but 3 table-nion soup mix; spread but-re on potato slices. (Set rved soup mix for Creamy Sauce.) Reassemble pota-p each potato in square of lapping ends. Place pota-dges of grill. Bake, hood ill tender, turning once, to 60 minutes on grill over coals. During last few min-roasting, brush meat with *Glaze:* In saucepan, com-up sugar, ¼ cup vinegar, 3 ns prepared mustard, and ; bring to boiling, stirring r dissolves. Unwrap pota-ve alongside corned beef on Pass *Creamy Mustard* Combine 1 cup dairy sour 4 cup milk, reserved 3 ta-s onion soup mix, and 2 ta-s prepared mustard. Heat but do not boil; stir occa-Makes 6 servings.

RADISH-STUFFED) RUMP ROAST

ermometer so tip is in cen-eat; tip must not touch fat spit—

epared horseradish
garlic, minced
oned and rolled beef rump roast

e horseradish and garlic. roast; make lengthwise cut off-center going almost to thru other side. (Leave cen-a uncut for spit to go .) Spread with horseradish . Reroll roast and tie secure-nce roast on spit rod, fasten-holding forks. Rub outside with an additional cut clove c. Insert meat thermometer. spit and turn on motor. ver medium coals for 1½ r till thermometer registers r medium-rare. Let stand 15 before carving. (Tempera-ill increase with standing.) with additional horseradish, ed. Makes 10 servings.

PPLE SPARERIBS

t-sour glaze coats the succu-s—

ineapple preserves

continued

How to make the day a little brighter: share some flowers.

Wind's up. Temperature's down. A perfect time to share the warmth and beauty of flowers.

Because flowers can turn a nothing day into something special. And all in a matter of minutes. You could call it a natural miracle.

AMERICAN FLORISTS MARKETING COUNCIL, Society of American Florists, 901 N. Washington St., Alexandria, Va. 22314

One of the "little old ladies" who uses Silk & Silver.®

Eighth in a series:

She's Betty King Barker, industrial designer who can list among her credits 4 careers, 3 grandchildren, 2 sons, and 1 husband. She also manages to find time for tennis, golf and looking after her good looks. To keep her silvery hair bright and beautiful, she uses Silk & Silver, Clairol's long lasting color lotion in Silvery Pearl* #14.

"So easy," says Mrs. Barker, "I just shampoo it in every few weeks—it colors away the yellow, adds lots of body and wonderfully rich deep color." And it has no peroxide.

Mr. Barker approves. "Gray hair looks so young on Betty."

Silk & Silver color lotion for enhancing gray hair, from Clairol.

*TM © 1973 Clairol Incorporated

continued

Winter day barbecue

2 tablespoons vinegar
1 tablespoon lemon juice
2 teaspoons Dijon-style mustard
1 teaspoon kitchen bouquet
3 to 4 pounds pork spareribs
1 fresh pineapple, pared and cut into lengthwise wedges

Combine pineapple preserves, vinegar, lemon juice, mustard, and kitchen bouquet; set aside. Salt ribs and lace with pineapple wedges accordion style on spit; secure with holding forks. Arrange slow coals in back of firebox, and foil drip pan in front of coals so it will be under ribs. Attach spit, turn on motor, and lower barbecue hood. Let ribs rotate over slow coals 1 hour. Sprinkle coals with dampened hickory chips during last 30 minutes of cooking for additional smoke flavor. During last 15 minutes, brush meat and fruit occasionally with pineapple glaze. Makes 3 to 4 servings.

BROCCOLI-STUFFED CORNISH HENS

Fowl is done when the legs move back and forth easily—

1 10-ounce package frozen chopped broccoli
1 cup cooked long-grain rice
½ cup (2 ounces) shredded process Swiss cheese
2 tablespoons butter or margarine, melted
¼ teaspoon salt
Dash pepper
4 Cornish game hens

Cook broccoli according to package directions; drain well. Combine with rice, Swiss cheese, butter or margarine, salt, and pepper. Rinse birds; pat dry with paper toweling. Lightly salt cavities. Stuff birds with broccoli stuffing. Tie legs to tail. Secure neck skin to back with small skewers. Mount birds crosswise on spit, alternating front-back, back-front. Do not have the birds touching. Secure with extra-long holding forks or 1 holding fork per bird. Brush birds with a little softened butter. Attach spit over medium coals. Roast till done, 1¼ to 1½ hours, brushing with additional melted butter every half hour. Makes 4 servings.

SPINACH-STUFFED HAM

Prepare extra spinach to serve as a vegetable—

5-pound boneless fully cooked canned ham
1 8-ounce can spinach, drained
½ cup herb-seasoned stuffing mix
2 tablespoons grated parmesan cheese
2 tablespoons butter or margarine, melted

Trim any excess fat from ham. Wit apple corer, remove "plugs" fro top of ham using a twisting motio Make 16 holes. (Do not make a hol in middle where spit will g through.) In mixing bowl, combin spinach, stuffing mix, cheese, an melted butter or margarine. Mi well. Fill holes in ham with spinac stuffing. Balance ham on spit and in sert meat thermometer. Arrange ho coals at back of firebox and a fo drip pan in front of coals so it wil be under meat. Attach spit, turn o motor, and lower barbecue hood Let ham rotate over medium coal about 45 to 60 minutes or till ther mometer registers 130°. Makes 1 servings.

WILD RICE-STUFFED SALMON

Let the fire burn down till a gray ash film covers the charcoal. If th fire is too hot the fish will dry out—

2 cups chicken broth
¼ cup finely chopped onion
1 cup wild rice
1 tablespoon butter or margarine
1 tablespoon snipped parsley
6-pound whole, dressed salmon

In saucepan, combine chicken brot and onion; bring to boiling. Rins the wild rice. Add to saucepan. Re duce heat. Cover and simmer 4 minutes or till liquid is absorbed Stir in butter or margarine and pars ley. Spoon stuffing into cavity o salmon, truss. Place a foil drip pa in center of firebox. Arrange slow coals on two sides of drip pan Sprinkle dampened hickory chip generously over coals. Place fish o heavy foil made into a pan; plac atop grill over drip pan. Close hoo and cook for 1¼ to 1½ hours or til fish flakes easily with fork. Bast fish occasionally with additiona melted butter; sprinkle coals with dampened hickory chips every 2 minutes. Makes 10 to 12 servings.

SAUSAGE-STUFFED BURGERLOAF

A well-greased grill basket keeps th meat from sticking—

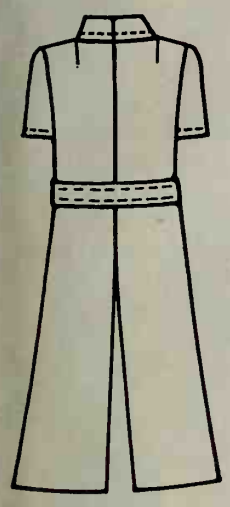
1 pound bulk pork sausage
⅓ cup chopped green pepper
⅓ cup chopped onion
1 envelope cheese sauce mix
½ cup milk
1 3-ounce can chopped mushrooms, drained
1 slightly beaten egg
¼ cup milk
¾ cup soft bread crumbs (1 slice bread)
½ teaspoon salt
2 pounds lean ground beef

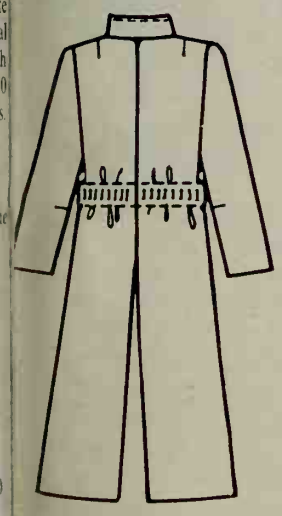
In skillet, cook sausage with green pepper and onion till meat is brown and vegetables are just tender. Drain off fat. Blend in sauce mix. Add the ½ cup milk. Cook and stir till thickened and bubbly. Stir in mushrooms. Set aside; cool. In separate bowl, combine egg, milk, bread crumbs, and salt. Add beef; mix well. Divide beef mixture in half. On sheets of waxed paper, pat each half to an 8-inch circle. Spread sausage stuffing over one circle of meat to within ½ inch of edge. Top with second circle of meat; peel off top sheet of paper. Seal edges of meat. Invert into well-greased grill basket; peel off bottom sheet of paper. Grill over medium coals 12 minutes on each side or till done. Cut into wedges. Makes 6 servings. ■

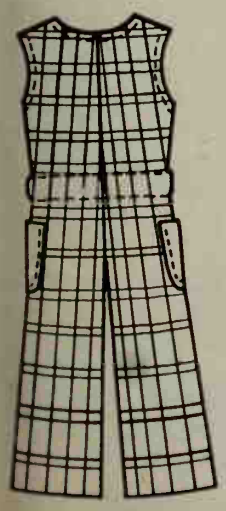
ttern
ck views

ow are back views of our
ry children's pattern selec-
This snug, zipper-front
suit is suitable for either
or girls, and patterns are
ble in sizes 2, 4, and 6. For
picture of front views, size
and coupon for ordering
ns, turn to page 74. Sug-
l fabrics for jump suit:
d corduroy, double knits,

Pattern 01311







You've got a rec room full of UL safety-tested products. All but one.

When you buy a product, look for the UL symbol of safety. It's the way the manufacturer tells you that his product conforms to UL requirements. In spite of all we do to test and analyze a product with respect to its freedom from reasonably foreseeable hazards, neither we nor the manufacturer can make it impossible for you to be injured. Problems can come from abuse of the product, or using it for something it wasn't intended for. Read and heed the operating instructions. It takes the manufacturer, UL . . . and you . . . all working together to safeguard your home and family.

How a product earns its symbol of safety.

Submittal. A manufacturer submits his product to UL to verify that it is designed to meet recognized safety standards.

Testing. UL determines by test and evaluation that the product design is safeguarded against electric shock, fire and casualty hazards.

Identification. The manufacturer certifies that his product meets UL's requirements by displaying the UL symbol right on the product.

Factory Follow-Up. UL conducts unannounced in-plan inspections to audit the use of its Mark on products conforming to UL's requirements.

Underwriters Laboratories Inc.

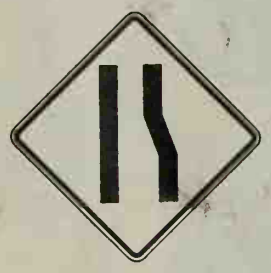
Chicago and Northbrook, Ill.; Melville, N.Y.; Santa Clara, Calif.; Tampa, Fla.

CARS Peter Stephano

WATCH OUT FOR THESE ROAD HAZARDS

Safe driving means more than keeping your eyes on what the other guy is doing, because real menaces often lurk, immobile, on or alongside the highway. According to accident statistics released by the National Safety Council, collisions with fixed objects accounted for 4,250 motorist deaths in 1973. More than three times that number were killed when their car overturned or left the roadway, many hitting off-highway hazards.

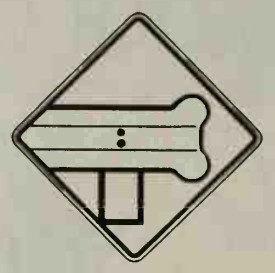
Studies by a Congressional public works subcommittee document a wide variety of highway booby traps that make accident fatalities zoom, from bridge curbs to inaccurately marked clearance distances on overpasses. Some of these hazards are inherited from the past, others are designed into modern road systems. Here are the seven most common dangers:



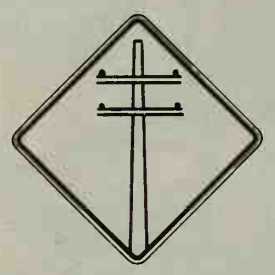
1. Narrow bridges are responsible for a significant number of accidents, often involving school buses on rural routes. One in every six bridges, or about 88,900 bridges around the nation, is safety-deficient enough to be pegged dangerous. The primary system of state and federal highways alone numbers 6,000 bridges that are too narrow.

2. Railroad crossings take a 1,300 person toll each year when trains and motor vehicles collide. More active protection devices, such as flashing lights or automatic gates, need to be installed at the 223,000 public grade crossings in the U.S.

3. Bad signs are those that are confusing, hidden, obscure in their message, or because of unwise placement, fail to give a driver sufficient reaction time. One Highway Users Federation executive points out that bad signs cause accidents by taking too much of the driver's time to read or by giving him conflicting and confusing information.



4. Poorly designed guardrails often endanger drivers instead of protecting them. Sharp rail ends stand like unsheathed swords ready to pierce a car's body or windshield. To be effective, guardrails should always curve away from the highway and be firmly anchored in the ground.



5. Unforgiving signposts and rigid light poles account for thousands of injured motorists each year. Breakaway posts which give way when hit and thus cause little damage to the car are beginning to be more widely used.

6. Slippery-when-wet surfaces contribute to loss of driver control on flat as well as banked and curved roadways, and can throw a vehicle into the off-highway danger area. One remedy is to resurface highways with coarser aggregates for a better tire grip, another is to slightly groove concrete pavement to help water run off. No amount of resurfacing will help, though, if motorists insist on driving with bald tires. Tires are considered worn out if they have less than 1/16-inch of tread depth remaining.

7. Natural and man-made obstructions, such as concrete columns and walls, trees, and other rigid objects, contribute to injuries and deaths in single-car collisions. For safety, the highway right-of-way should be cleared of all hazards where possible. For objects that can't be removed, energy-absorbing barriers should be placed in front of the obstruction to cushion the impact on a car. This works especially well at high-speed areas such as exit ramps.

There are, of course, many other potentially lethal elements that occur as either a contemporary design failure or inherited hazard. These are the too-narrow roads, sharp curves, dangerous highway mergers, broken pavements, and steep unguarded embankments you'll encounter on any driving trip of great distance.

What's being done to reduce hazards?

Until fairly recently the general attitude of agencies and officials toward obstacle impact injuries and deaths was mainly one of indifference. Poor driving, they thought, was the only explanation for these single-car crashes, and though regrettable, not quickly remediable. But now there is help on the way for motorists.

Safety-conscious groups such as the Insurance Institute for Highway Safety, Highway Users Federation for Safety and Mobility, and the government (in the form of the Subcommittee on Investigations and Review of the House Public Works Committee, as well as the Federal Highway Administration), are pinpointing highway hazards, suggesting remedies, and funding programs.

Safety engineering, too, has advanced to the degree that technological countermeasures can now be used to eliminate some forms of impact accidents. Guardrails that direct careening cars to a recovery zone, water- or sand-filled plastic drums, breakaway light and sign poles, and a score of other devices designed to bring a car gradually to a halt rather than stopping it dead are beginning to be used.

In 1972 Congress funded eventual elimination of these highway booby traps on federally aided highway systems, but until the enormous task of finding and defusing them is completed, it will be up to you to protect yourself from lethal highway obstacles.

Defending yourself against hazards

Awareness is your best defense when behind the wheel. Your area of attention should include all potentially dangerous structures, and your eyes should constantly be seeking a safe emergency escape route. Where no choices seem to exist, such as when going under an overpass, heightened attention and slightly reduced speed are your only alternatives.

Bare roadsides are best. The ideal roadside should include a 12-foot shoulder plus another 18 feet of cleared, level ground as a recovery area for straying vehicles. Second safest are gradual embankments. But steep, 70 percent grades offer little more protection to a driver and his passengers than a brick wall.

Don't hug the shoulder. Drive in the middle of your traffic lane. If a wheel happens to run onto a soft or graveled shoulder, don't brake hard or make a quick turn to get back on the pavement. Those are good ways to lose control. Drive straight, with the wheel on the gravel, take your foot off the gas pedal, slow down, then move gradually back onto the pavement.

Take frequent rest stops during long-distance drives. Keep the car well-ventilated, preferably with an open window, and keep the car radio on, particularly if you're driving alone. On the other hand, don't let in-car distractions, such as an engrossing conversation with a passenger, hamper you during a wheel maneuver. Many an accident has happened when a driver became distracted while changing lanes.

The responsibility for surviving rests with you. It takes only a few seconds and a few feet off the highway to encounter a deadly barrier, which is why no amount of caution can make up for wearing a sturdy safety belt and shoulder harness.

Your homemade bread is so great. Should the glasses be spotty?

Get the Cascade look... virtually spotless.

Look—even clean water lets spots form.

You did it! Your bread came out just as beautifully as you had hoped. But what about your glasses? You don't want spots at a time like this.

The spotty glass shows how plain water alone can leave dulling spots. So it's good to know that Cascade's sheeting action fights drops that spot... gives your guests glasses with the Cascade look!

Cascade fights drops that spot.

But Cascade in your dishwasher gets dishes virtually spotless.

Win money for your recipes

Pickles—Main-dish Kabobs

Do you make a special pickle that is close to perfection? We're also interested in your favorite kabob combination of good things to eat. Send your recipe today for either or both categories and you could be a prizewinner next August. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next August. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Pickles can start from fruits or vegetables. Green beans, tomatoes, and cauliflower are good beginnings; or spice fruit with a secret pickling solution. Hints:
pickled mushrooms and onions
peachy pickles
dill pickled carrots
sweet pickled beets
sweet-sour crab apples

Main dish kabobs can boast meatballs, pieces of franks, lamb, or ham laced with fruit or vegetables. Do you baste with a special sauce? Suggestions:
garlic shrimp kabobs
apple-glazed pork kabobs
teriyaki on a stick
chuck wagon kabobs
speedy turkey kabobs

THIS MONTH'S WINNERS

(See recipes on pages 77 and 78.)

Cooks-of-the-Month

Mrs. Lucy Erdahl, Regina, Saskatchewan, Canada
Mrs. C. W. Reese, Monroe, N.C.

Runners-up

Mrs. George Becker, Watertown, Wis.
Virginia Marino, Oak Park, Ill.
Mrs. Edna Peavy, Atlanta, Ga.
Mrs. Joe Twomey, Phoenix, Ariz.

Honor Roll

Mrs. Joyce Arsnow, Lawrence, Mass.
Mrs. Sandra Berry, Miami, Fla.
Mrs. Howard Bunnell, Kansas City, Mo.
Deborah Earnest, Merrillville, Ind.
Mrs. Estelle M. Farrington, St. Louis, Mo.
Mrs. Dennis R. Howard, Macomb, Ill.
Mamie Lee McNeill, Monroe, La.
Mrs. Linda Price, San Gabriel, Calif.
Mrs. P. G. Rehkamp, Marshall, Minn.
Barbara Schreier, Bethlehem, Pa.
Sonya M. Snyder, Palos Park, Ill.
Connie Wood, Winchester, Ill.

CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mark it "August Pickles" or "August Main-dish Kabobs." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, January 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7501 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

New Economical Wall Brighteners

FROM BETTER HOMES AND GARDENS

Here's a new decorator idea perfect for your home or a loved one. Charming "NIFTY DRIFTY" plaques look like driftwood. Each has a different original art design and size. Perfect for hallways, kitchen, bath, family room, children's rooms. Can be arranged in a whole variety of ways. Each plaque is a full ¼" deep, and measures between 3½" to 7" wide and 4" to 12" high. Comes finished and ready to hang.

Please send me the following:
Quantity

_____No. 13814 (A) Li'l Girl Sunbathing
_____No. 13815 (B) Li'l Girl Baking
_____No. 13816 (C) Li'l Girl Cleaning
_____No. 13818 (E) Li'l Fishermen
_____No. 13861 (F) Hippo on Scale
_____No. 13862 (G) Mouse Wife
_____No. 13863 (H) Mice Cavorting
_____No. 13835 All seven plaques

Plaques are $1.50 each; 3 for $4.00; 5 for $6.00; All 7 for $8.00

your BANKAMERICARD

master charge THE INTERBANK CARD

If you use your charge card, fill out boxes below:

Expiration Date Month/Year ☐☐☐☐ Master Charge Interbank No. ☐☐☐☐

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Total of Merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

Please include postage and handling: orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

Better Homes and Gardens, Dept. 2NF
Box 374, Des Moines, Iowa 50336

Name_____
Address_____
City_____
State_____ Zip_____

OUR GUARANTEE. Money back if not completely satisfied.

In time, they'll know what good furniture is all about.

A lot of couples buy Keller furniture because they fall in love with its beautiful styling.

But they don't fully appreciate it until they've started raising a family.

Then after thrown plates, hammering spoons, and bottle warmers fail to mar our tough Armor-Gard® surface, and a runaway kiddie car doesn't break a table leg, they realize that Keller is as tough as it is pretty.

And that means a lot.

You don't have to baby Keller furniture. Because we make it to take the wear and tear a happy family will put it through. Not just for years. But for generations.

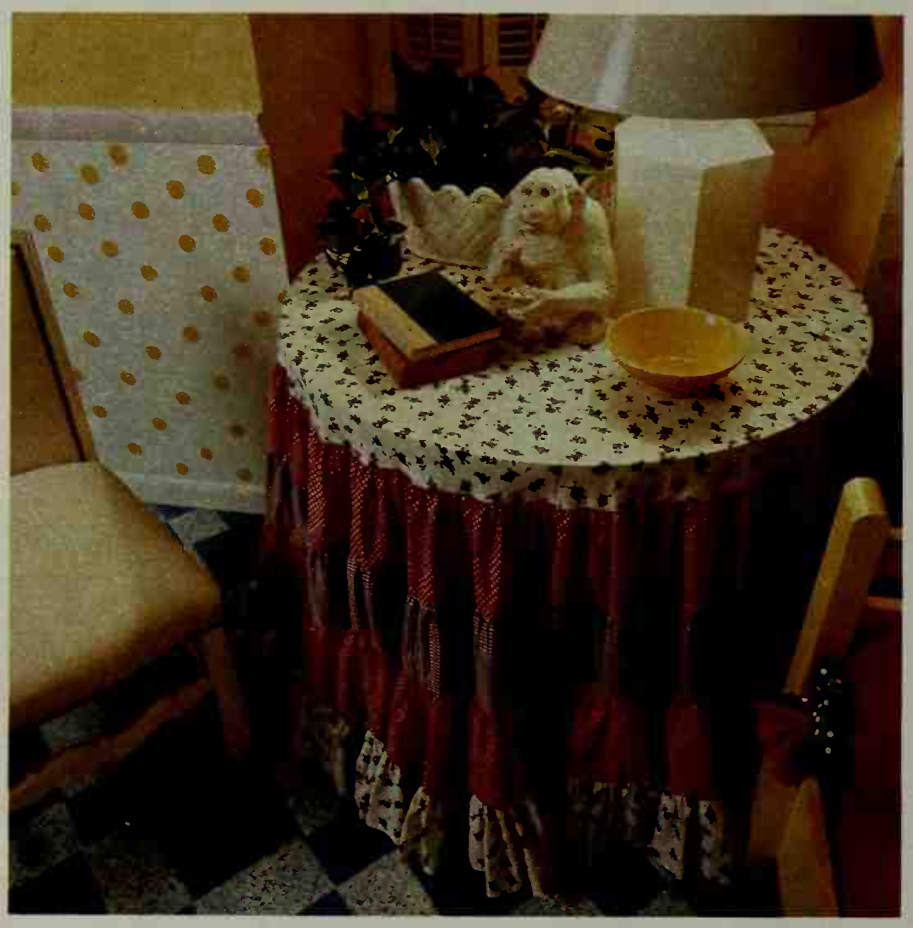
It's more than just dining furniture. It's KELLER

Keller Mfg. Co., Corydon, Indiana 47112, Estab. 1895

A FAMILY-PRODUCED GUEST ROOM

One of these weekends when it's dreary outside, and everybody's complaining of nothing to do, how about channeling that pent-up energy into creating a guest room? The space might be under the eaves, over the garage—or in that junk-filled catchall room you've been meaning to do something about for years but never got around to. We've filled our version of a family-styled room with a weekend's worth (and then some) of crafts, sewing, and painting projects —all easy, imaginative, and inexpensive.

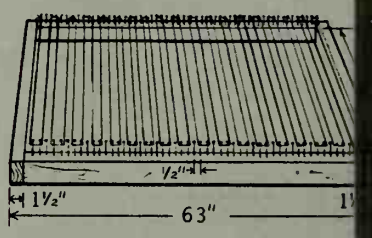
As you'll see on these six pages, the finished room is as colorful as a rainbow and as daringly patterned as the wildest crazy quilt Grandmother ever concocted. Each member of the family can step right up when it's time to take bows—because the room reflects everyone's special talents. Practically everything you see here (and on the following pages) was handmade or decorated by big hands and small. There's a convenient and handsome daybed to build from our project plan, a unique quilt (you'll see more of it on page 58), a transfer technique for rejuvenating furniture, a dream-scheme of a cloth for a scarred round table, a smashing box-loom felt rug, and eye-catching ways to paint your floors and walls with cork and sponge designs.



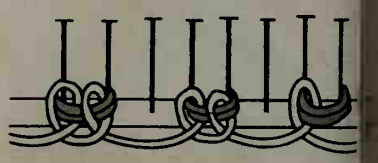
How-to for ruffled table cover: Transform any scarred round table with a floor-length cloth like ours. Measure diameter of table, add four inches for drop. Cut and gather four long strips of fabric—you can make them narrow or wide as long as total measurements add up to floor length. Allow ½-inch seam allowance on each strip. Seam strips together.

How-to for box-loom rug: You'll need 72-inch-wide f —24 inches each of yello green, orange, magenta, hot pink, and 27 inches of blue; 3 balls cotton string 162 feet each.

For the loom (sketch below), build a frame of 2 pine. Butt corners. Inside dimensions are 35x60. Dr 6d box nails at ½-inch intervals down the two lon frame sides. Tie warp on first nail, take warp across loom to opposite nail, go around two nails, go b across loom, skip one nai go around two nails, and continue this way until en loom is warped. We doub the warp by following the same pattern in reverse.



To weave: Cut felt into strips 3x72 inches. Fold strips in half lengthwise a press. Turn in side edges center—so strip is ¾ inch wide. Weave over and unc warp threads, leaving six inches at each end for fringe. Continue the proce Treat double warp thread as one. When weaving is completed, cut cord 3½ times the length of the loom and tie single half hitches along edges as illustrated in the sketch below. Remove woven rug from the loom. Baste strip of fringe in place, then machine-stitch across the fringe.



Buying information page 80

hotographs: Dieter Daybed design: David Ashe. Woven box-loom rug: B. J. Casselman. Room design: Robert E. Dittmer

Photographs: Dieter Floor, wall, and furniture decoration: George Hans

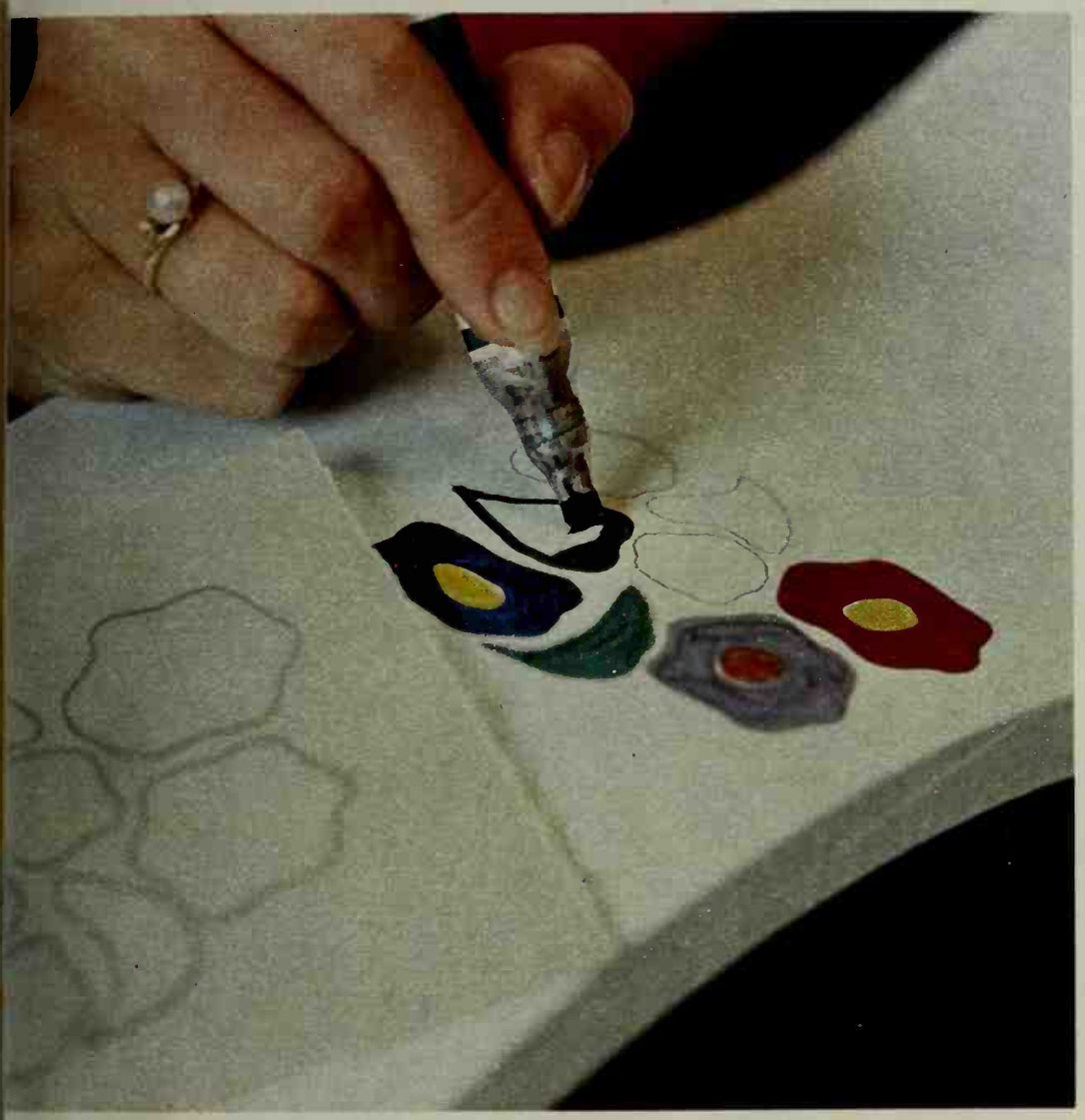
A FAMILY-PRODUCED GUEST ROOM

Painting your guest room will be a snap when you put the whole crew to work. Projects include smoothing sunshine yellow on the walls and ceiling, printing plump yellow polka dots on the wainscoting, and sponging big blocks of white on the blue-painted floor to simulate cool tile from a traditional Dutch kitchen. Since a room like this is something to write home about, you'll want to provide your guest with a desk. We saved money by raiding an attic for an old desk, then renewing it with paint. The desk's comely companion is a chair that we bought unfinished, then painted. Keep reading and we'll tell you more about the polka dots and the tile-effect floor.

How-to for painted floor:
Paint the floor blue and allow to dry. Design is achieved by rolling white paint on a large sponge and pressing it on the floor. First mark guidelines along the floor with a large roll of brown paper and try out this technique on the paper. This will also tell you how much pressure is needed to print the sponge. Or perhaps you'll want to try out different designs (like interspersing large and small sponge squares) on your floor. Start the design on one corner, placing the sponge at a 45-degree angle from the wall, or straight out from the corner. You can use a smaller sponge to finish off the design along the wall areas. A dry sponge can be used to help in spacing out the painted sponge. Usually you can print three prints from each application of paint to the sponge, if you apply more pressure to the second and third prints. Coat the finished floor with polyurethane and allow to dry for 24 hours.

How-to for polka dot design:
Youngsters will love their polka dot contribution to this super-special room. After you give them a sample demonstration, they're on their own. To duplicate polka dot design on the dado in this room you'll need a large cork—one inch to two inch diameter. First brush yellow paint heavily on a scrap of wood or cardboard, then press the cork in the paint and print on the wall in a random design.

A FAMILY-PRODUCED GUEST ROOM



This leggy chest of drawers, at left, is something else we found aging away in an attic. A new paint job and a flurry of floral designs made the chest look better than new (after all, hand-painted chests are hard to come by in the stores unless you're willing to spend a fortune). Now don't back off at the thought of hand-drawing all those little flowers, then painting them with a brush. You can copy our abstract pattern above (we've worked out a way to make it easy) and fill in the color with felt-tipped marking pens. The more creative courage you display, the more pride you and your family will feel.

How-to for flowered chest:
First, paint the chest and allow to dry. The abstract flower design (above) is applied by the following method. On a large sheet of paper, copy this design —or create one of your own. Reverse the sheet and scribble heavily over the surface with a dark lead pencil. Turn the sheet over, press it against

the chest (it's best to tape the paper in place), and retrace the design outline with the pencil. When you lift the paper, the design will be outlined on the chest surface. Fill in the centers with permanent marking pens in any color that complements the decor. When markers are thoroughly dry, cover the chest with polyurethane.

How-to for daybed:
Our handsome and serviceable daybed is 30 inches high, 81 inches long, and 35½ inches wide. One-half-inch plywood is used for the platform. With bunches of pillows, the daybed is a great place to lounge during the day. At night a standard single mattress turns it into an extra bed if you need one. We painted ours a warm lemon yellow and decorated the scroll-cut edge of the bed with a bright red stripe. Paint it freehand or trace the scroll-cut edge on a long piece of paper, cut out the outline, move it up ½ inch from the edge, then trace it on as you would a stencil.

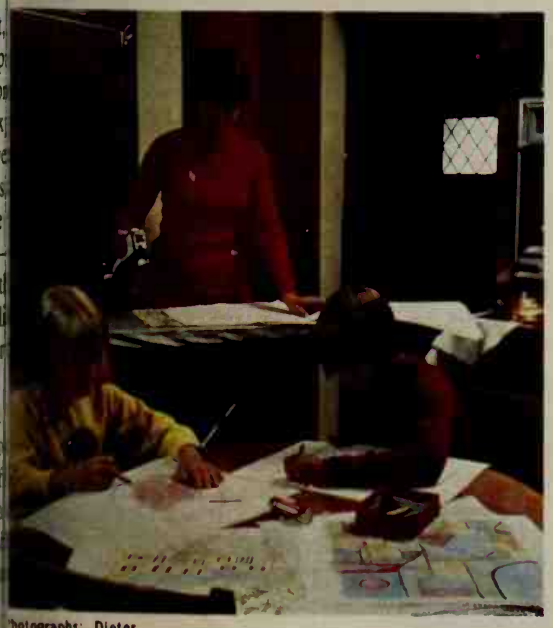
Better Homes and Gardens Project Plan 4501-1. To order, see page 82

CRAYON QUILT

By CIBA VAUGHAN

Does your family include a prolific young crayon artist? Well, here's a brand-new and exciting way to preserve and show off your child's creations for years to come. The crayon quilt you see above (that Mom's just finishing) is made up of alternating squares of solid colors and juvenile primitives and tracings. The drawings are done with a set of Crayola fabric crayons that come in eight different colors, plus instructions, crayon sharpener, sample drawings, and cleaning brush for about $5 at art and craft shops. You can enlist artists from outside the family, too—crayon quilting is as contagious as Tom Sawyer's fence painting. Or let the grown-ups create a complete quilt during a family reunion or an anniversary.

The young artists, at right, an trace designs on tracing p —but they'll probably p to create their own on inex sive pads of medium-w drawing paper. On each s of drawing paper measure mark with a pencil a 12-inch square— encourage the youngsters to stay within t boundaries as they represent the seam l Mom, at the ironing board, is transfe the artwork from paper to fabric. drawing is laid crayon-side down on square of fabric which is covered with an piece of drawing paper (to insulate iron waxy crayon). After being pressed with a iron, the image is transferred to the fa You'll find complete instructions on the p age—or see directions on page 44.



Photographs: Dieter

The fanciful quilt is made up of alternating squares of the youngster's artwork (the rest of the family can be represented as well) and solid-color fabric. There are seventeen 13-inch squares of crayon art and eighteen 13-inch squares of fabric in assorted solid colors. Bound with a three-inch hem in a solid color, the finished quilt measures 66 inches by 90 inches. Kids will find it a warm delight to snuggle under.

Mom is bound to occupy a place of honor in the quilt "hall of fame." Here, a smiling mother's portrait is transferred to the fabric. If there's writing on the drawing, have the youngster write the caption on a separate sheet, then trace in reverse with crayon on the main design. Otherwise the word will transfer backward.

For buying information, see page 80

Art from the oven

By Elizabeth D. Craster

Who needs a kiln to turn out roughhewn pottery, striking jewelry, and stained-glass-effect decorations? Our four "baked" crafts (done from start to finish in the oven) call for salt dough, plastic crystals, felt-tip pens for printing on plastic sheets, and any "bakable" modeling compound. Although these techniques are easy enough for kids, the results can be professional enough to command high prices in boutiques.

Designer: John Stith

Minimized art mobiles are very big with the pre-teen crafter. Cut pieces from a large plastic sheet from the hobby shop, and draw designs on the plastic with waterproof marking pens. Run the pieces into a low oven for a minute or two—and the plastic will shrink and thicken. We copied designs from books and cards —but you can ad-lib them if you wish. Try this technique for dog tags, bookmarks, or—with holes punched—zany buttons.

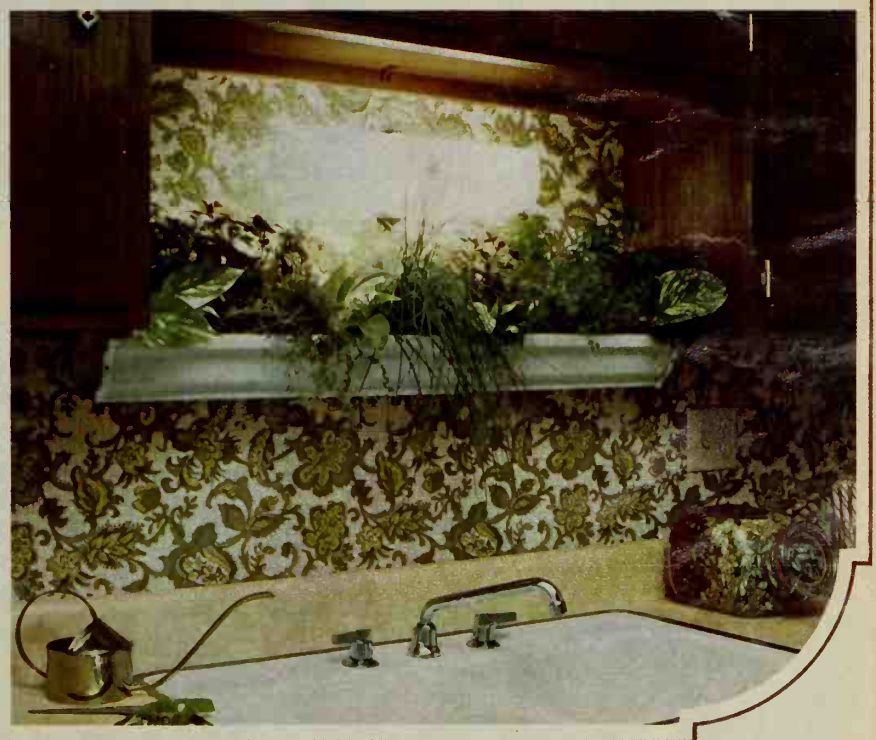
This tortoiseshell pendan [illegible] costly, but actually it was [illegible] up from plastic baking cr[illegible] For the tortoise color, mix [illegible] parts of orange, brown[illegible] green baking crystals. [illegible] achieve the interesting s[illegible] you'll need a variety of t[illegible] from your kitchen cupboa[illegible] lids half full and bake the c[illegible] till smooth and glossy at 4[illegible] grees—about ½ hour. [illegible] cool and flip out of tin. To a[illegible] ble the exotic stomach-l[illegible] necklace, you'll need j[illegible] findings from the craft [illegible] pliers, tapestry needle, [illegible] wire cutter. Punch holes in pla[illegible] tic with hot needle held by [illegible] and inserted into disks.

Designer: Mimi [illegible]

Designer: John Stith

Charming fantasy houses for votive candles are made with commercial baked modeling compound. We gave our candle caches a Southwest look by placing them on a sandy tray and accenting them with plants. The "house building" is easy. Just roll out commercial modeling clay to one-half-inch thickness, then cut squares for the roofs and the walls. Use an ordinary kitchen knife to cut openings in the roof and walls. Baking time is 15 minutes at 350 degrees. Paint sections with different colors of poster paint and when the paint is dry, glue the component parts together. You can add as many trims as you wish—like shutters and moldings. Candle houses make delightful centerpieces or gifts.

For how-to directions see page 80
Buying guide page 80



Stripes, checks, and hexagons happily combine to revitalize an old, scratched canister set. We used the end swatches from our tablecloth to coordinate the kitchen scenery. To cover the canisters, cut the linen one inch longer than the circumference of each can and one inch wider than the height. Secure to can with a thin coat of fabric glue, overlapping edges at the seam and bringing top and bottom edges over the ends of the canisters. Let dry and treat with clear acrylic spray. Try your hand at turning the scraps into potholders or towel borders.

We'll bet one of your New Year's resolutions was to organize that hodgepodge of herbs and spices. To help shape up your spice collection, recycle some tall glass jars—ours held olives. Then empty your herbs into the jars and cap them with brightly painted covers.

To make the handsome rack, cut two ⅜-inch hardboard endpieces to the desired height and width, cut three shelves and a backpiece to fit inside the endpieces, and secure with glue. Screen molding, ¼x½ inch, holds spices in place. Finish with stain or paint.

To make your culinary life easier, copy our well-turned gadget grabber. It lets the most-used utensils all hang out!

First measure the distance between wall and base cabinets and cut a 24-inch stock turned leg to this length. Drill ¼-inch holes at random in the leg and insert ¼-inch dowels, allowing them to protrude about one inch. Then stain or paint the leg.

To fasten the leg to the counter top, drill a hole in the counter and insert a piece of dowel which should protrude about ¼ inch. Slip the leg down over the dowel. Then drive a screw down through the bottom of the top cabinet into the leg.

One of the reasons food smells so good while it's cooking is a mingling of herbs. You can enjoy the same aroma with an over-the-sink herb garden.

Start with a three-foot length of five-inch enamel gutter, cap the ends with right and left returns, and caulk the seams with bathtub silicone. To secure the gutter to the wall, attach a three-foot length of 1x4s to the back of the gutter with wood screws, then fasten sawtooth picture hangers on the back.

(Instructions on page 40)

Designs by Ciba Vaughan, Jan Johnston. Photographs: Dieter

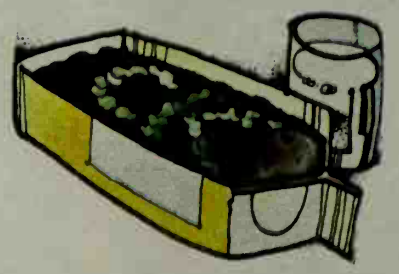
Fun Gardening for Kids

By Beverly Garrett

There's a natural affinity between growing children and all growing things, from plants to puppies. To nurture that interest, we've rounded up a passel of intriguing projects for kids. They'll learn a lot about plants as leaves unfold, an eggshell grows grass, a hanging sponge sprouts seedlings. And that makes help you give worthwhile.

Dairy-box gardens

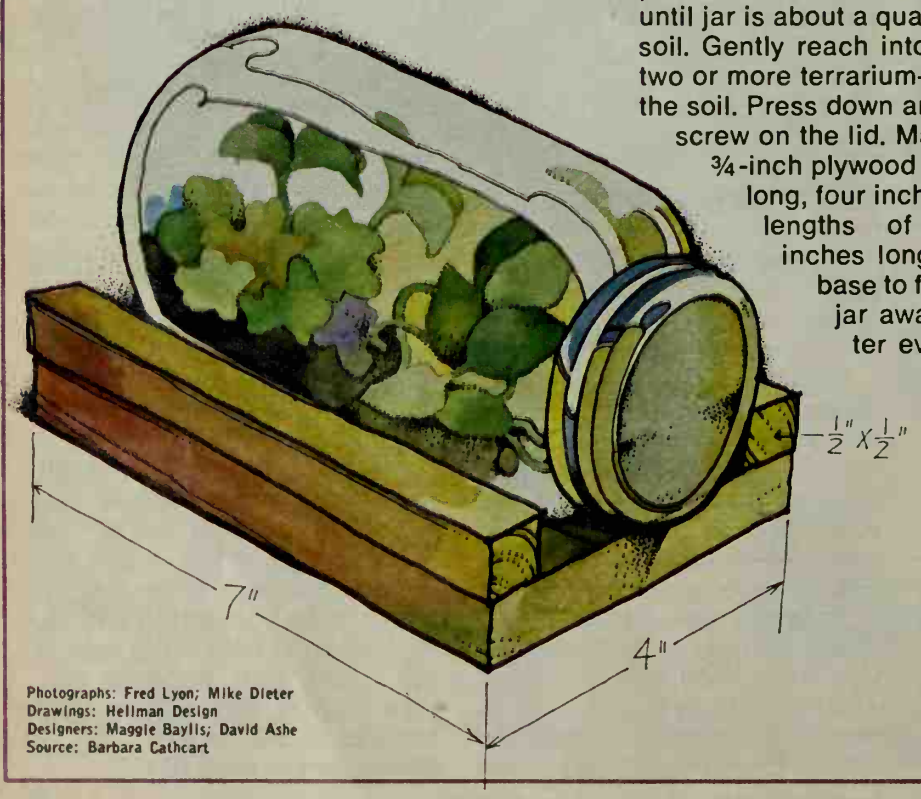
Recycle milk boxes and cottage cheese and yogurt containers—they're waterproof so they make great planters. Cut quart or half-gallon milk cartons lengthwise; or make a planter from an upright quart, using a cut-off half-gallon box as a saucer. Or start with an upright quart, cut off the top, and cut window flaps in each side; line the interior with clear plastic wrap, fastened with transparent tape. Trim outsides of boxes with fabric scraps, adhesive-backed plastic, wrapping paper, or gay bandannas. Put drainage rocks in the bottoms of the planters, add potting soil, and plant with seeds. Or you can set small-sized terrarium plants into these planters; water when the surface of the soil is dry.



Use a trimmed milk carton as a planter for a letter-growing project. The idea is to sow seeds (cress or birdseed) in the shape of letters in the alphabet; naturally, these will be the initials of the gardener's name. Mark letters in soil, sow seeds thickly along marks. Cover lightly with more soil. After the seeds are in place, keep soil moist, but not soggy. Once seeds sprout, remove the seedlings outside the boundaries of initials.

Jar terrarium

A fruit-jar terrarium is a tiny but efficient greenhouse. Start with a pint jar placed on its side. Add potting soil until jar is about a quarter full. Dampen soil. Gently reach into the jar and set two or more terrarium-sized plants into the soil. Press down around roots, then screw on the lid. Make a platform of ¾-inch plywood cut seven inches long, four inches wide. Cut two lengths of ½x½s seven inches long; glue to top of base to form a cradle. Set jar away from sun; water every two months.

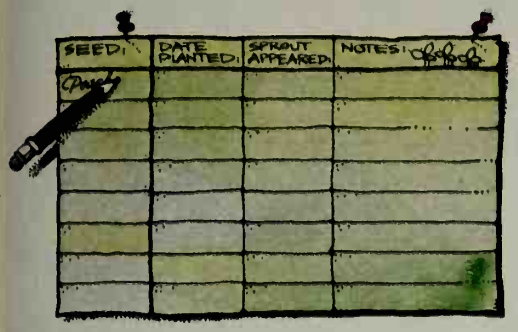


Photographs: Fred Lyon; Mike Dieter
Drawings: Hellman Design
Designers: Maggie Baylis; David Ashe
Source: Barbara Cathcart

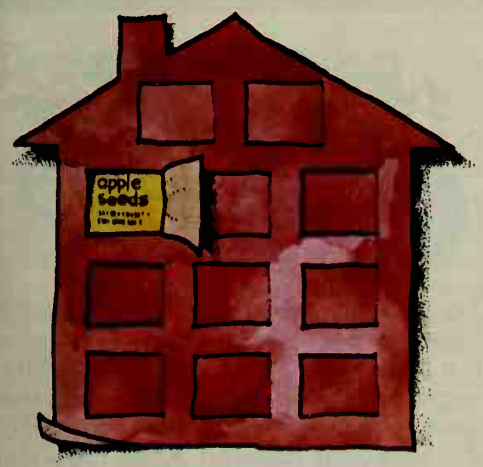
Friendly egghead

For the most cheerful garden around, sow seeds in a smiling egghead. Hard-cook an egg, carefully cut off top, then use a felt-tip pen to draw on face or other design. Hollow out edible portion of the egg. Staple a strip of stiff paper together to make supporting base. Fill eggshell with potting soil, then plant grass seed. Keep soil moist.

Keep busy while plants are growing



Make a chart to record important dates. The first column is for the names of the seeds; the second, planting dates; the third, the dates the shoots appear. Leave space on the right side for notes about the size and shape of the plants, what the leaves look like, and whether the little plants turn toward the sun.

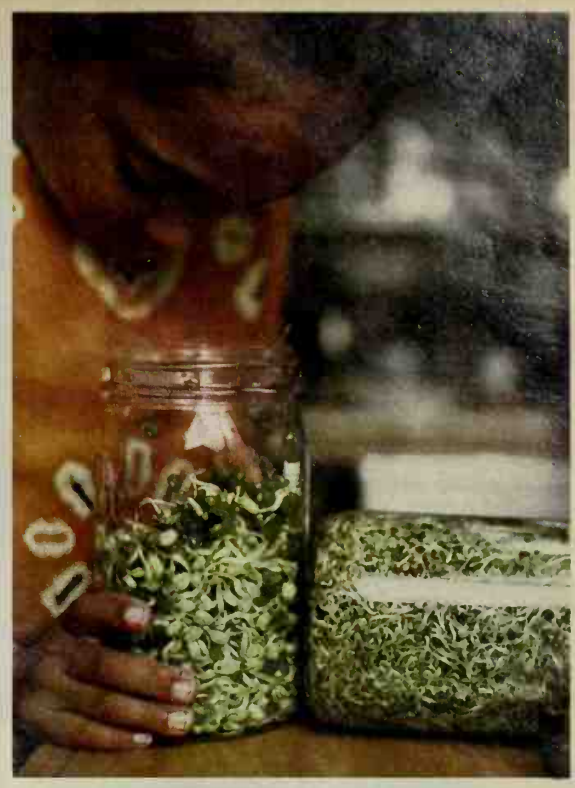


A paper house with loads of windows makes a fine record keeper. On a sheet of yellow construction paper draw the outline of a house and cut it out. Trace house outline on a sheet of red paper; cut out second house. Draw windows on the second house and cut open three sides of each. Fold windows out. Glue the second house over the first, being careful not to paste down windows. When glue is dry, close windows. Label spaces behind windows with facts like seed names, appearance of first green.

Make a ceramic-like container from dough. Combine the ingredients—four parts flour, one part salt, and 1½ parts water—and shape into a small pot. With a pencil, tool a design on the outside. Punch a drainage hole in bottom if desired, then bake in a 350° oven for about an hour. Shellac inside and out.

Young sprouts

Easy does it! Growing quantities of delicious sprouts is simple enough to be child's play. Buy alfalfa seeds at a health food store—one ounce of seeds will give you four or five crops of sprouts. Use two tablespoons of seeds for each quart jar you start. Soak seeds overnight; drain well and put in the jar. Punch a few air holes in the jar lid, then add lid to jar (or stretch a piece of cheesecloth over the jar, secure with a rubber band). Set the jar on its side in a warm spot in indirect light. Rinse seeds with water twice a day; drain well after each rinsing. If seeds pack together during rinsing, you can loosen them with a fork before replacing jar lid. The seeds will sprout in four or five days—at this stage, they almost will fill the jar. If the sprouts haven't turned green by harvesttime, set them in direct sun for a while. Use the sprouts in salads or on sandwiches.



Getting started? Collect old spoons, forks, and ice-cream-bar sticks to use for tools. Be sure all containers are clean. For drainage, add a layer of gravel in bottom of each pot. Use potting soil for these projects. Don't expect big, glamorous houseplants. They're just fun projects—learning experiments. Every degree of success is acceptable.

A magical sponge

It's real, not fantasy. Sponges *can* grow plants. Start with a fluffy sponge—the kind that you buy for car washing works beautifully. Sow seeds in the open pores of the sponge. Mustard and watercress (both edible) and birdseed germinate quickly so they're good for this project. After the seed is in place, set sponge in a shallow dish of water and let it drink its fill. Remove the sponge from the dish and tie to a curtain rod in a sunny window, using a hanger of fishline for support. Water the sponge daily by holding a dish of water underneath it until the sponge is moist, but not soggy and dripping.

Tops for growing

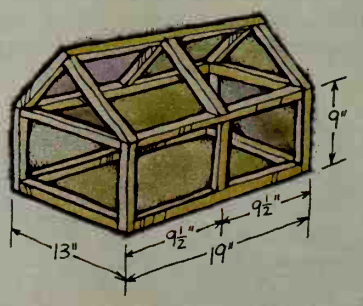
Start a hanging forest of sprouting carrots, parsnips, turnips, and rutabagas (or, if you're less adventuresome, just start one or two). Select large, firm vegetables. With each one, cut off the top portion and hollow out a center cavity using a melon-ball cutter. Use a heavy darning needle to make two holes at opposite sides of the top rim. Run string through holes to form hangers. Hang vegetables individually or group them in an aquarium. For the latter, slip the threaded vegetables over dowels that rest on the aquarium sides. Fill each vegetable cavity with water—leaf growth will start at the bottoms. Change the water in the cavities every two or three days. Give this project as much direct sunlight as possible.

You can bring a fat winter onion to new life in a mug-like glass or a peanut-butter jar. Push toothpicks at intervals into a center band around onions. Fill jar with water. Put the onion in the jar, with the bottom half in water, the top half out of water (toothpicks rest on the top of the jar, to hold half of the onion high and dry). Roots develop first; eventually the top will sprout.

fun Gardening for Kids

Try this easy way to grow vegetable tops. Take a two-inch section from the top of a carrot, beet, parsnip, or rutabaga. Set the section, top side up, in a saucer. Add water so the bottom half of the section is covered. Keep the water at this level—it's a good idea to check the water supply daily. In about eight days, the top will sprout. Place the saucer in sun when top starts to grow.

Mini-greenhouse



This lift-off greenhouse is sized to fit over a 10x15-inch cookie sheet. The dome holds in humidity, a boon to a houseplant collection; the cookie sheet catches water drippings. Cut ½x½-inch pine strips for greenhouse frame. Staple and glue base together; staple and glue the roof. Fasten roof to base with brads and glue. Lay on sheets of heavy-duty clear plastic wrap and pull taut. Apply transparent tape with fibers along frame members. Staple through tape along wood frame (stapling through tape keeps plastic from tearing). Cut off excess plastic. Place the greenhouse out of direct sun.

Potato farming

At-home potato growing isn't big business, but it's fun. To get started, pack soil into an opaque plastic trash bag until it's almost full. Select a sprouted potato and cut it into pieces, making sure two or more sprouts are on each section. Plant three cuttings in each bag, setting each five inches deep (when leaf growth is four or five inches high, pick the biggest plant to save, cut off others). Leave sack open at top. Put it in a warm, sunny place and keep the soil moist but not soggy. After five or six weeks, gently reach into the soil to see if you can feel the new potatoes—they should be growing right above roots.

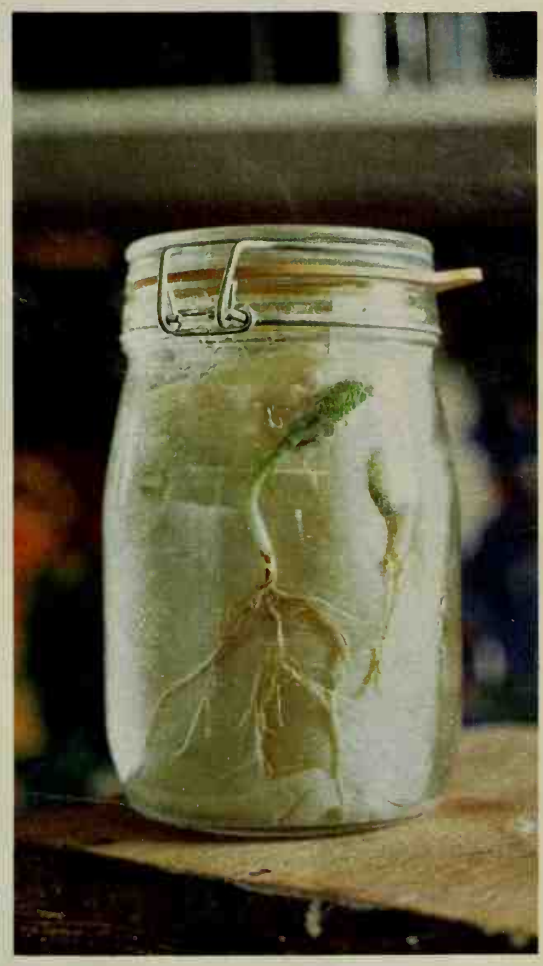
These like it cool

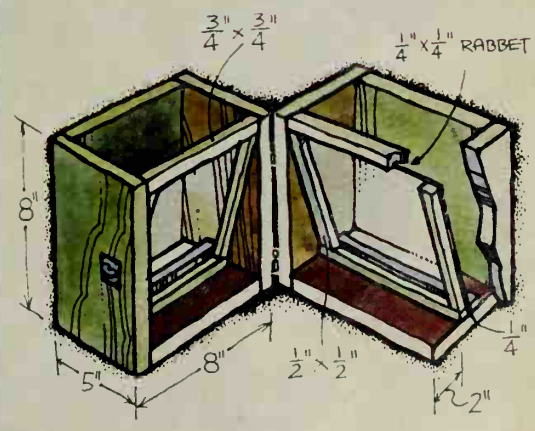
Some nuts and seeds need to be refrigerated before they'll grow. Here's a breakdown of how long to keep them in cold storage before you plant them.

Start a grapefruit tree. Dry seed for 48 hours, soak overnight in water, then plant in potting soil. Place container in a warm spot and keep the soil moist. After the first leaves appear, start watering twice a week or when the surface of the soil feels dry. Let the young plant grow where it gets good light—full sun isn't necessary. Stem eventually turns woody.

Grow and learn

Here's an easy way to find out how seeds grow. Soak a piece of desk blotter in water, then wrap the wet blotter around the interior of a quart jar. Carefully work a lima-bean seed between the blotter and the glass. Put the lid on the jar and wait for growth to start. The roots will fan out for clear viewing. When a leaf appears, loosen lid to let in air so mold won't form inside jar. This is a short-term project, so don't expect the bean to grow indefinitely under these circumstances. Once the roots and leaves have appeared, the bean has served its learning purpose.





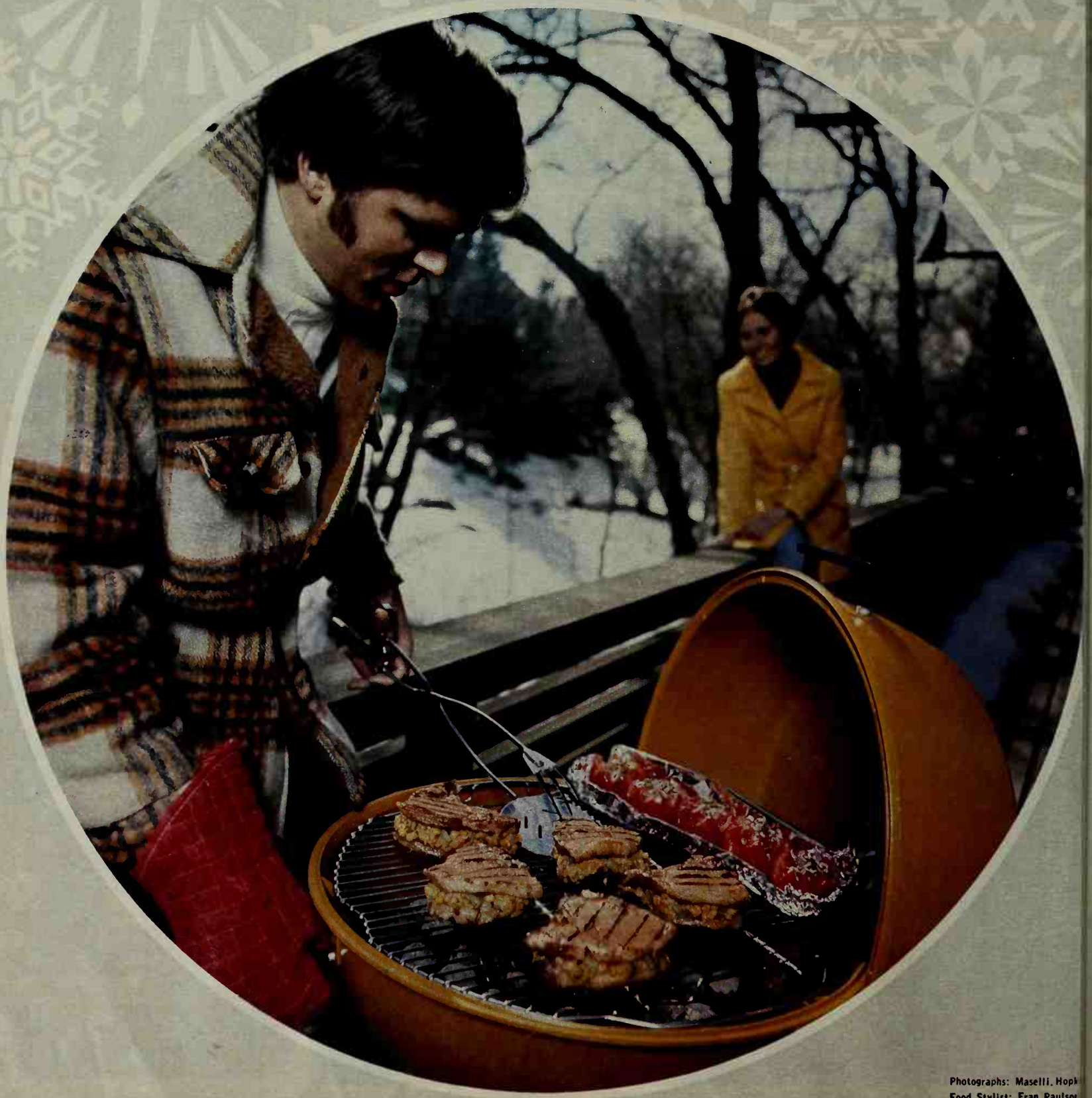
This hinged box swings open to give you a view of the plants' roots; the surprise interior is completely hidden when box is closed. The two-section planter is made of ¾-inch lumber (see the how-to drawing above). Use waterproof glue on all joints. Install the glass with clear silicone tub caulk, applying the caulk liberally. Stain the outside of the boxes, then add two coats of exterior poly-varnish. Add butt hinges, hasp.

Winter Day Barbecue

Fire up the grill

By Doris Eby

Are you hungry for the grilled-in goodness of last summer's backyard barbecues? Does the thought of dining on a charcoal-broiled steak tease your taste buds? To appease your palate, you might settle for bottled barbecue flavorings or smoked seasonings, while your grill sits idle. But we have a better idea. Put on your mittens, brush the snow off the barbecue, and cook up the real thing. With the cold weather in mind, we've planned foods that require little tending—meaning a minimum of trips outside. And to make your meal planning a step easier, we've supplied a menu for every main dish specialty.



Photographs: Maselli, Hopk
Food Stylist: Fran Paulson

With a stuffing chock-full of celery, onion, and corn, these pork chops are practically a meal in themselves. Sandwich the filling between thinly cut chops to avoid that time-consuming step of making a pocket and stuffing the meat. These easy-to-assemble **Corn-stuffed Pork Chops** are a surefire standout with green onion-topped tomatoes.

CORN-STUFFED PORK CHOPS
Grilled Tomatoes Apple-Salad
Toast Triangles Honey Butter
Boston Cream Pie
Milk Coffee

This budget-minded menu features chuck steak tenderized in a distinctive marinade of lemon juice, oil, sugar, worcestershire sauce, green onion, and mustard. Prepare the potatoes and salad the night before and refrigerate them along with the **Lemon-marinated Chuck Steak.** Just before the meat comes off the grill, heat the leftover marinade for a tangy sauce to serve atop the savory slices.

Recipes begin on page 44

LEMON-MARINATED
CHUCK STEAK
Waldorf Salad Buttered Peas
Twice-baked Potatoes
Breadsticks Butter
Chocolate Pie

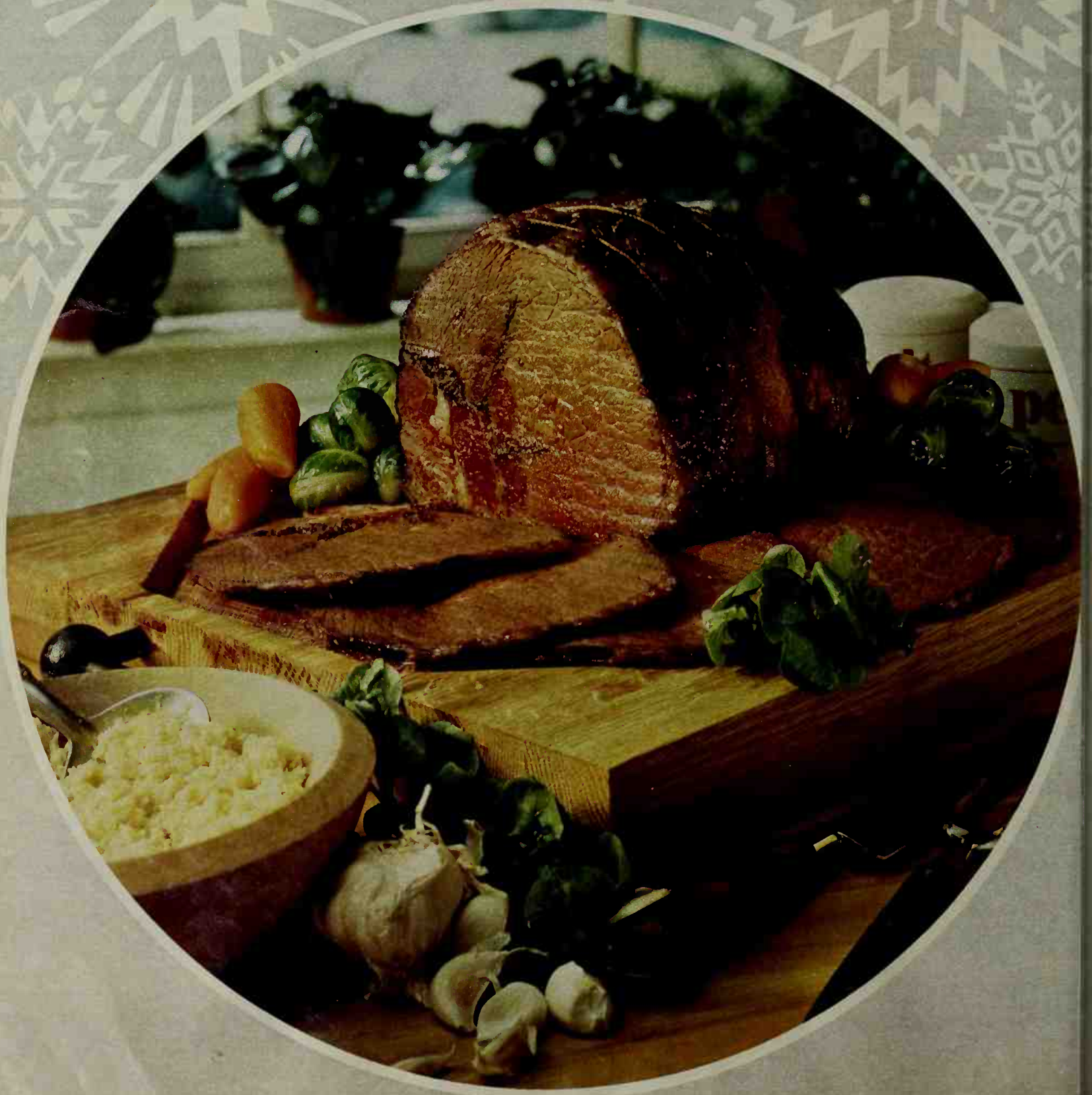
Updated New England Boiled Dinner starts with the traditional corned beef and potatoes. But for the out-of-doors, these old-fashioned basics go bold. The corned beef roasts unattended over the coals, slowly basting in its own juices. Each potato is sliced and spread with butter and onion soup mix, then wrapped for the grill. As the meal nears readiness, brush the meat with a sweet-and-sour mustard glaze. Then zap this dinner duo with a creamy mustard sauce. When everyone is seated at the table, bring on the rest of the stick-to-the-ribs spread.

UPDATED NEW ENGLAND
BOILED DINNER
Coleslaw
Drop Biscuits Grape Jelly
Cherry Cobbler a la Mode

Buying information, page 80

Winter Day Barbecue

Rev up the rotisserie



Horseradish-stuffed Rolled Rump Roast might look run-of-the-grill on the outside, but there's something extra-special on the inside. Before cooking the roast, you unroll it and spread it with prepared horseradish and minced garlic. Then rub the outside with another clove of garlic before roasting it over the coals. As the spit turns, the beef takes on an old-time flavor.

HORSERADISH-STUFFED ROLLED RUMP ROAST
Brussels Sprouts
Baby Carrots
Baked Potato
Tossed Green Salad
Oil-vinegar Dressing
Vienna Bread Butter
Dry Red Wine Lemon Sherbet

A winter luau might sound startling, but you can make it happen simply by preparing **Pineapple Spareribs.** The ribs are laced accordion-style with a piece of fresh pineapple tucked into each fold. Baste the combo with a concoction of preserves, vinegar, lemon juice, and mustard.

Recipes begin on page 45

PINEAPPLE SPARERIBS
Buttered Green Beans
Fruit Salad
Hard Rolls Butter
Bakery-made Cream Puffs
Coffee

Broccoli-stuffed Cornish Hens are filled with a moist stuffing of rice, Swiss cheese, broccoli, butter, and seasonings. The stuffing blends its mellow goodness with the natural juices of the roasting birds. To make them look and taste extra good, stretch the loose poultry skin tight and secure it with small skewers, then brush the hens with a mixture of melted butter and parsley as they roast. Be sure the birds don't touch, so they will turn an even golden brown all over. With fluffy rice and vegetables cooked inside this elegant dish, only a salad (we've suggested a molded fruit salad) and rolls are needed.

BROCCOLI-STUFFED CORNISH HENS
Molded Fruit Salad
Parker House Rolls Butter
Gingerbread Lemon Sauce
Milk Tea

Buying information, page 80

Winter Day Barbecue

Stir up the stuffing

Want to try doing something sensationally different with your next ham roast? Hollow out plugs in the roast and fill them with a spinach, herb-seasoned stuffing mix, and parmesan cheese mixture. Baked over hot coals, **Spinach-stuffed Ham** picks up a spectacular flavor that makes it a succulent midwinter treat, perfect for company fare.

SPINACH-STUFFED HAM
Applesauce
Baked Yams
Muffins Butter
Blueberry Turnovers

Wild rice, onion, butter, and parsley, flavored with chicken broth,enhance the delicate smoke flavor of **Wild Rice-stuffed Salmon.** This intriguing entrée is sure to catch plenty of compliments at your next special dinner occasion.

Recipes begin on page 46

WILD RICE-STUFFED SALMON
Romaine Tossed Salad
Caesar Dressing
Rye Bread Butter
Camembert
Apple Slices Pear Slices
Milk Coffee

Spice up winter menus with **Sausage-stuffed Burgerloaf.** A luscious filling of sausage, green pepper, onion, and mushrooms laced with a jiffy cheese sauce mix is tucked inside this giant seasoned meat patty. Choose fresh vegetables of the season for vegetable kabobs. Grill alongside the meat and you practically have dinner on the table. Cut each serving wedge to fit individual appetites.

SAUSAGE-STUFFED BURGERLOAF
Vegetable Kabobs
Toasted Sourdough Bread
Butterscotch Sundaes

Buying information, page 80

Photograph: Beege, Burda Moden

January sewing special

Versatile jump suit

BODY MEASUREMENT CHART

Size	2	4	6
Chest	21	23	25½
Waist	20	21	22
Hip	23	24	26
Back waist length	8½	9½	10½
Height	36	40	45

Why not start off the new year by stitching up a couple of these practical, zipper-front jump suits? They'll carry your little boy or girl from the last chilly days of January right through spring. The pattern was designed especially for Better Homes and Gardens readers by Burda Moden of Germany. It includes long-sleeved, short-sleeved, and sleeveless versions, and all can be worn alone or over lightweight shirts or sweaters for extra warmth. Pattern offers a choice of three different waists—belted, bowed, and snap front—and three different collar styles.

Pattern 01311, available in sizes 2, 4, 6. To order, see coupon at right.

For back views, see page 47

Before ordering, measure your child carefully and compare results with our chart.

Send order to:
Better Homes & Gardens
Dept. 2N1, P.O. Box 374
Des Moines, Iowa 50336

Pattern 01311: Child's Jump Suit

☐ Size 2 Each $1.50
☐ Size 4 Each $1.50
☐ Size 6 Each $1.50

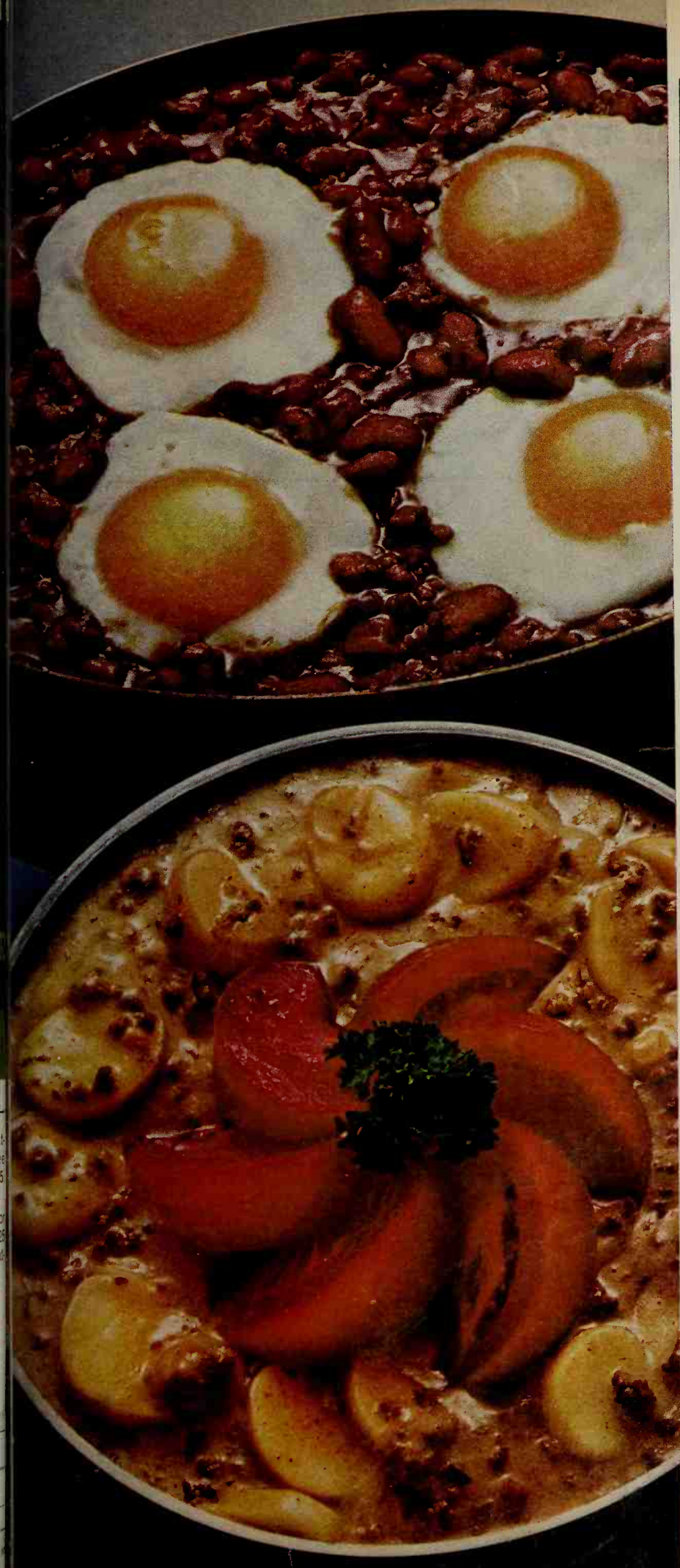
Special offer: any two patterns for $2.50, any three for $3.45, any four for $4.25.

Postage and handling: for one to three patterns, add 25 cents; for four or more patterns, add 50 cents.

Name_____

Address_____

City_____ State_____ Zip_____



These are just 2 of the fast and flavorful skillet recipes in Campbell's FREE Hamburger Handbook. Send for your copy now!

Campbell's illustrated Hamburger Handbook gives you 12 kitchen-tested recipes for delicious one-pan hamburger meals you can whip up in about 20 minutes with Campbell's Soups. To get your FREE copy, send your name, address and zip code to HAMBURGER HANDBOOK, Box 466, Maple Plain, Minn. 55359. Meanwhile, try this sampling of tasty skillet dishes.

CHILI CON CARNE SKILLET

- 1 pound ground beef
- 1 medium onion, chopped
- 2 tablespoons chili powder
- 1 can (10¾ ounces) Campbell's Tomato Soup
- 2 cans (15½ ounces each) kidney beans, undrained

In skillet, brown beef and cook onion with chili until tender (use shortening if necessary). Stir to separate meat. Add soup and beans. Cook over low heat 10 minutes; stir occasionally. Serve with fried eggs if desired. Makes 6 (1 cup) servings.

CHEDDARBURGER SKILLET

- 1 pound ground beef
- 1 medium onion, chopped
- 1 can Campbell's Cream of Mushroom Soup
- 1 can Campbell's Cheddar Cheese Soup
- ¼ cup water
- 2 cans (16 ounces each) whole potatoes, drained and sliced

In skillet, brown beef and cook onion until tender (use shortening if necessary). Stir to separate meat; pour off fat. Stir in soups and water; add potatoes. Heat; stir occasionally. Garnish with tomato wedges and parsley if desired. Makes 6 (1 cup) servings.

Campbell's makes your cooking M'm! M'm! Good!

"Now I can have the flavor of a European coffeehouse in my own house." Carol Lawrence

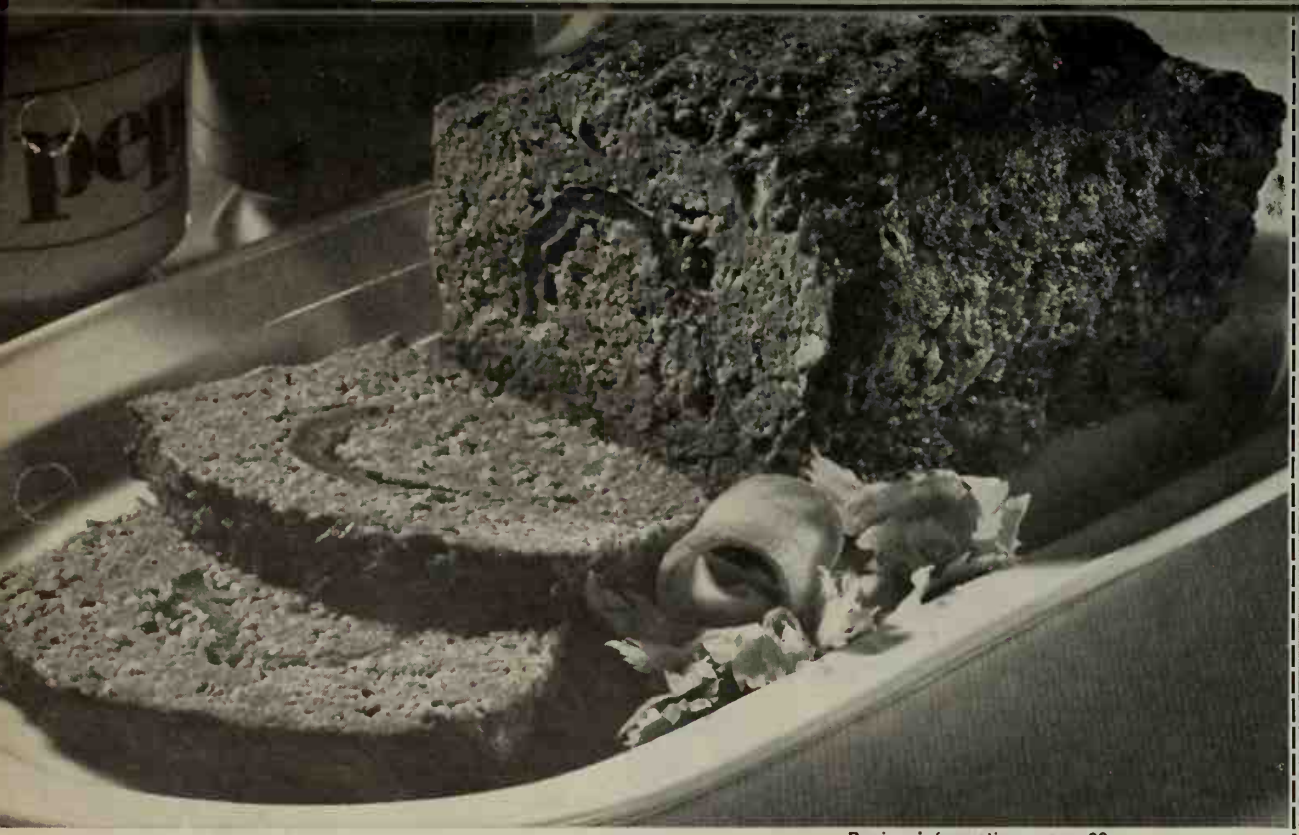
"I love traveling abroad, and I love coming home. Now, with General Foods International Coffees I can look forward to coming home to the deliciously different coffee flavors of Europe.

There's Café au Lait, a smooth, light coffee with a deep French roast flavor. Suisse Mocha, a chocolate flavored coffee with a heartwarming taste. And Cafe Vienna. The coffee with a touch of cinnamon that's a touch of Old Vienna.

They're all so easy to make. I just put two spoonfuls in a cup, add boiling water, stir, sip, and for a few minutes I enjoy all the relaxing pleasures of a European coffeehouse in my own house."

GF
GENERAL FOODS

General Foods International Coffees. We brought the flavor home.



Buying information, page 80

FILE UNDER MEATS

MEAT LOAVES

Stuffed Pepper Meat Loaf

This prizewinning recipe turns stuffed green peppers inside out—

1 small green pepper
2 slightly beaten eggs
½ cup milk
½ cup fine dry bread crumbs
½ cup (2 ounces) shredded sharp process American cheese
3 tablespoons catsup
1 teaspoon salt
1 teaspoon worcestershire sauce
⅛ teaspoon pepper
2 pounds ground beef

Cut top from green pepper; remove seeds and halve lengthwise. Cook, covered, in boiling salted water 5 minutes. Drain; set aside. Combine eggs, milk, bread crumbs, cheese, catsup, salt, worcestershire, and pepper. Add ground beef and mix thoroughly. Stuff pepper halves with some of the meat mixture. Pat *half* the remaining meat in bottom of foil-lined 8x4x2-inch loaf pan. Place pepper halves, cut side down, on meat. Carefully press remaining meat over and around peppers to make smooth loaf. Bake, covered, in 350° oven 1¾ hours. Uncover; bake 15 minutes more. Spoon off excess fat as it accumulates. Makes 8 servings.

Mrs. Lucy Erdahl, Regina, Saskatchewan, Canada

Cut along dotted line

Photographs: Dieter

FILE UNDER QUICK BREADS

DOUGHNUTS

Cinnamon Chocolate Doughnuts

Cinnamon-glazed chocolate doughnuts capture first prize—

1¼ cups granulated sugar
2 beaten eggs
¼ cup cooking oil
1 teaspoon vanilla
4 cups all-purpose flour
⅓ cup cocoa powder
4 teaspoons baking powder
1 teaspoon ground cinnamon
¾ teaspoon salt
¼ teaspoon baking soda
¾ cup buttermilk

Gradually add granulated sugar to eggs, beating till thick and lemon-colored. Stir in the ¼ cup oil and vanilla. Stir together flour, cocoa powder, baking powder, cinnamon, salt, and baking soda. Stir into egg mixture alternately with buttermilk. Chill well. (Dough will be slightly sticky.) On lightly floured surface, roll *half* the dough at a time to ½-inch thickness. Keep remaining dough chilled. Cut with 2½-inch floured doughnut cutter. Fry in deep hot fat (375°) about 3 minutes, turning once. Drain on paper toweling. Dip warm doughnuts in *Glaze:* Combine 4 cups sifted powdered sugar, 1 teaspoon vanilla, and ½ teaspoon ground cinnamon. Add enough milk to make desired consistency. Makes 2 dozen doughnuts.

Mrs. C. W. Reese, Monroe, N.C.

PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $7.95 +75c postage to Better Homes and Gardens, Dept. 910, P.O. Box 374, Des Moines, Iowa 50336

Baked Doughnut Twists

2 cups packaged biscuit mix
2 tablespoons sugar
1 teaspoon instant coffee crystals
¼ cup milk
1 beaten egg
1 teaspoon grated orange peel

Combine biscuit mix and the 2 tablespoons sugar; set aside. Dissolve coffee crystals in milk; add egg and orange peel. Add to dry ingredients; stir just till moistened. Turn out onto well-floured surface; knead gently 10 to 12 strokes. Roll to ½-inch thickness. Cut with 2½-inch floured doughnut cutter. Holding opposite sides of each doughnut, twist. Bake on ungreased baking sheet in 400° oven for 10 to 12 minutes. Brush liberally with melted butter or margarine. Dip in a mixture of ½ cup sugar, 1 teaspoon ground cinnamon, and ¼ teaspoon ground nutmeg. Serve warm. Makes 8 doughnuts.

Mrs. Joe Twomey, Phoenix, Ariz.

Banana Doughnuts

Stir together 1½ cups all-purpose flour and 1 package active dry yeast. Heat together ¾ cup milk, ⅓ cup shortening, ¼ cup granulated sugar, and ¾ teaspoon salt just till warm (110° to 115°), stirring till shortening almost melts. Add to dry mixture; add 1 egg and ½ cup mashed ripe banana. Beat at low speed with mixer for ½ minute. Beat 3 minutes at high speed. By hand, stir in 2 to 2½ cups more flour or enough to make a moderately soft dough. Turn out on floured surface and knead till smooth and elastic. Place in greased bowl; cover and let rise till double, 45 to 60 minutes. Punch down; turn out on floured surface. Roll dough to ½-inch thickness. Cut with 2½-inch floured doughnut cutter. Cover and let rise till nearly double, 30 to 45 minutes. Fry in deep hot fat (375°) about 3 minutes, turning once. Drain on paper toweling. Cool; dip in powdered sugar. Makes 14 doughnuts.

Mrs. George Becker, Watertown, Wis.

Ham Yam Loaf

2 slightly beaten eggs
½ cup milk
½ cup crushed saltine crackers (14 crackers)
1 tablespoon horseradish mustard
1 pound ground ham
1 pound ground pork
½ cup finely chopped onion
1 18-ounce can vacuum-packed sweet potatoes, drained and mashed
1 beaten egg
½ cup orange marmalade
½ teaspoon salt
⅛ teaspoon ground cloves

Combine the first 2 eggs, the milk, crumbs, and mustard. Add meats and onion; mix thoroughly. Pat *half* into a 9x9x2-inch baking pan. Combine sweet potatoes, the remaining egg, 2 tablespoons of the marmalade, the salt, and ground cloves. Spread over meat layer. Top with remaining meat mixture. Cover with foil; bake at 350° for 1 hour. Drain off excess fat. Spread with remaining marmalade. Bake, uncovered, 30 minutes more. Makes 8 or 9 servings.

Mrs. Edna Peavy, Atlanta, Ga.

Meat Loaf Florentine

1 slightly beaten egg
1½ cups soft bread crumbs (2 slices bread)
1 cup milk
1 10-ounce package frozen chopped spinach, thawed and drained
1¼ teaspoons salt
2 tablespoons soy sauce
¼ teaspoon bottled hot pepper sauce
2 pounds ground beef

Combine egg, bread crumbs, milk, spinach, salt, soy, and hot pepper sauce. Add ground beef; mix well. Pat into 9x5x3-inch loaf pan. Bake in 350° oven for 1½ hours. Serve with *Mushroom Sauce:* In saucepan, combine one 3-ounce can sliced mushrooms, undrained, and 2 tablespoons all-purpose flour; add 1 cup dairy sour cream, 2 tablespoons snipped chives, and ¼ teaspoon dillweed. Cook and stir just till mixture thickens. *Do not boil.* Makes 8 servings.

Virginia Marino, Oak Park, Ill.

BIRDS EYE INTRODUCES THE HONORABLE HAMBURGER.

HAMBURGER CHOW MEIN
3/4 pound ground beef • 1/4 cup chopped onion • 1-1/2 cups beef broth • 1 package (10 oz.) BIRDS EYE® Chinese Style Vegetables with a Seasoned Sauce • 1-1/2 teaspoons sugar • 1 cup Minute® Rice*

**Or 1 beef bouillon cube dissolved in 1-1/2 cups boiling water.*

Sauté beef and onion in skillet until browned. Add 1/2 cup broth, vegetables and sugar. Bring to full boil, separating vegetables with fork. Stir until sauce cubes are blended. Reduce heat; cover and simmer 2 minutes. Meanwhile, prepare rice as directed on package, substituting remaining broth for water. Serve with vegetable mixture. Top with soy sauce. Makes 3 servings.

SEE COLUMN FOR MORE RECIPES.

GF GENERAL FOODS KITCHENS

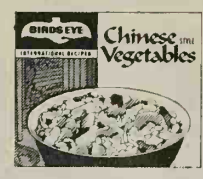
WITH OUR VEGETABLES AND YOUR HAMBURGER WE CAN MAKE BEAUTIFUL DINNERS TOGETHER

MORE INTERNATIONAL DINNER RECIPES.

GROUND BEEF SHANGHAI
*3/4 pound ground beef • 1 medium onion, chopped • 1/4 cup water • 2 tablespoons soy sauce • 2 teaspoons sugar • 1 package (10 oz.) BIRDS EYE® Chinese Style Vegetables with a Seasoned Sauce**

*Or use 1 package (10 oz.) BIRDS EYE® Japanese Style Vegetables with a Seasoned Sauce, decreasing water to 2 tablespoons.

Brown beef well with onion in skillet, leaving meat in large chunks. Combine water, soy sauce and sugar; add to skillet. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 2 to 3 minutes. Makes about 3 cups or 3 servings.

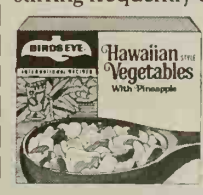


SAUTÉED CHICKEN AND VEGETABLES *3 chicken breasts, skinned and boned (3/4 lb.) • 1 egg white, slightly beaten • 1 teaspoon salt • 1/4 teaspoon ground ginger • 3 tablespoons salad oil • 1 package (10 oz.) BIRDS EYE® Japanese Style Vegetables with a Seasoned Sauce • 1/4 cup water*

Cut chicken into thin slivers. Combine chicken, egg white, salt and ginger. Heat oil in a large skillet; add chicken and sauté 3 minutes—just until chalky white. Move chicken to sides of skillet. Add vegetables and water. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes about 3-1/2 cups or 3 servings.

CHICKEN LEILANI *1/4 cup unsifted all-purpose flour • 1 teaspoon salt • 1/8 teaspoon pepper • 2 pounds frying chicken pieces • 3 tablespoons salad oil • 1/2 cup water • 1 package (10 oz.) BIRDS EYE® Hawaiian Style Vegetables with Pineapple with a Seasoned Sauce • 1 tablespoon catsup*

Combine flour, salt and pepper; dredge chicken pieces. Heat oil in large skillet; add chicken and brown well on both sides. Turn chicken skin side up and add water. Bring to a boil; cover and simmer 30 minutes, or until chicken is tender. Place chicken on a platter and keep warm. Add vegetables to skillet. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Stir in catsup, and serve over chicken. Makes 3 servings.



SEND FOR FREE RECIPE BOOKLET.
Write to: General Foods Corporation
Box 5007, Kankakee, Illinois 60901

r custom made—thus are mitted from the product sting.

E COOKS
age 20 (bottom): Parquet bread board—tco Industries, Inc., 225 5th Ave., N.Y., .Y. 10016.

EEKEND PROJECTS
age 34: Woven blinds—Bamboo Abbot, 375 Seabury Ave., Bronx, N.Y. 10461. looring—Congoleum Ind., Inc., 195 Belove Dr., Kearny, N.J. 07032. Place mat -Sigma Marketing Systems, Inc., 225 5th ve., N.Y., N.Y. 10001.
age 37: Sewing machine—Singer Co.,) Rockefeller Plaza, N.Y., N.Y. 10020. amp—Robert Sonneman, 41 Madison ve., N.Y., N.Y. 10010.
age 38: Carpet—Ozite Corp., 1755 Butrfield Rd., Libertyville, Ill. 60048. Cube Raymor/Richards, Morgenthau, Inc., 25 5th Ave., N.Y., N.Y. 10010. Lamp—)esign Line, Inc., Box 723, El Segundo, alif. 90245. Curtain fabric—Reese B.)avis Co., 800 Forest Park Blvd., Fort Worth, Tex. 76101. Spotlights—Lightoer, 346 Claremont Ave., Jersey City, J. 07305. Flag wallpaper—Pandora roducts, P.O. Box 407, Wayzata, Minn. 5391.

RAYON QUILT
'age 58: Crayola Fabric Crayons—Binney Smith, Inc., 380 Madison Ave., N.Y., .Y. 10017.

ART FROM THE OVEN
Page 60: Shrinkable plastic for mobiles—Shrink-Art: available from American Handicrafts, P.O. Box 791, Ft. Worth, Tex. 76101. Modeling compound for fantasy houses—Sculpey: Polyform Products, Inc., 9420 Byron Street, Schiller Park, Ill. 60176. Plastic cooking crystals for pendant: Fry Plastics International Inc., 17007 Broadway, Gardena, Calif. 90248. Jewelry findings for pendant: Yone, 478 Union Street, San Francisco, Calif. 94133.

KITCHEN FACE-LIFTS
Page 62: Dishes—Independence Ironstone & Glass, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Linens—Martex, Division of WestPoint Pepperell, 111 W. 40th St., N.Y., N.Y. 10018.

WINTER DAY BARBECUE
Page 68: Grill—Structo Mfg. Co., Rt. 75, Freeport, Ill. 61032. Barbecue utensil—Ekco Housewares Co., 9234 West Belmont Ave., Franklin Park, Ill. 60131.
Page 69 (top): Char-Broil electric cooker—Columbus Iron Work, Columbus, Ca. 92010. Pan—H. E. Lauffer Co. Inc., 225 Fifth Ave., N.Y., N.Y. 10010.
Page 69 (bottom): Yellow saucepan—Schiller and Asmus, 440 W. Ontario St., Chicago, Ill. 60610.
Page 70: Wooden bowl—The Bridge Co., 498 Third Ave., N.Y., N.Y. 10016. Meat board—Copco, Inc., 230 Fifth Ave., N.Y., N.Y. 10010.
Page 71 (top): Barbecue unit—Jenn-Air Corp., 3025 Shadeland, Indianapolis, Ind. 46226.
Page 71 (bottom): Gas grill—Arkla Air Conditioning Co., 400 East Capital, Little Rock, Ark. 72203. Red saucepan—King Houseware, Inc., 452 Broadway, N.Y., N.Y. 10013. Barbecue utensils—Ekco Housewares Co., 9234 West Belmont Ave., Franklin Park, Ill. 60131.
Page 72: Wooden block—Woodland Studios, Inc., Route 5, Perryville, Mo. 63775.
Page 73 (top): Stove—Sears, Roebuck & Co., 925 South Homan Ave., Chicago, Ill. 60607. Char-B-Que—Electric Char-B-Que Inc., 371 Essex Rd., New Shrewsbury, N.J. 07753.
Page 73 (bottom): Grill—Atlanta Stove Works, Inc., P.O. Box 5254, Atlanta, Ga. 30307.

PRIZE TESTED RECIPES
Page 77 (left): Salt & Pepper shaker—Cardinal China, P.O. Box D, Carterett, N.J., 07008. (Right) Cup & saucer—Corning Glass Works, Corning, N.Y. 14830.
Page 78 (left top): Glasses—Eagle Affiliates, 101-01 Ave. D, Brooklyn, N.Y., 11236. Glass pitcher—Frederik Lunning, 225 Fifth Ave., N.Y., N.Y. 10010. Square tray—Bonniers, 605 Madison Ave., N.Y., N.Y. 10022. (Left bottom): Basket—F. O. Mertz & Co., Inc., 100-110 North 63rd St., Philadelphia, Pa. 19139. (Top right): Plate—R. F. Brodegaard & Co., Inc., 225 Fifth Ave., N.Y., N.Y. 10010. (Bottom right): Platter—Independence Ironstone & Glass, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

WHY RIP UP YOUR LAWN? PLUG IN ZOYSIA GRASS

By Mike Senkiw

It's true the things people are saying about Amazoy Meyer Z-52 Zoysia Grass (Reg. T. M.).

It grows so thick and luxurious that walking on it is unforgettable . . . like walking on a thick, pile carpet.

Your Zoysia lawn drives out crabgrass and weeds all summer long. It stays green and beautiful in blistering heat, when other grass burns out. It cuts mowing by 2/3. . . . it's perfect, for summer homes and "problem" areas.

There's no need to rip out your old grass. Plug in Amazoy Zoysia Grass and let it spread into beautiful turf that never needs replacement. It will neither heat kill nor winter kill . . . merely goes off its green color after heavy frosts and regains fresh new beauty every spring — a true perennial! Every plug fully guaranteed to grow in any soil in your area. © ZEN 1975

To end lawn problems, send for Free interesting facts and low prices of Amazoy incl. Pre-season Bonus Offer. No obligation. Mail coupon to

DEPT. 258, ZOYSIA FARMS
(Our 20th Year) General Offices & Store
6414 Reislerstown Rd., Balto., Md. 21215

Name .....

Address .....

City & State ..... Zip .....

FREE!

1975 FERRIS NURSERY BOOK

Ready NOW . . . our new **1975 CATALOG and PLANTING GUIDE.** Our finest in 106 years. 48 colorful, value-packed pages of outstanding anniversary specials including Ferris' Northern-Grown Evergreens, Roses, Perennials, Fruit and Shade Trees, Shrubs, Bulbs, Mums and Berry Plants. Write for your FREE book NOW!

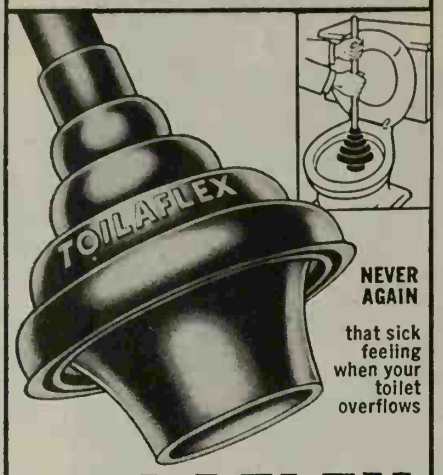
18 Large Flowering GLADIOLI $1.00 PPD

Ferris' Fine Mixture from famous-name varieties, with glorious colors in soft pastels, warm rose, brilliant red and orange, plus deep velvety purple and gold. Select blooming-size bulbs, 1"-1¼". A choice bargain in price and beauty—don't miss it.

EARL FERRIS NURSERY
735 Bridge St., Hampton, Iowa 50441

POWERFUL NEW PLUNGER CLEARS

CLOGGED TOILETS



NEVER AGAIN that sick feeling when your toilet overflows

TOILAFLEX®

Toilet ALL-ANGLE Plunger

Unlike ordinary plungers, Toilaflex does not permit compressed air or messy water to splash back or escape. With Toilaflex the full pressure plows through the clogging mass and swishes it down. Can't miss!

Get the Genuine 'Toilaflex'
$2.98 AT HARDWARE STORES EVERYWHERE
Higher in Canada

THUMBELINA DWARF ZINNIA

START BLOOMING WHEN ONLY 3 INCHES TALL! PACKET... 10¢

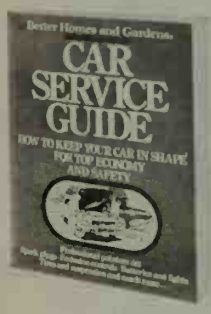
Compact globe-shaped plants grow only 6" tall, start blooming at 3". Glorious mix of red, orange, pink and other brilliant colors. Order from Gurney Seed & Nursery Co., 337 Page St., Yankton, South Dakota 57078. Limit one offer.

How to order material from the magazine

A project plan for the daybed shown on page 57 is available for $2 with the coupon below. The plan includes complete instructions, a materials list, and detailed working drawings.

Home Building Ideas: These c
lections can save money and t
when you're planning your n
home. Each issue of the magaz
has color photos and over
informative pages.

Project Plans Catalog and Handyman Tips: The catalog includes pictures of 168 items you can build from easy-to-follow plans. Select the items you want and order the appropriate project plan. The Handyman Tips booklet contains 50 illustrated pages packed with ideas to simplify shopwork and other projects.



Car Service Guide shows you l
to keep your car in top sh
and save money on repair b
Written in easy-to-underst
language with 1,000 illustrati
the Guide provides helpful h
to on lubrication, spark pl
brakes, muffler, wheel alignm
emission controls, transmiss
—and much more!

Send order and remittance to:
Better Homes and Gardens, Dept. 2N2,
Box 374, Des Moines, Iowa 50336

OUR GUARANTE
Money back if not
completely satisfied.

Quantity:

- ☐ No. 4501-1 Daybed project plan $2.00 each plus 50¢ first cla postage and handling.
- ☐ No. 18055 Home Building Ideas 1972 Fall/Winter
- ☐ No. 18063 Home Building Ideas 1973 Spring/Summer
- ☐ No. 18074 Home Building Ideas 1973-74 Fall/Winter
- ☐ No. 18083 Home Building Ideas 1974 Spring/Summer

$1.35 each; 2 for $2.50; 4 for $5.00 plus 35¢ postage and handlin for each magazine ordered.

- ☐ No. 04221 Project Plans Catalog and Handyman Tips $1.00
- ☐ No. 13810 Car Service Guide, $4.99 each; 2/$8.99 plus 60¢ postage and handling for one; $1.00 for two or more.

Total of merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

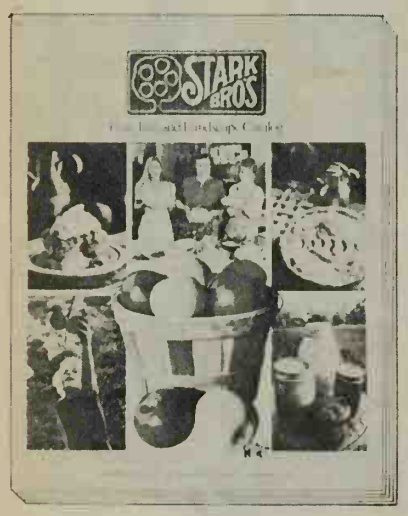
If you wish to use your charge card, please fill out appropriate boxes below:

master charge — Expiration Date Month/Year ☐☐☐☐ Master Charge Interbank No. ☐☐☐☐

your BANKAMERICARD welcome — Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Name_____
Address_____
City_____
State_____ Zip_____

FREE CATALOG



MORE THAN 400 VARIETIES TO CHOOSE FROM

Stark Bro's All-New Free Catalog Shows How You Can Have an Orchard in Your Backyard with STARK DWARF TREES that Bear Full-Size Fruit.

See how to grow full-size sunny-gold or crimson-red Stark Delicious Apples, Peaches, Cherries, Pears even in a tiny yard. Harvest bushels of fruit for table, canning, freezing or to sell at a profit. Over 400 varieties of Exclusive Leader and U.S. Patented Fruit, Shade and Nut Trees, Roses, Shrubs, Vines in this big, new catalog—all pictured in glorious color. Mail coupon TODAY!

MAKE EXTRA MONEY!
Men! Women! Check coupon for FREE Sales Kit. Make money taking orders in your spare time or full time.

STARK BRO'S, Box A12115, Louisiana, Mo. 63353

STARK BRO'S Nurseries
Box A12115, Louisiana, Missouri 63353

☐ Rush New Color Catalog . . . . FREE

(Please Print)

Mr.
Mrs._____
Miss

Address_____

City_____

State_____ Zip_____

☐ CHECK HERE for Free Money-Making Outfit.

Stripe strategy

ou choose striped wall gs for your home, you're one of the oldest mo- istory. Stripes have even und carved in the walls historic cave dwellings. good reason for the ed popularity of stripes. dd color, variety and terest to a room.

Taylor Lewis. Interior designer: Bill rce: Susan Jones Medlock

wall covering is a classic of making a room look That's because vertical carry the eye upward. n increase this effect by g the ceiling a pale color. don't care about suggest- ed height, modify the ef- h another pattern on the as shown. For a lively ound, choose a wall cov- with brightly colored that vary in width.

stripes blend well with d of furnishings style or you can use them in a of settings. For a formal elect a subdued stripe with es. Casual rooms call for more fluid lines.

Hedrich-Blessing. Source: Patricia Mertz

(Left) If you want to gain more visual space, try a horizontal stripe. For the greatest contrast, order it in black and white and avoid other use of pattern in the room. Cover the woodwork and doors if you want a smooth, uninterrupted look. Then furnish the area with clean-line, simple pieces that require a minimum of floor space.

If you think that such a strong stripe would be overwhelming used on all four walls, you might try this approach. Apply the stripe on one short, unbroken wall or on walls at opposite ends of a room.

Send a great team to the bowl.®

Your salad is a winner when you toss it with cool, golden green California Avocados and the crunch bunch— French's Bel-Air Croutons.

The Avocado adds smooth texture and memorable nut-like flavor. French's Bel-Air Croutons, specially made with freshly baked bread, add crunch in six different flavors, from plain to fancy. Bel-Air Croutons and Avocados make all your salads taste great and that's the whole game.

French's Bel-Air® Cheese & Garlic Croutons

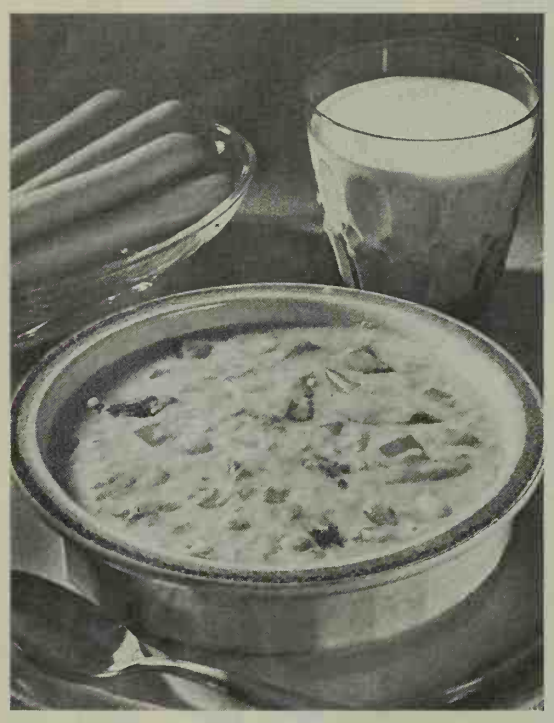
French's® we make your life delicious

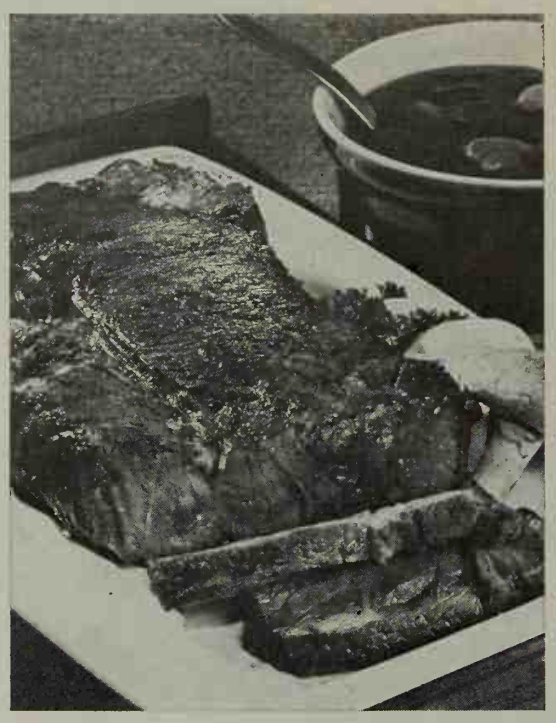
LOVE FOOD FROM CALIFORNIA

©1973, California Avocado Advisory Board

Three meals from one pot roast

With some clever cutting, you can make one four-pound beef blade roast yield these three tasty meals. Using the photograph at right as your how-to guide, cut the beef roast lengthwise along the 7-bone, leaving a bony piece with meat (A) to make the savory broth for Creamy Beef Chowder. Then cut off any additional small bones (B) and use them for the chowder, too. Make another lengthwise cut around the small muscle (C). Cube this and a little meat from (A) to make one pound of stew meat to use in Zippy Mostacciola Bake. This leaves you with one large steak (D) from the center of the roast to broil for Marinated Chuck Steak.





Photographs: Dieter

CREAMY BEEF CHOWDER

You'll find the dry soup mixes packaged in clear, tube-shaped plastic—

1 6-ounce tube dry split pea soup mix with seasonings
1 6-ounce tube dry vegetable soup mix with mushrooms
8 cups water
1 beef blade bone with meat
1 cup chopped onion
1 cup chopped carrot
1 cup chopped celery
2 teaspoons salt
1 17-ounce can cream-style corn
1 13-ounce can evaporated milk

Reserve seasoning packets from the soup mixes. In large saucepan or Dutch oven, combine vegetables from the soup mixes with the water. Bring to boiling; simmer 2 minutes. Remove from heat; let stand 1 hour. Add beef bone, onion, carrot, celery, and salt; cover and simmer till tender, about 2 hours. Remove beef bone. With potato masher, mash vegetables slightly. Remove beef from bone; shred meat. Add meat to soup along with the corn, milk, and seasoning packets from the soup mixes. Simmer 10 minutes. Add salt and pepper to taste. Makes 8 to 10 servings.

MARINATED CHUCK STEAK

The herbed marinade tenderizes this juicy broiled steak—

½ cup red wine vinegar and oil salad dressing
1 clove garlic, minced
¼ teaspoon dried basil, crushed
¼ teaspoon dried thyme, crushed
1½-pound boneless beef blade roast
1 tablespoon cornstarch
¾ cup cold water
1 3-ounce can sliced mushrooms, drained
Kitchen bouquet

Combine salad dressing, garlic, basil, and thyme for marinade. Pierce all surfaces of meat with long-tined fork; place meat in plastic bag. Add marinade to plastic bag, turning bag to coat meat. Refrigerate 8 hours or overnight, turning several times. Drain, reserving ¼ cup marinade. Place meat on rack in broiler pan. Broil 4 inches from heat for 15 to 18 minutes on each side. Meanwhile, in small saucepan, blend cornstarch and cold water. Stir in reserved marinade. Cook and stir till mixture thickens and bubbles. Add mushrooms and enough kitchen bouquet for rich brown color; heat through. Slice meat in thin slices across the grain. Serve with mushroom sauce. Makes 4 servings.

ZIPPY MOSTACCIOLA BAKE

Tasty variation of traditional beef stew—

1 pound beef blade roast, cut in 1-inch cubes
1 tablespoon shortening
1 16-ounce can tomatoes, cut up
2 carrots, sliced lengthwise, then cut crosswise into 1-inch pieces
½ cup sliced celery
½ cup coarsely chopped onion
1½ teaspoons salt
1 teaspoon paprika
½ teaspoon chili powder
⅛ teaspoon pepper
1½ cups water
1 cup (3 ounces) mostacciola

In large skillet, brown meat in hot shortening. Add tomatoes, carrots, celery, onion, and seasonings. Cover and cook over low heat 30 minutes. Add water and uncooked mostacciola. Bring to boiling. Pour into 2-quart casserole. Cover and bake in 350° over for 40 to 45 minutes or till mostacciola and meat are tender, stirring occasionally. Makes 4 to 6 servings.

-on ving aids

n save sewing time and professional results with / iron-on interfacing and bonding fabrics. Here's ampling of the undercover :y can do.

n your garment calls for body, and support, choose *-on interfacing.* The ad- qualities are on one side you simply press with an d the interfacing adheres garment. The interfacing in various weights and o you can choose the one ts your needs.

u sew menswear, try the canvas-like interfacings. iron-ons help create a , tailored look and elimi- uch of the tedious hand- nvolved.

n shopping for interfacing, fabric sample along. Hold ric and interfacing togeth- e interfacing should be in weight and feel than the Also check for possible rough.

-on interfacing performs larly well in detail areas— pockets, gussets, cuffs, nds—the places that real- up. You also can use it to ound buttonholes and stiff- nent front facings.

knits, use iron-ons where nt to prevent stretch, such p or V-necklines, collars, holes, cuffs, and belts. For add a strip of iron-on in- g to the hemline. Cut in- g the width of hem allow- d press it on before turn- the hem.

ble bonding fabric is a veblike material with re- le adhesion qualities. our iron, you can fuse two of fabric together, elim- the sewing and finishing you once did by hand.

n pressed with a steam r dry iron with a damp cloth), this fusible fabric ears almost magically into er fabric. Use fusible fab- hems, facings and inter- , belts and straps, and ewing details.

fusible fabric by the yard re planning to use it for details or if you're mak- reversible garment like a skirt. In addition, you can your own bonded fabric is width. To do that, fuse or loosely woven material hter weight facing fabric. works well as a backing it retains the stretch and y of your original fabric

Trust your mornings to Betty Crocker.

With Betty Crocker Complete Buttermilk Pancake Mix, the day will always have a beautiful beginning. Every morning your pancakes will be light and golden. Because we've gathered all the best ingredients into one box. To get perfect pancakes, all you have to add is water. So why buy just any pancake mix and trust Lady Luck, when you can trust Betty Crocker.

as well as adding insulation, comfort, and wrinkle-resistance.

Buy fusible fabric in narrow widths for small jobs such as holding neckline and armhole facings in place and reinforcing buttonholes and fasteners. Use long strips for hems, belts, ties, straps, trims, and appliqués. For home furnishings and crafts, try the fusible nylon fabric with transfer paper.

All fusible fabrics come with detailed instructions. Check them carefully before you start. It's a good idea, too, to make a trial run on scraps, especially for sheer or lightweight fabrics.

Plan a Better Homes and Gardens Vacation in 1975

Selected by the Editors of BH&G

Europe-Mexico-British Isles-Hawaii

Better Homes and Gardens helps you savor the foods, wines, homes, gardens and cultures unique to these far-away places. Each BH&G tour is designed for your total relaxation and enjoyment.

The BH&G Tour Service Assures You:

Complete Cost Information
Full Time BH&G Tour Director
Special Interest Features
Small Groups
Pampered Treatment

BH&G European Tour—15 Days*

Visit Amsterdam, Cologne, Heidelberg, Lucerne and Paris.
Features Group Inclusive Tour (GIT) air fare, two meals a day (except in Amsterdam and Paris where breakfast only is provided).
Price from New York $995, from Chicago $1,110, from Los Angeles $1,160
Departures: April 25, May 9, July 25, August 8, September 12, 26

BH&G Mexico/Yucatan—15 Days

Enjoy the wonders of the Yucatan and ancient Mexican cultures.
Features air fare on regularly scheduled airline, three meals a day (except in Mexico City where breakfast only is provided).
Price from New York $1,045, from Chicago $995, from Los Angeles $879
Departures: April 5, 12, 19, October 4, 11, 18

BH&G British Isles Tour—15 Days*

Experience the splendor and tradition of life in England, Scotland and North Wales.
Features Group Inclusive Tour (GIT) air fare, two meals a day (except in Edinburgh and London where breakfast only is provided).
Price from New York $855, from Chicago $970, from Los Angeles $1,020
Departures: May 16, 30, June 27, July 11, September 5, 19

BH&G Hawaii Tour—11 Days

Enjoy Waikiki, Honolulu and the Big Island of Hawaii.
Features Charter flight, two meals a day throughout. A special BH&G dining plan allows you to choose from a glamorous array of Honolulu restaurants.
Price from New York $645, from Chicago $605. Not available from Los Angeles.
Departures: Once a month from February through November

PLAN YOUR BH&G TOUR NOW

Full details, complete itineraries for each BH&G Tour available free. No obligation. Use coupon below.

Prices subject to change. *Summer air fare supplement June, July, August.

Better Homes and Gardens Tour Service
555 Madison Avenue, New York, New York 10022

Please send more information on:
Europe ☐ Mexico ☐ British Isles ☐ Hawaii ☐

Please reserve _____ places for the _____ tour.

Name _____

Street Address _____

City _____ State _____ Zip _____

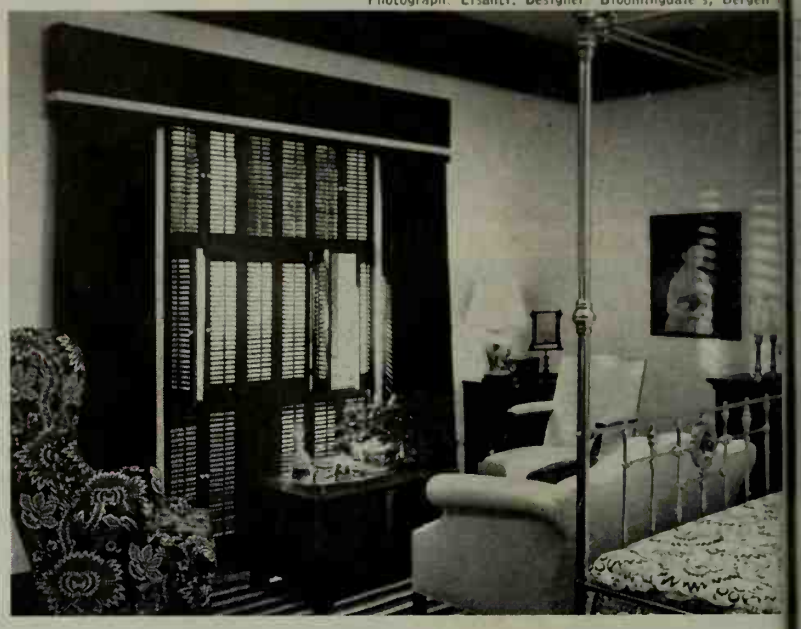
Tel.No. _____

W015

Privacy-protecting windows

When you're decorating windows which face a street, sidew or neighbor, privacy is probably uppermost in your mind. H we show two ways to shut out the world when you want without shutting out all the light.

Photograph: Lisanti. Designer: Bloomingdale's, Bergen



In this traditional bedroom, a functional window treatmen also the focal point. Drapery panels and a matching vala frame tiers of movable louvered shutters. A single edging of c trasting fabric trim provides a crisp accent for this otherv simple treatment.

Photographs: Bill Maris. Designer: Nikki Pappas Perakos. Source: Ruth Watson

Here, bottoms-up shades protect the privacy of a contempor informal dining area. These stencil-decorated shades work fr the bottom with cord pulls that hook on the window frame hold the shade in place. In addition to providing privacy light control, bottoms-up shades are an ideal solution for "no-view" window.

All-in-one linen closet

a profusion of plump bath towels, bed linen to match any d, and an ever-growing supply of table linens and place mats, family clearly needed a capacious linen closet. Here's how got sufficient storage without major remodeling, and also ed a folding counter and a device for hanging table linens ad of stacking them.

aphs: de Gennaro. Owner: Jack Twomey. Scout: Pauline Graves

modeled hall closet now stores most of the household linen ve feet three inches of space, 33 inches deep. Behind the first on of folding louvered doors is a slide-out frame of 1x6s, op- ng on drawer glides, with five 2-inch dowel rods spaced four es apart for hanging tablecloths and runners. Since folding is imal, the cloths don't get as wrinkled. At entertaining time, cloth can be removed from the rack without disturbing any e others.

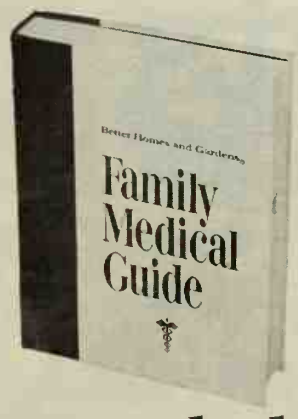
djustable shelves, 15 ample inches deep, hold bath and guest ls, facecloths, bed linen, and napkins, leaving 18 inches of ter top for folding.

e's a great way to provide accessible storage for bulky blan- , quilts, comforters, and pillows. The bottom 34 inches of this of the linen closet has two pullout bins, each measuring 28x31 inches. The bins have slotted hand openings at the top operate on standard drawer glides installed six inches from ottom. Adjustable shelves above the bins are 15 inches deep, ing another 18-inch-deep counter top for folding, sorting, stacking linen.

"Before Duraflame, we'd learned to live without fires because we couldn't live with the mess."

The Duraflame firelog won't bring dirt, bark or bugs into your home. Just an easy-to-start fire that burns in colors for three hours, leaving about a spoonful of ash. We've civilized fire.

The Duraflame fire. Everything but the hassle.



One of the most valuable reference books a family can own.

from Better Homes and Gardens.

Thirty of America's most prominent physicians, surgeons and specialists give authoritative information designed to supplement the counsel of one's own personal physician.

Written for the layman in clear, concise text, this complete guide covers everything from preparing for childbirth, to children's diseases, to problems of old age. Includes a thumb-indexed first aid section . . . stripped to essentials for immediate action to save a life or prevent serious complications; and an illustrated encyclopedia of medical terms with 2,000 easy-to-understand definitions, over 900 illustrations, and cross references to make for interesting as well as informative reading. $15.95 at your booksellers.

Ideas that make a difference

Better Homes and Gardens® Books

WHEREVER BOOKS ARE SOLD

More wheat germ means more flavor.

It's a fact. Wheat Hearts has more wheat germ than any other hot cereal. And that makes it more than nutritious—it's also uniquely delicious. Bold and robust. Because wheat germ gives Wheat Hearts a natural, toasted, nut-like flavor that other hot cereals just don't have. What's more, we've added B vitamins and iron, but no preservatives. So, for a healthy, hearty start on the day, have a delicious, wheaty bowl of Wheat Hearts. Promise?

Wheat Hearts makes great pancakes, cookies and more! Recipes are on each box.

Wheat Hearts.

More wheat germ than any other hot cereal.

Sauce it with soup

SHRIMP-CUCUMBER SAUCE

Cucumber and onion give this sauce a special flavor—

- ¼ cup chopped cucumber
- 2 tablespoons chopped onion
- 2 tablespoons butter or margarine

• • •

- 1 can frozen condensed cream of shrimp soup
- ⅓ cup milk
- 1 teaspoon lemon juice

In small saucepan, cook cu ber and onion in butter margarine till tender but brown. Add frozen soup, and lemon juice; cook and till soup is thawed and mix is heated through. Serve broiled or baked salmon. M 1¾ cups sauce.

PEPPY MUSTARD SAUCE

Featuring dry onion soup mix—

- 3 tablespoons dry onion soup mix
- ½ cup water
- 1 cup dairy sour cream
- 2 teaspoons dry mustard

In small saucepan, soak onion soup mix in water till onion is softened, about 10 minutes. Blend in sour cream and dry mustard. Cook and stir over low heat till heated through. Serve with sliced cooked beef on hamburger bun or with ham loaf. Makes 1½ cups sauce.

ALMOND CHEESE SAUCE

Curry powder adds spark—

- ¼ cup milk
- 1 can condensed cheddar ch soup
- ¼ teaspoon curry powder
- 2 tablespoons slivered almo toasted

In small saucepan, gradual milk into cheese soup; add powder. Cook and stir till ture is heated through. Serve cooked broccoli spears or as gus spears; sprinkle with to almonds. Makes 1½ cups s

etter Homes™

hopping editor's choice

over the ease and pleasure of shopping by . Order from the convenience of your own e with complete confidence. If not delighted, n company will happily refund your money.

n Lively

onalized travel bag

ng European styling, fine can craftsmanship. Big when ll it, space-saving when it's l. Cotton canvas, durable 2-way top zip. Great for him r. 15"x7"x11". Print initials) in tan, #2074, $22.98 + 60¢ Lillian Vernon, Dept. H13, 510 on Ave., Mt. Vernon, NY 10550.

et to embroider

ontemporary stitchery picture ple yet spectacular. Its large nakes it a focal point. Kit in- s design on 28" x 34" burlap, and acrylic yarns to embroider own trees & fiery orange-red easy-to-follow instructions. + 50¢ post. The Stitchery, Wellesley Hills, MA 02181.

love—prints

us children's painter W. M. has surpassed himself with beautiful portraits of "First . In full glorious color, each s 9" x 12". On fine quality art ready to frame. 4/$1; 3 sets/ lus 25¢ postage per order. can Consumer, Dept. OTT-7, ne Rd., Phila., PA 19176.

ues for a happy home

ning white ceramic plaques a decorator border and a col- nscription to bless your home. s with a golden easel for stand- a table, mantel, etc.; hook for ng. 5⅝"H x 4¼"W. $2.49 + ost.; 2/$4.95 ppd. Specify Crown-Castle, Ltd., Dept. OT-7, nk St., Stamford, Conn. 06901.

h cover table

t end or lamp table that also a neat racking of about 15 . Hatch is 2" thick planking, rubbed, polished in a special ntique. With black iron band- marine hardware. 23"Hx24"W , easy to assemble $84.50 Yield House, Inc., Dept. D51X, Conway, NH 03860.

om-printed shirts

ing can be printed on these sweaters or T-shirts. Choose logan-up to 30 letters. They're ne washable in powder blue y. Sizes S,M,L,XL. Sweatshirt postpaid. T-shirt $4.95 post- $2 extra for printing on both Holiday Gifts, Dept. 401-J, t Ridge, CO 80033.

continued

1 230 1½- & 2-STORY HOMES — Mansards, Gambrels, Tudors, Salt Boxes, Georgians, Farmhouse adaptations. Also Contemporaries. 3, 4, 5, 6 bedrooms, libraries, family rooms.

CHOOSE YOUR HOME DESIGN BY EXACT CATEGORY! —Richard B. Pollman, Designer

$2.25 Blueprints Available At Low Cost

2 185 ONE-STORY HOMES — Over 2000 Sq. Ft. Contemporary, Traditional, Ranches, L-shapes, Atriums, Mud rooms, Family rooms, Separate dining rooms.

3 250 ONE-STORY HOMES — Under 2000 Sq. Ft. All Styles, shapes, budgets. Family rooms, extra baths. Brick veneer, frame. Flat and sloping roofs.

4 180 MULTI-LEVEL HOMES — Split-Levels, Hillsides, Bi-Levels, Traditionals, Contemporaries. Exposed lower levels. Balconies, terraces. All sizes.

5 223 VACATION HOMES — A-Frames, Chalets, Hexagons, Angular Cottages, "Cluster" designs. From 500 to 3000 Sq. Ft. 176 pages, 80 in full color.

SAVE $3.30 Get Complete Collection - over 1000 Designs 2700 Illustrations 912 Pages only - $7.95

In Canada, Mail to: Home Planners, Inc. 43 Muskoka Drive Guelph, Ontario

home planners, inc. Dept. BK 16310 GRAND RIVER AVE. DETROIT, MICHIGAN 48227

CHECK CATEGORIES DESIRED
☐ (1) 230 1½ & 2-Story Homes $2.25
☐ (2) 185 One-Story Homes $2.25
☐ (3) 250 One-Story Homes $2.25
☐ (4) 180 Multi-Level Homes $2.25
☐ (5) 223 Vacation Home Plans $2.25
☐ SEND ALL 5 CATEGORIES at $7.95 BHM51MN

NAME (please print) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

HOME PLANNERS, INC.
Dept. BK 16310 Grand River Ave.
Detroit, Michigan 48227

Total Amount Enclosed $ _____
Mich. residents please add 4% sales tax.

SALE on Silver Replating

Before

After

25 YEAR GUARANTEE

Limited time only... from America's largest Silverplaters

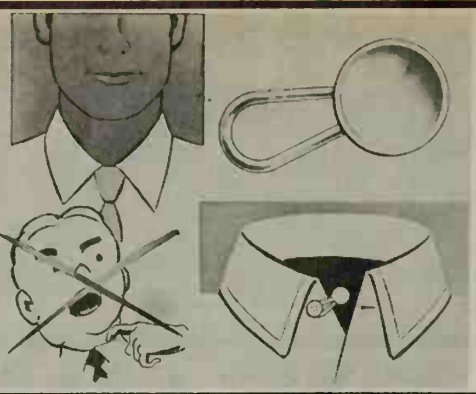
Have your worn antiques, heirlooms or any items QUADRUPLE SILVERPLATED at sale price. Gold, copper, brass, pewter refinished too. Missing parts replaced. All work 100% guaranteed.

FREE DENT REMOVAL OFFER!

Senti-Metal Co.

Silverplating Division, Dept. BH1 1919 Memory Lane, Columbus, Ohio 43209

WRITE FOR FREE PRICE LIST TODAY!

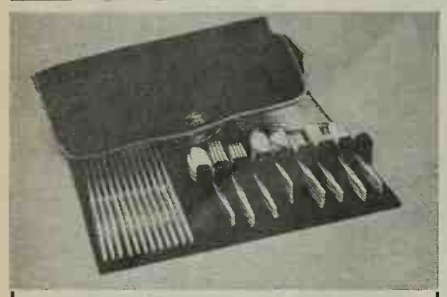


END SHIRT COLLAR "SQUEEZE"

Collar-Extender button "loosens" tight shirt collars. Ends all-day tugging. Expands collar up to ½ size larger for that "just right" feeling. Invisible behind tie. Can be transferred from shirt to shirt in seconds. Set of 2.

Collar Extenders
$1.00 + 15¢ Mailing
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-15
San Francisco, Calif. 94105



GORHAM SILVERWARE PADS

Keep your silverware handy. Pad fits in buffet drawer and keeps flatware in dividers of Pacific silvercloth. Millions of invisible silver flecks are woven in cloth to absorb all tarnish. Cover folds over top to eliminate dust. In two sizes:

Standard (holds 108 pieces) **$10.98**
Jumbo (holds 120 pieces) **$11.98**
Plus 95¢ postage each.

HOLIDAY GIFTS
Dept. 401-F, Wheat Ridge, Colorado 80033

Ann will handcraft your unique label with Italic calligraphy shown or other styles upon request of sample sheet of our personalized printed products. Send 25¢ for each booklet of 500 labels & specify all white or mix of five gumstock colors.

uncommon press STUDIO B
9140 S.W. LOCUST
PORTLAND, OREGON 97223

TRIAL OFFER! $1.00 12 EXP ROLL
20 exp. $2.00 + 20¢ postage ea. roll
Must mail ad with roll

Kodacolor FILM DEVELOPED; BIG COLOR-RICH® PRINTS

Sizes 126, 110, 135. Limit 2 rolls. Fast service! Silk Finish. Over 40 years of . . . reliability.
New customers only

WPS Labs BOX 22184DA CLEVELAND OH 44122

RENTAL-PURCHASE Program Available

Your STAIR-GLIDE® installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE®... the nation's largest selling stairway elevator! UL LISTED.

USED BY THOUSANDS: CARDIAC PATIENTS, ARTHRITICS, SENIOR CITIZENS, PHYSICALLY RESTRICTED, POST OPERATIVES.

WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU.

AMERICAN STAIR-GLIDE® CORP.
4001 East 138TH ST., Dept. BHG-1
Grandview, Missouri 64030

From Jaccard's ...The Marriage Cross™

Destined to become a treasured heirloom . . . the beginning of a new tradition. The never-ending rope of infinity embraces the cross in a unique work of art symbolizing fidelity. Individually cast in heavy sterling silver or 14kt gold. Petite size 1-9/16" x 9/16" x 3/32" with 16" chain. Classic size 2-1/4" x 13/16" x 3/16" with 26" chain. Elegant size 3-3/8" x 1-1/8" x 1/4" with 26" chain. The perfect gift for Valentine's Day, Easter, Anniversaries or the bride and groom. Satisfaction guaranteed. Add $1.00 for shipping. Add sales tax if applicable.

Order with confidence by mail from Jaccard's, 22 Petticoat Lane, Kansas City, Mo. 64106.
☐ **Sterling silver cross and rope**
☐ Petite $35 ☐ Classic $55 ☐ Elegant $75
☐ **Sterling silver with 14kt gold rope**
☐ Petite $65 ☐ Classic $110 ☐ Elegant $150
☐ **14 kt yellow gold cross and rope**
☐ Petite $100 ☐ Classic $450 ☐ Elegant $650
☐ Check enclosed for $_____
Charge to ☐ Master Charge ☐ BankAmericard
No. _____ Expires _____
Name _____
Address _____
City _____
State/Zip _____

GET this giant collection of 100 different stamps from the world over—Virgin Islands, Rwanda, Hungary, everywhere. New countries, new commemoratives, pictorials, topicals. Get Eisenhower memorial, giant lion, Unicef, others shown plus many more new, old issues. Colorful valuable stamps—wild animals, famous people, far places. Also stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Rush 10c today for your valuable collection. GARCELON STAMP CO., Dept. BH1R, Calais, Maine 04619

GIANT SHAGGY ASTERS
RED ★ WHITE ★ BLUE ★

3-25¢ PACKETS ONLY 25¢, 75¢ Value Red, White and Blue. Gorgeous 5 in. Blooms. 2½ inches thick on stately stems. Send 25¢ for these lovely asters. Will include my Big Seed Plant & Nursery Catalog. **FREE**

R. H. SHUMWAY SEEDSMAN
Dept. 313 ROCKFORD, ILL. 61101

Pewter bread tray

Handsome heavy cast alu tray with pewter finish has Us This Day Our Daily Bre ornate script letters en around beautiful wheat d Goes from oven to table, he serve in it. 8¾" x 6¼": $2.9 75¢ post. Holiday Gifts, Dept. Wheat Ridge, Colo. 80033.

Anniversary medal

Award the one you love v medal. Gift is perfect for any versary. Sterling silver $10; gold $40. Use on watch charm bracelet or neck Specify year to be engraved $1.50 for names, wedding da engraved on back. Bruce E BH1, Boulder, CO 80302.

I know you believe—ma

A hilarious marker that's spec nonspecific. In solid oil-rubbe nut engraved in silver letterir kt. gold border highlights the ing. 4½" x 2". Style PF8 $2.95 3 or more $1.95 each; po Order from Spear Engin 3070 Spear Bldg., Colorado S Colorado 80933.

Mile-O-Graph measure

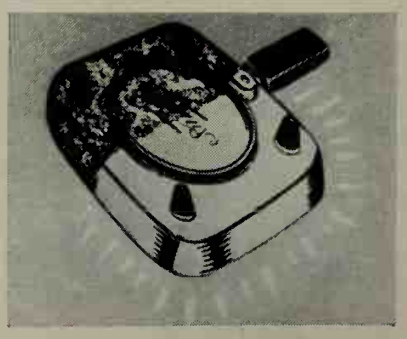
Helps you figure exact distan any map or blueprint. Set scale. Used by motorists, tr students, travelers, pilots, bo navigators, salesmen, arc engineers. 6½" long. $2.95 p postage. Order from Wes Ent., Dept. BH-1, P.O. Box Colorado Springs, Colo. 809

Good looking & comfor

A useful addition to your shoe robe; wonderful with casual c Made of soft leather-like upp ¾" heels. In black, tan, red c Sizes narrow: 6 through 10; m 5 through 10. $12.95 + 90¢ p Order "Stroller" Sofwear Dept. BH-1, 1711 Main, H Texas 77002.

5 year flashlight

Needs no batteries, has rev ary mechanism designed fo nauts. Never fails to give you ful light. Made of high-impa propylene, brush-chrome Tucks easily into glove co ment or purse. 3½" long, ppd. Walter Drake, BH97 Bldg., Colorado Springs, CO

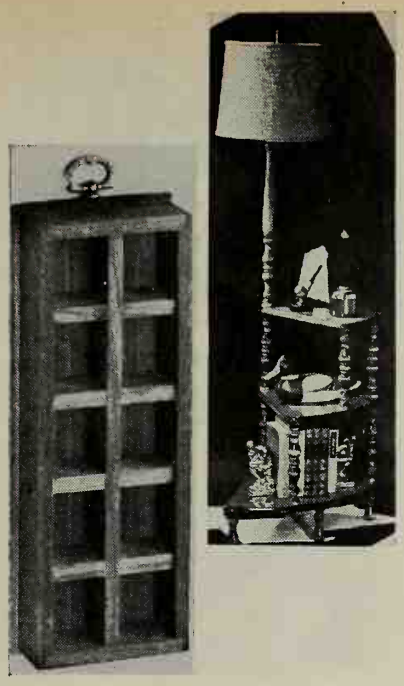


Wipe away burnt-on gr

New miracle cleaner for alu chrome, stainless steel, ca copper and brass. Removes and encrusted build-up fr pans, burner wells, barbec etc. Will not darken or pit 7 oz. $2.98 + 50¢ post. Enterprises, Dept. BHG-1 Market St., San Francisco, CA

ry laddercase lamp

e home study or beside a fa- chair, a tall reading lamp mar- a bookcase-showcase. In Northern maple, three large iting tiers. 18″Wx18″Dx27¾″ e top shelf. 65″H in all. (You your own shade.) Cherry naple $59.50 KD. Yield House, 51Z, North Conway, NH 03860.



walnut shadowbox

hts ten thimbles, each in its dividual niche. A Lillian Ver- exclusive design. American l in rich natural hue, topped decorative antiqued metal . 3⅛″x8⅛″x1¼″ deep, $7.98 plus 35¢ post. Lillian n, Dept. H13, 510 South Fulton Mt. Vernon, NY 10550.

ant bands and guards

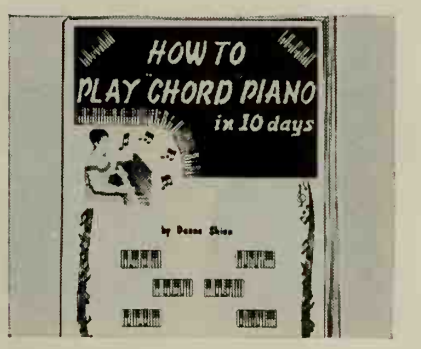
rings that look real. Baguette with simulated diamonds: ea. Guard rings with simulated emeralds, sapphires, topaz, ethysts, aquamarines or dia- . $5.95 ea. In sterling silver or yellow gold-filled. Send size; Dept. 91B, 665 Middle Neck reat Neck, NY 11023.

y art prints

olor prints by K. Chin, one of ca's most sensitive painters of s. How can you resist the gaze of a cocker spaniel, a , a poodle or a terrier? Four $1; 3 sets/$2; plus 25¢ post. rder. American Consumer, PP-32, Caroline Road, Phila- a, PA 19176.

chord piano

10 days, you'll be able to play you've never played before. hording system teaches you play "pop" tunes with your and while your left creates an ible rhythm using chords. of 10 lessons $3.95 + 55¢ . W. Holst, Inc. Dept. BC-175, . U. S. 23, E. Tawas, MI 48730.

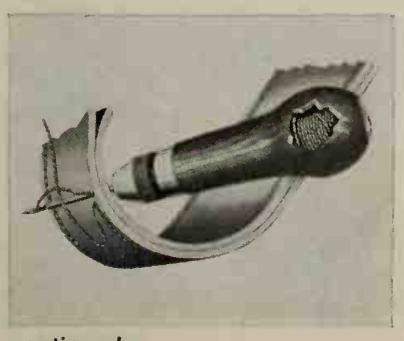


dparents delight

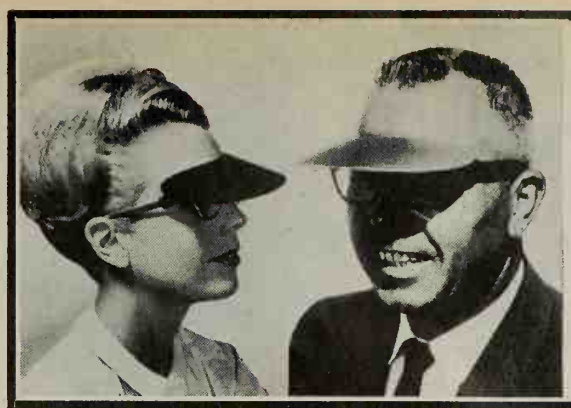
more need we say? The verse s for itself. An adorable little d boy are shown in full color g among the flowers. A treat grandmother or grandfather. te background on a walnut with black letters, 4½″ x 6″. 5; 2/$7.50 ppd. Bruce Bolind, BH1, Boulder, CO 80302.

ny heavy material

awl is a handy tool for sew- ather and canvas. Save by your own repairs on awnings, tery, shoes, sails, auto tops, gs etc. Sews a lock stitch. bobbin of waxed thread, 2 s. $3.98 + 35¢ post. Anthony rises, Dept. BHG-15, 585 t, San Francisco, CA 94105.



continued



ENJOY REAL EYE COMFORT

Enjoy comfortable vision in strong sunlight while playing tennis, golfing, motoring or reading on the beach. Adjustable green plastic shield slips on your glasses in a jiffy. Wear on regular or sun glasses.

SPORT VISOR
$1.98 + 25¢ Mailing
Calif. residents add 6% sales tax
Satisfaction guaranteed

Anthony Enterprises
585 Market St., Dept. BHG-15
San Francisco, Calif. 94105

TEACH *YOUR VOICE* TO SING

If you can speak, you can sing! This lavishly illustrated new book will show you how to "educate" your voice so it will sound like you want it to . . . **beautiful in tone.** Plus you learn how to increase your lung capacity, use your hands, over-come nervousness, and many other important ingredients of singing. This much material from a private teacher would cost a small fortune! Perfect book for every frustrated singer. You'll derive hours of enjoyment just learning. Everyone will appreciate your talent.

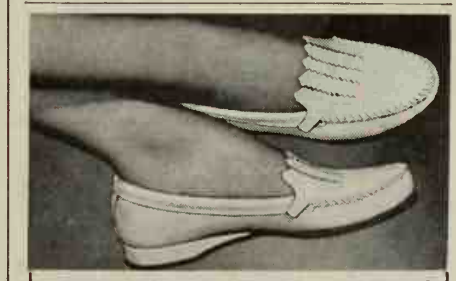
Only **$3.95** plus .50¢ pp & hdlg.
Money-Back Guarantee

J.W. HOLST, INC., Dept. BV-175
1864 E. US-23, East Tawas, Mich. 48730

HAIR CATCH-IT TRAY

For every home barbershop. Handy catch-all hair tray snaps on quickly. Keeps itchy hair from falling down back and on floor. You don't have to sweep floor afterwards. Just empty hair clippings in wastebasket. Soft plastic shoulder tray wipes clean easily. Keeps hair off clothing. Ideal for use when giving home permanents too. Saves clothing from spots, stains.

$1.69 plus 35¢ hdlg.
HOLIDAY GIFTS
Dept. 401-G, Wheat Ridge, Colorado 80033



GLOVE-LEATHER WEDGE . . . $11.90

Super-comfortable casual in long-wearing Genuine Leather with sturdy leather sole and perfect-balance ¾″ wedge heel. **Beige, Black or White.** Full & ½ sizes
4-10M, 5-10N $11.90
SIMILAR STYLE with 1⅞″ high wedge heel. $13.90

Satis. Guar. $5 dep. on COD
Add 90¢ postage, Pr.

OLD PUEBLO TRADERS
600-B1Z-So. Country Club, Tucson, Az. 85716

Winegrapes

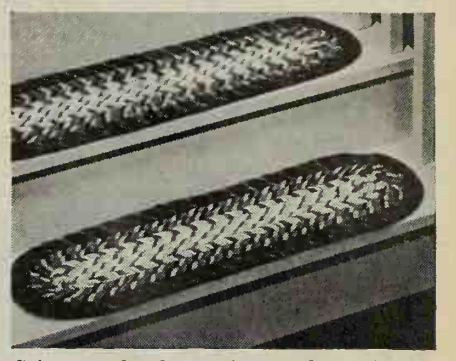
We feature delicious French Hybrid Grape varieties most desired by wine-makers.

Send for your FREE catalog today. Many other fine fruits and varieties illustrated.

Box 455

EMLONG'S Stevensville, Mich. 49127

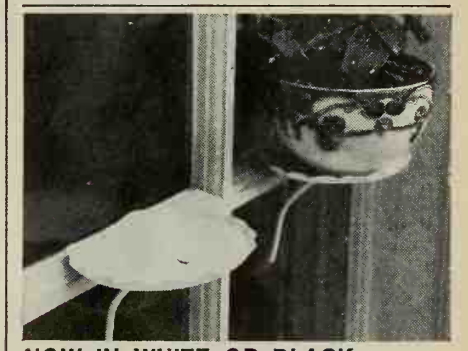
BRAIDED STAIR TREADS



Going up the downstaircase, down the upstaircase—our tough, wear-worthy, practical stairtreads that take the wear off the stair and the worry from your mind. Each is 9x27″ tightly-braided durable nylon. A functional yet homey touch for any decor. $3.50 each in your color choice of avocado or deep chestnut brown. A full stair set of 13 is just $34.50. All are mailed Postpaid.

SEND 25¢ FOR OUR 50-PAGE COLOR CATALOG

Yield House
Dept. D51C
North Conway, N.H. 03860

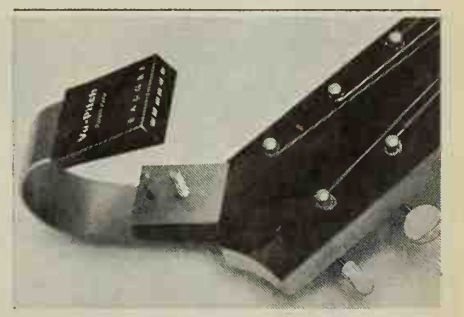


NOW IN WHITE OR BLACK . . .

Window Shelves 2 for $2.98

Perfect for sun-loving plants! Hanging prong slips between pane and molding. "Stem" rests on window. Sturdy 4″ metal rounds, hold 4-5 lbs. Set of 2.
#4317—White Window Shelves] 1 Set $2.98
#4255—Black Window Shelves] 2 Sets $4.98
Add 50¢ post. & hdlg., N.Y. res. add taxes

Lilly's Garden Dept. H14, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550



Tune your Guitar

like a professional! This new invention is ideal for every guitarist — beginner or accomplished musician. Six precision-tuned reeds make exact tuning, a snap. Just clamp this gadget onto your guitar, then pluck and adjust the strings. When the right pitch is reached, the corresponding reed vibrates. Just as simple as that! Only $5.95 plus 45¢ shipping and handling. Money-back guarantee.

ED SALE GUITAR CO.
DEPT. 669-F AVON-BY-THE-SEA, N.J. 07717

BEGONIAS 5 BULBS $1.00
beautiful indoor-outdoor
Camellia Flowered Plants
Lowest price offered. Tuberous type, double blossoms, mixed colors. Easily grown in pots or beds. **Top size bulbs.** Supply limited. **Order today, postpaid.**
10 FOR $1.75
20 FOR $3.00
R. H. SHUMWAY SEEDSMAN
Dept. 317 ROCKFORD, ILL. 61101

Easy to grow in soil or water

ti plant

Hawaiian "Good Luck"

It grows out of a log - so fast you can almost see it grow! All you do is put the Ti log in water and watch it grow. When it sprouts, put it in a pot. The bigger the pot, the bigger it grows... from one to six feet tall. You can have the size you want. Grows in sun or shade - it blossoms!

The Ti plant makes an ideal gift. Your choice of red or green leaves. Guaranteed to grow!

ONE FOR **$1.00** 3 FOR **$2.50**

Please add twenty-five cents for postage and handling. Send cash, check or money-order to:

ROBERTA'S DEPARTMENT BH-10
P.O. BOX 630, SHELBYVILLE, INDIANA 46176

---

77 COUNTRIES! ONLY 10¢

WORTH $5.00 AT CATALOG PRICES!

Get this incredible collection of genuine postage stamps from 77 DIFF. COUNTRIES! Exotic lands, from Afghanistan to Zambia, North Pole to South Pole, British, French, Portuguese Colonies. Old 19th Century Stamps. New Issues, Air-mails, Commemoratives, Moon and Outer Space stamps, plus many more — Catalog Price over $5.00. Also, other exciting stamps to examine free. Buy any or none, return balance, cancel service anytime — but this valuable collection (plus Wonderful Illustrated Catalog) are yours to keep. Send only 10¢ — TODAY!

H.E. HARRIS, Dept. H-35, Boston, Mass. 02117

1000 RETURN ADDRESS LABELS

$1.00

USE YOUR ZIP CODE

FREE HANDY BOX

Quick and easy way to put your name and return address on letters, checks, books, etc. ANY name, address and zip code up to 4 lines beautifully printed in black on crisp white gummed labels. 1¾" long. Free decorative box for purse or desk. Set of 1,000 labels, just $1 postpaid. Money back if not pleased. Don't know your zip code? We'll look it up for you. **Send for free catalog.**

Walter Drake & Sons
3051 Drake Building
Colorado Springs, Colo. 80940

KNITTED NAME CAP

Here's the hat that tops everything! Custom made—has your name knitted into it as part of the unique design. Warm, smart, stylish! For men, women, boys, girls. One size stretches to fit all. Six popular colors: Navy, red, orange, brown, green, white. Washable non-allergic yarn. Please state color and name.

$14.95 plus 50¢ postage

HOLIDAY GIFTS
Dept. 401-H, Wheat Ridge, Colorado 80033

WALLET PHOTOS

actual size 2½" x 3½"

BORDERLESS 20% LARGER PICTURE AREA

FULL COLOR

20 for $2.60

add 40¢ postage & handling each set

DELUXE ROUNDED CORNERS

SILK TEXTURED SMUDGE-PROOF SURFACE

BLACK & WHITE

40 for $1.60

Just the thing for family and friends! Send your favorite photo (up to 5"x7") or negative for top quality reproduction. Original returned unharmed.

KEYSTONE PHOTO SERVICE, Dept. B1

Mail to post office nearest your home:
P.O. Box 2203, Atlanta, Ga. 30301
P.O. Box 2382, Boston, Mass. 02107
P.O. Box 8408, Chicago, Ill. 60680
P.O. Box 61859, Houston, Tex. 77061
P.O. Box 1766, New York, N.Y. 10001
P.O. Box 60887 T.A. Los Ang., Cal. 90060
P.O. Box 609, San Francisco, Cal. 94101
P.O. Box 2057, Washington, D.C. 20013

DOLLS

A THRILLING CAREER AWAITS YOU. We teach you how to make, repair, dress and restore dolls of all kinds—old and new. Start your own satisfying business part or full time. Or, enjoy an enchanting hobby. Free booklet describes this unique home study course. *No salesmen.*

LIFETIME CAREER SCHOOLS
Dept. D-582, 2251 Barry Ave., Los Angeles, CA. 90064

CACTUS PLANTS

FROM SEED ALL KINDS AND FORMS

Curious odd-looking, strange species of plants; thrive anywhere with little care. Flowers of exquisite beauty and fragrance. Send 15c in coin for 50c Pkt. **or 2 Pkts. for 25c** and Big Seed Catalog. **FREE**

R. H. SHUMWAY SEEDSMAN
Dept. 316 ROCKFORD, ILL. 61101

MAGIC MENDING

New miracle crystal clear liquid glass chemical sensation creates a washable, waterproof, heat-or-cold proof iron bond. For permanent mending or repair of glass, china, crockery, ceramics and porcelain.

LIQUID GLASS
$1.98 + 25¢ Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

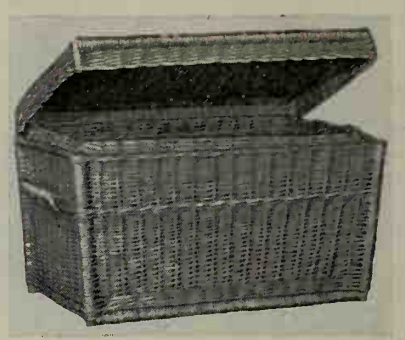
Anthony Enterprises
585 Market St., Dept. BHG-15
San Francisco, Calif. 94105

The thinker

No, not the famous Rodin but a fascinating copy. U crafted from wire, washers For your home, on the mant shelves etc. Or let him "insp at the office, sitting on you 2½" high, $3.95 ppd. Sty Spear Eng., 3072 Spear Bldg rado Springs, CO 80933.

A versatile useful shoe

Made of soft leather with ½ For indoor or outdoor wea find you're wearing them time. In black or gold; si through 12; M-4½ throu W-5½ through 10. $10.95 post. Sizes over 10, $1 extra "Babs" Sofwear Shoes, Dep 1711 Main, Houston, Texas



Sturdy willow chests

Ideal storage space, easy t just spray with water. Use seats or end tables etc. 20' 14", $18.95 + $2 post.; 24 16", $22.95 + $2.75 post.; 2 x17", $26.95 + $3.25 pos 19"x19", $33.95 + $5 post. 25¢. Fran's Basket House, D Route 10, Succasunna, N

Magic window

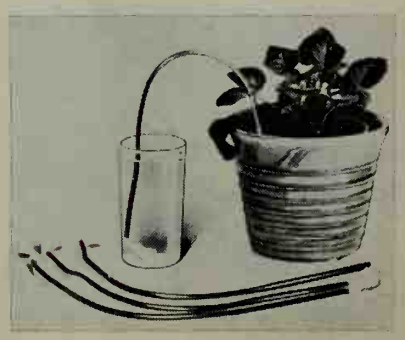
Turn a drab windowless w "window on the world". paintings displayed in a ru dow frame and reproduce as an art print that requires ing. 22¼" x 21½", $1.98 + 2/$3.49 + 35¢ post. Crow Ltd., Art Div. MW-228, 51 Stamford, Conn. 06901.

Collector's thimbles

Silver plated thimbles from Frisky Kitty Thimble, embo decorated with antiqued sc Bluebird Thimble is ena bright shades of blue and dinal Thimble (not shown red cardinal. $3.50 ea.; Add 40¢ post. Ferry Hou BH-1, Briarcliff Manor, N

Sculpting with string

It's fun, it's easy and ex everyone. The complete cu kit makes the dramatic sa (above) "Florence A II". Inc a 24" x 16" avocado fel panel, curvillusion punch string, & directions. $11.9 post. West-Berg Ent., E 4749, Colorado Springs, C



Handy plant nursem

Use the amazing wicks to the right amount of water 8 weeks. Insert one end o in soil, the other end in wa worry about thirsty plants trip. Will not rot or milde 4/$1.98 + 25¢ post. Anth prises, Dept. BHG-15, 5 St., San Francisco, CA 9

m iron cover

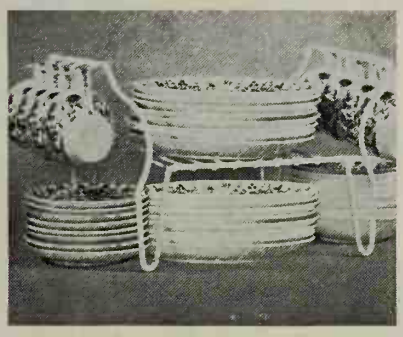
t you can iron all hard-sur- fabrics without causing shine. y slip one of these teflon s over your steam iron. Puts beauty in serges, gabardine, surfaced silks, woolens and $1.29 ea. cover, + 15¢ post. ny Enterprises, Dept. BHG-15, arket, San Francisco, CA 94105.

ze baby's shoes

limited time only, baby's first are gorgeously plated in solid for just $3.99 a pair. Also ble: portrait stands (shown), nds, TV lamps. Perfect gift for parents. Send no money; write ll details and money-saving cate: American Bronzing, Box A2, Bexley, Ohio 43209.

a storage caddy

t way to store a dinner service. valuable cupboard space and nt chipping and breakage. All caddy with soft vinyl cushion- stores 40 pieces, 8 each: cups, ers, soup bowls, dinner and rt plates. 9″H x 11½″ across. + 75¢ post. Holiday Gifts, 401-N, Wheat Ridge, CO 80033.



& big men

s good news, now famous d Arrow, McGregor, Manhattan s, slacks, jackets etc. in 88 pg. og; designed for large sizes. es to 38″; necks to 22″; waists ″; bodies 4″ longer. Shoes & s, 10-16, AAA-EEE. Catalog King-Size Co. 175 King-Size ., Brockton, MA 02402.

broidered Dahara Shirt

e handsome imported shirts made of white cotton with deli- embroidery on both back and . Has a plunging 3 button neck- For men & women, indicate (sm., med., lrg.). $8.98; 2 or /$8.50 ea. + 50¢ post. ea. ord. rican Consumer, Dept. DS100, line Rd., Philadelphia, PA 19176.

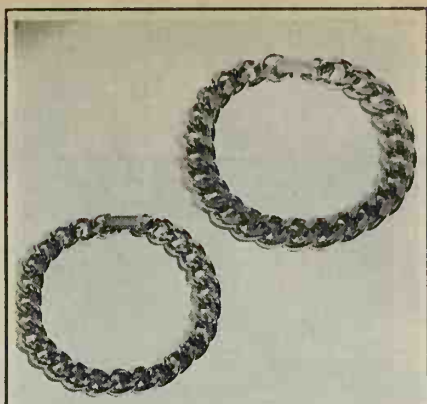
jo bonanza

ollection of 30 top hit songs ed by America's leading banjo ts. Includes: *Dueling Banjos, drops Keep Falling On My d, Those Were The Days* etc. 2- rd stereo album, $4.95 + 25¢; ck stereo tape $6.95 + 25¢ post. Music, Inc., Dept. BB-45, 380 son Ave., New York, NY 10017.

oulder brace

zing, patented PiPeer Shoulder e® helps correct posture com- bly. Provides support for sag- shoulders. Made of ventilated, weight material. Men give mea- ment around chest, women be- bust. $6.95 + 75¢ post. Piper e, BH-15SH, 811 Wayan- e, Kansas City, MO 64105.

continued



COPPER CURE-ALL?

We're not making any claims, but sportsmen, socialites and actors share the copper craze. They swear by some magic mumbo-jumbo, copper gives aches and pains the brush off. 100% pure copper.

Men's Copper Bracelet $3.98
Women's Copper Bracelet $2.98
Mailing 30¢ Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-15
585 Market St., San Francisco, Calif. 94105

LEARN FLOWER ARRANGING at home. Make professional corsages, arrangements, wedding designs. Unusual spare, full time money making opportunities, or hobby. Free information on exciting home-study course. *No salesman will call.*
Lifetime Career Schools, Dept. B-104, 2251 Barry Ave., Los Angeles, California 90064

115 STAMP COLLECTION!

You won't believe it . . . it's YOURS TO KEEP! Just send 25c for mailing and handling. 115 Stamps from all Continents incl. Airmails, Dead-Countries, Pictorials etc. are yours just to introduce our U.S. and Foreign Approvals. Buy any or none, return balance, cancel anytime.

GLOBUS STAMP CO., INC.
276 Park Ave. South, New York, N.Y. 10010, Dept. B-4

TALL and BIG MEN

We Guarantee To Fit You!

If you're tired of trudging from store to store looking for Footwear and Apparel that offer fashion and fit, send for the FREE new 88 Page Full Color KING-SIZE Catalog. Imagine McGregor, Jantzen, Arrow; Shirts, Sweaters, Jackets, Slacks and Leisure Suits in hard-to-find Sizes. PLUS 200 Shoes and Boots, Sizes 10AAA-16EEE. Every item is specially designed for Tall and Big Men. Everything is Guaranteed both Before and After Wearing.

Please rush your new Full-Color King-Size Shopping Guide of Apparel and Footwear for Tall and Big Men Exclusively.

Name _____

Address _____

City _____ State _____ Zip _____

The King-Size Co. 235 KING-SIZE BLDG. BROCKTON, MASS.

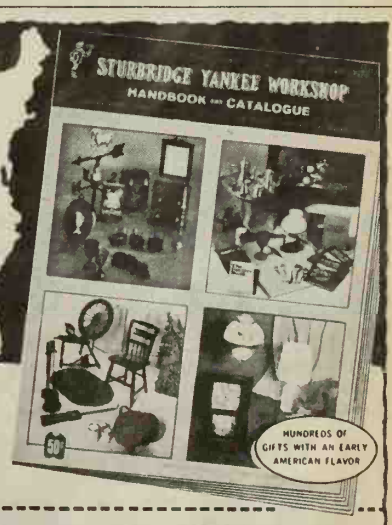
BATH READER

Read in the bathroom? Sure —who doesn't! But wayward magazines can fast add up to clutter — and who wants to read soggy issues, wrinkled beyond use. Keep them here —all organized, upright, wrinkle-free, dry, readable & findable. In our big triple rack for the wall. Holds about 10 issues from *Vogue* to *Yankee*. And 2 handy rolls of bathroom tissue right at your fingertips. Solid pine, 11¾″ W, 18″ H, 4½″ D, in shades of Honeytone or Antique finish. A bargain, really at just **$14.95.** Postpaid

SEND 25¢ For Our 50-Page Color Catalog

Yield House Dept. DS1B North Conway, N.H. 03860

Americas Most Popular CATALOGUE of EARLY AMERICAN FURNITURE & ACCESSORIES



Send 50¢ for our Famous Sturbridge Catalogue

Over 1,000 items for furnishing your home in Early American — it's always in style, mixes and matches with any decor. To enjoy the warmth and timeless beauty of Early American, send for our catalogue today.

All items ordered from our catalogue are backed by a unique Money-Back Guarantee — it even includes shipping charges both ways.

100,000 people a year visit our Shop

STURBRIDGE YANKEE WORKSHOP
the Nation's Center for Early American

Here's my fifty cents. Please send me your latest complete Sturbridge Catalogue.

Name _____

Address _____

_____

City _____

State _____ Zip _____

315 Brimfield Turnpike, Sturbridge, Mass. 01566

New Tuck-away Shoe Carousel

Polished Steel Construction

HOLDS 36 SHOES

Saves Closet Space

- TURNS FOR EASY SELECTION
- ROLLS ON SMOOTH CASTERS

Slip your shoes onto the Shoe Carousel and tuck them away in closet—or corner of your room—until you need a pair. Twirl it or roll it out for easy selection. Perfect way to keep every pair in place and give yourself more room on the closet floor. Stands only 24" high, can be quickly disassembled and packed to take with you anywhere.

only **$9.99** Plus $1.50 P.P. & Hdlg. 2 for $18.50 plus $2.P.P. Hdlg.

Crown-Castle Ltd. Dept.SC-6

51 Bank Street, Stamford, Conn. 06901

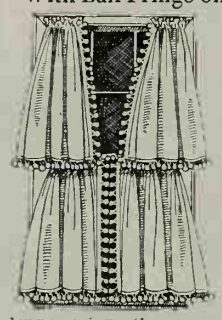
LIFE LONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook. $1.00 ppd. Satisfaction Guaranteed.

WEST-BERG ENTERPRISES, LTD.
Dept. 501-B, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917

CURTAIN CHARM

With Ball Fringe on Unbleached or White Muslin



20", 25", 30", 36", 40" long.... **6.50** pr.
2 pairs to window as shown.....**13.00**
45", 54", 63" long ..... **8.50** pr.
72", 81", 90" long ..... **10.00** pr.
VALANCE 9" x 80" **2.75**
Unbleached 80" wide per pr.
White muslin 74" wide per pr.

For years New England housewives have used these charming Country Curtains in their homes. Practical, long-wearing, these unusually attractive curtains of off-white or pure white muslin retain their crisp appearance with a minimum of care.

Please enclose check or money order. Sorry, no COD's. Mass. res. add 3% sales tax. Postage and handling: under $10 add $1, for orders $10 and over add $1.75. Send for free brochure showing other curtain styles, tablecloths and bed ensembles. Satisfaction guaranteed.

COUNTRY CURTAINS
Dept.14, Stockbridge, Mass. 01262

Personalized Pet Placemat

Handsome foam placemat for your beloved pet! Saves messy spills and drips on floors —won't slide around as animal eats. Decorated with black lettering and design, personalized with your pet's own name. Special place in center for feeding bowl. 22" x 14" mat wipes clean easily. Specify dog or cat.

$1.69 plus 35¢ handling each.

HOLIDAY GIFTS
Dept. 401-V, Wheat Ridge, Colorado 80033

LOW COST!

BLOW YOURSELF UP®

FULL COLOR PHOTO POSTER

Brilliant, full color photographic posters from any color photo. Great room decoration, gift idea.

1½x2 ft. $9.50 | 1x1½ ft. $7.50 | 2x3 ft. $14.50

BLACK-AND-WHITE POSTERS From any b&w or color photo, Polaroid, or illustration.

2x3 ft. — **$3.95** 1½x2 ft. — **$2.95** 3x4 ft. — **$7.95**

$2.00 **SPECIAL!** B&W duplicates — 1½x2 or 2x3 ft. only $2.00 ea. with original b&w or color order.

RUSH SERVICE! Shipped 1st class in 1 day. Addit. $2 per poster. B&W only.

If ordering from slide or neg., add $1.00 per poster. Your original returned. Add 50¢ pstg. & hdlg. for EA. ITEM ordered. N.Y. res. add tax. Send check, cash or MO. No COD's.

PHOTO POSTER, Dept BH-15 210 E. 23 St. NYC 10010

Gloxinia

Beautiful Pot Plants

3 BULBS $1.00

Gorgeous, easy to grow house plants, 3" to 4" flowers, last for months. Exquisite mixed colors. Send only 50c for 1; 75c for 2; $1 for 3. Order Now.

Postpaid with big, Seed and Nursery Book FREE

R. H. SHUMWAY SEEDSMAN
Dept. 307, ROCKFORD, ILLINOIS 61101

5 foreign coins, 10¢

We'll send you, for 10¢, seldom seen coins of Spain, Finland, Sierra Leone, Turkey and Czechoslovakia. Plus a colorful foreign banknote. Just to get your name for our mailing list. We'll include our free catalog of coins, paper money, collector's supplies. Send 10¢, name, address, zip to:
LITTLETON COIN CO., Dept. MB-2
Littleton, New Hampshire 03561

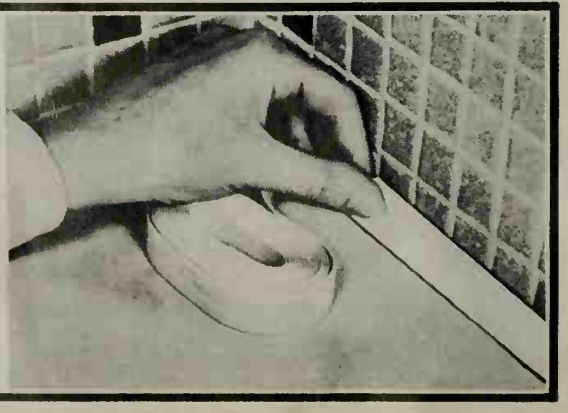
TUB TAPE

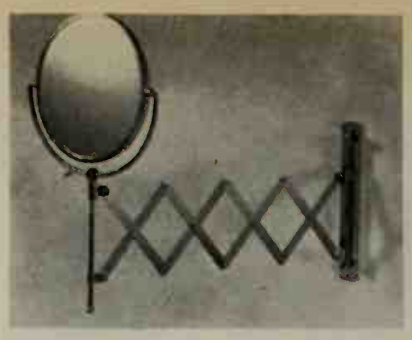
Self-adhesive white vinyl tape seals the cracks and openings around the bathtub, sink or basin. Just press tape onto surface and it's ready to work.

TUB TAPE
$2.98 + 40¢ Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-15
San Francisco, Calif. 94105





Easy makeup...easy shaving

Bathroom mirror comes to you; 7", two-faced, flips from plain to magnifying, extends to 23". Chrome plated metal, easy to attach, folds flat to wall. #7088, $12.98 + 50¢ post. Lillian Vernon, Dept. H13, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

Nursery rhyme decoration

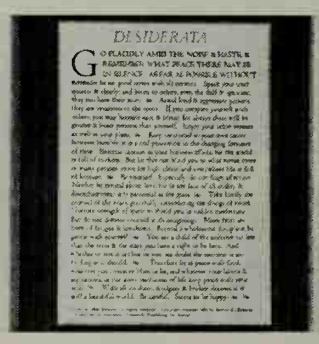
Color decorations from favo tales. Humpty Dumpty, The Pig ing to Market, etc. Children will delighted with them. Set of 20 + 25¢ post.; 2 sets/$2 ppd. Am can Consumer, Dept. FT31, Caro Rd., Philadelphia, PA 19176.

"He who indulges" marker

Silver lettering engraved in solid, oil-rubbed walnut: 24K gold border highlights the wording. 4½" x 2". Style PF-35 $2.95 each, 3 or more $1.95 each, postpaid. Order from Spear Engineering, 3071 Spear Bldg., Colorado Springs, Colo. 80933.

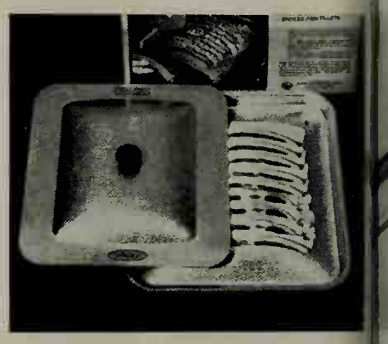
Walt Disney home movies

Mickey Mouse, Donald Duck, C 'n Dale, Goofy and more. Over feet of Super 8, super-sharp bl and white film, nearly 10 minute showtime. $2.95 + 40¢ post. Ro Sales, Dept. RS-144, 380 Madi Ave., New York, NY 10007.



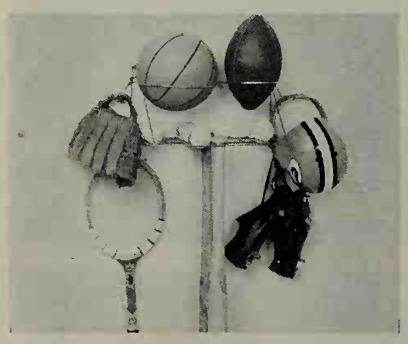
Desiderata plaque

An inspiring collection of principles to live by. "You are a child of the Universe . . . Strive to be happy etc." Laminated in color 7"x9" $2.98 + 50¢ post. ea.; 3/$10 ppd. Catalog free with order. Claudie Ent., 210 Fifth Ave., New York, NY 10010.



A new way to broil bacon

Center of pan and lid are do shaped; grease flows off. Co meat on both sides at once. 13" 14"Lx1⅛" deep, of heavy alumin $7.98 + $1.39 post. (IL res. add tax) House of Minnel, Dept. 21 Deerpath Rd., Batavia, IL 60510



Sports caddy for equipment

Holder teaches your little leaguer to care for his equipment and have it all in one place. Made of steel, treated to withstand wear and corrosion. $6.75 + 95¢ post. 96 pg. catalog 25¢. Suburbia, Inc. Dept. 733, 366 Wacouta, St. Paul, MN 55101.

Electric sinus mask

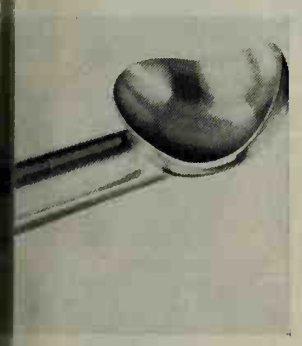
Designed to apply heat to both per and lower sinuses to help up congestion from colds and al gies. Three settings for moist or heat, washable cover. $10.98 + post. Harriet Carter, BHG-141 Plymouth Meeting. PA 19462.

Boston terrier

natural tones; ideal ac-
den or family room. The
for any animal lover.
o real, people will look
high, 16" long, $32.50
House, Dept. D51W,
vay, NH 03860.

ler spray

chandelier the easy way
on and allow to dry. Your
sparkle in a blaze of
ves an invisible coat of
oz. $2.98 + 55¢ post.
nterprises, BHG-15, 585
an Francisco, CA 94105.



super scooper

e cream like magic; self
liquid hermetically sealed-
lets you scoop hard ice
ease. Gives you uniform
ever loses power, rust-
.95 ppd. Holiday Gifts,
K, Wheat Ridge, CO 80033.

ra shelf you need

sket clips on shelf. In linen
ntry or under that way-
White plastic coated steel
x10"x7¼" high. #5006
$7.50 + 40¢ post. The
ourmet, Dept. H1, 512 So.
., Mt. Vernon, NY 10550.

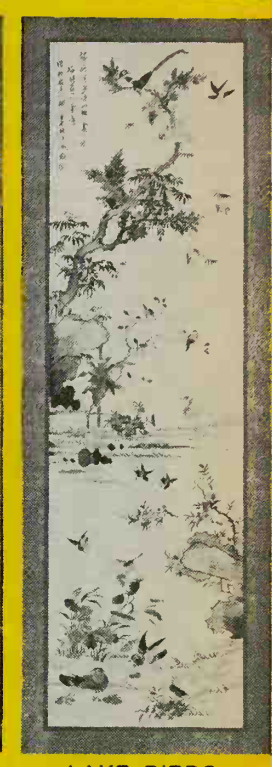
PRICELESS Hand-Brocaded Chinese Panels Reproduced FOR YOUR HOME

Now Available As Giant 36" x 12" Masterpieces

ROYAL PEACOCK

BIRDS IN WILLOW

SUNSET



LAKE BIRDS

Exquisite Manchu Emperor's Art Treasures Now Yours as Giant Full Color 36" x 12" Prints. ALL FOUR Only $3.00

Imagine hanging these superb full-color reproductions of hand-stitched priceless ancient Chinese art treasures. These masterpieces were actually "painted" in needle-work to impress the royal visitors at the palace of ancient Manchu emperors centuries ago. Once you see the full size beauty and color captured on these beautiful vellum finish prints you'll understand why the emperors selected them. Their true color and craftsmanship can only be suggested in the small black and white pictures shown here.

OFFER WILL NOT BE REPEATED

We urge you to order your panels now while the supply lasts. They will soon be true collectors' items. Each panel is on heavy vellum finish paper with a lovely border — can be hung without framing if you wish. You will be delighted with the grace and beauty these art treasures will add to your home. This offer will not be repeated. Mail handy coupon now.

ALL FOUR Only $3.00

© 1975 ACI

---MAIL NO-RISK COUPON TODAY---

American Consumer, Dept. EPN-3
Caroline Road, Philadelphia, PA 19176

Please send me the full color prints for only $3.00 (plus $.50 for shipping and handling) on full money back guarantee if I am not delighted.

Enclosed is $ _____

Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Gift Offer: Order 2 sets of all four prints for only $5.00 Post Paid. Extra set makes ideal gift.

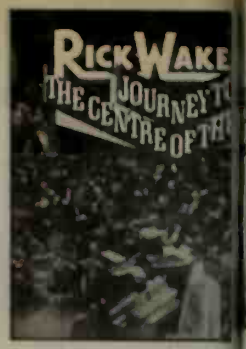
(Add Sales Tax Where Applicable)

246868

239855

236885

246595 *



242578

COLUMBIA RECORD & TAPE CLUB'S 20th ANNIVERSARY OFFER . . .

Any 13 records a

if you join now

246942

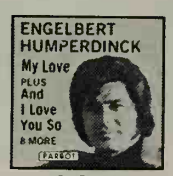
246678 *

246181

246348 *

245746

244186 *

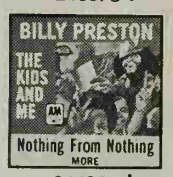


243659

246074 *

246702 *

246041



244988 *

245308 *

244699 *

242412

242768

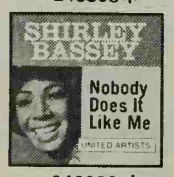
244566 *

239525

244103 *

246694 *

239533



246082 *

236448

244558 *

222018

243303 *

244095 *

202796

246736-246737

223131-223132 *

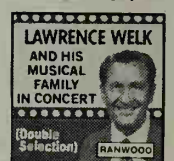
212654-212655

233007-233008 †

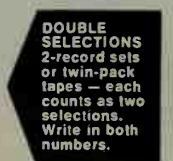
237081-237082

236893-236894 †

216655-216656



237230-237231 *

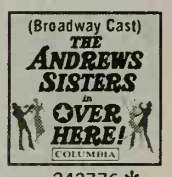


244541 *

243899 *

207662

231084



242776 *

242511 *

242289 *

223420

244533 *

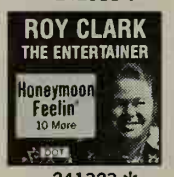
242727 *

237214 *

242057

241745 *

232587



241323 *

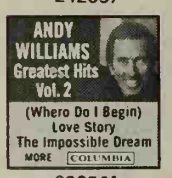
240390

240887

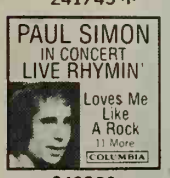
243642 *

241612

235580 *



232561



240382

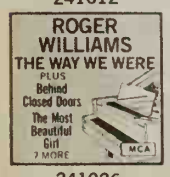
241315 *

241968

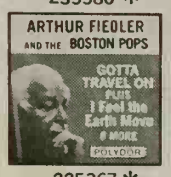
242107 *

241398

241331 *



241026

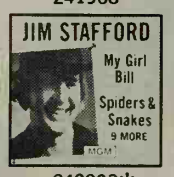


225367 *

240069

239939

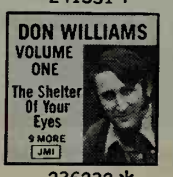
240788



240903 *

239806 *

227900



236232 *

246249 †

246033 †

245514 †

246298 †

185843

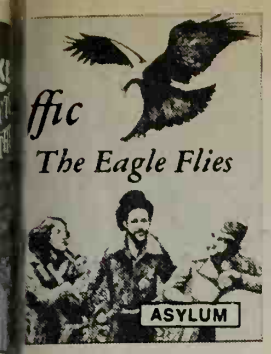
232900 *

235564

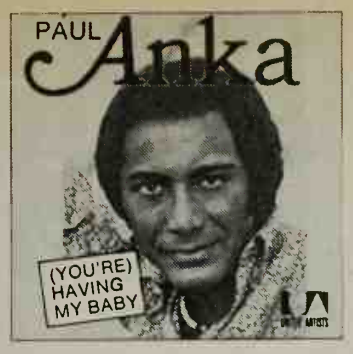
240911 *

235598 *

†Available on records and cartridges only



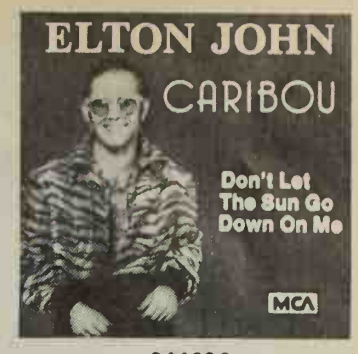
247064



245753

246165

246124

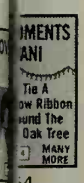


244236

apes - $1.97

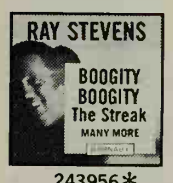
more selections (at regular Club prices) in the coming three years

No membership fee!
No obligation to buy every month
— or even every other month!



54

245530 *



243956 *

244731

246090 *

242206

246066 *

241851 *

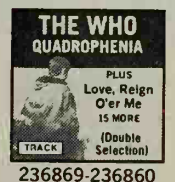
236141

245589 *

0 *

DOUBLE SELECTIONS
2-record sets or twin-pack tapes — each counts as two selections. Write in both numbers.

226845-226846 *

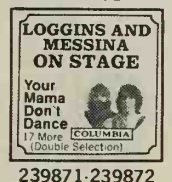


236869-236860

218750-218751 *

235093-235094

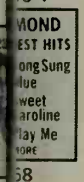
232603-232604 *



239871-239872

236133-236134

239889-239880



58

245183 *

246660 *

201129

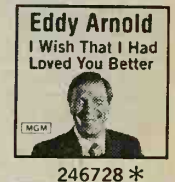
244459

246306 *

219477

246058 *

244202

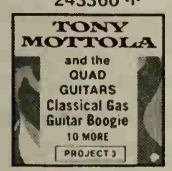


246728 *

61 *

236588

243360 *



234112 *

228155

222406 *

234831

Yes, it's **20 years since Columbia started the first major record club**...and we must have done it right, for in all that time Columbia has continued to be the biggest club of its kind in the world. Now, *you* can enjoy all the benefits of membership by starting off with 13 records or tapes for only $1.97. Just mail the application, together with check or money order for $1.97. That is *all* you pay for your first 13 selections—there are no additional membership dues or fees for joining. In exchange...

You agree to buy 9 more selections (at regular Club prices) in the next three years. That's right!—*three full years* in which to buy nine selections...so you do not have to buy a record or tape every month, or *even every other month!* And you may cancel membership at *any time* after purchasing nine selections.

Your own charge account will be opened upon enrollment...the selections you order as a member will be mailed and billed at regular Club prices: cartridges and cassettes, $6.98 or $7.98; reel tapes, $7.98; records, $5.98 or $6.98...plus processing and postage. (Multiple unit sets and Double Selections may be somewhat higher.)

You may accept or reject selections as follows: every four weeks (13 times a year) you will receive a new copy of the Club's music magazine, which describes the Selection of the Month for each musical interest ...plus hundreds of alternate selections from every field of music. In addition, about six times a year we will offer some Special Selections (usually at a discount off regular Club prices). A response card will always be enclosed with each magazine.

...**if you do not want any selection offered** mail the response card by the date specified

...**if you want only the Selection of the Month** or Special Selection, you need do nothing—it will be shipped to you automatically

...**if you want any of the other selections offered** just order them on the response card and mail it by the date specified

You will always have at least 10 days in which to make a decision. If you ever receive any Selection without having had at least 10 days to decide, you may return it at our expense, for full credit.

You'll be eligible for our bonus plan upon completing your enrollment agreement—a plan which enables you to save at least 33% on all your future purchases.

Take your pick

12" stereo records
OR
8-track cartridges
OR
tape cassettes
OR
reel-to-reel tapes

* Selections marked with a star are not available in reel tapes

237032 *

238741

235952

223123

239566 *

238097 *

236109

237099 *

221424

230607 *

230714

236844 *

225318 *

230458

221184 *

187088

239863 ‡

‡Available on records only

Columbia House
Terre Haute Indiana 47808

P326/S75

If the application is missing, please write to: Columbia Record & Tape Club, Dept. 1HG, Terre Haute, Indiana 47808

NO MORE LOST KEYS

With the new Twisty's amazing twist-lock action there are no links to loosen . . . no chains to break. Opens easily—stays closed. Holds 20 keys and withstands pull of 150 lbs. Gold finish aircraft cable.

TWISTY KEY RING
$1.49 + 20¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-15
585 Market St., San Francisco, Calif. 94105

NEW DELUXE HI TIME CLOCK

Imagine! Time "tip-toeing" across the ceiling over your bed. You won't have to rouse yourself into wakefulness merely to check on the nightly hour . . . just glance at the ceiling and there it is. Projected by an invisible beam in large clear numerals 3" in size so you won't need your glasses (when clock is placed 62" from ceiling). A warm Walnut wood and gleaming Brass finish. Electric with alarm 2¾"x6¼"x5½". 1 year factory warranty—$39.95. Ppd. ILL. RES. ADD 5% TAX. GIFT CATALOG 50¢. Charge Cards Accepted.

HOUSE OF MINNEL
Deerpath Road, Dept. 21S, Batavia, IL 60510

NEW MODEL **Hand EMBOSSER**

for Personalized Stationery

Emboss your own personal stationery for a lifetime by just pressing a handle. Makes expensive looking raised letter impressions of any 3 line name and address on PAPER & ENVELOPES (reversible). Requires no inks, accessories, service or maintenance. Ideal for adults, teenagers, home or office, clubs, etc. Print clearly 3 lines desired. No more than 24 characters per line. 1 to 3 lines $9.95 plus 65¢ postage. For 4 lines add $1.00.

NEW DELUXE DESK MODEL
$11.95 plus 75¢ postage.
Send 25¢ for catalog • Pa. Res. add 6% Tax.

POSTAMATIC CO. Dept. BHG-17S
Lafayette Hill, Pa. 19444

TALLGALS

Send Today for FREE Shoe Fashion Booklet V
SIZES up to 14
See how easy it is to be fitted Direct via Mail in Shoecraft Famed Fifth Avenue Shoes at low money saving prices.
NO RISK TO YOU!
Satisfaction Guaranteed or Your Money Back.
SAVE MORE MONEY!
No Extra Charge for Sizes to 14

TOM TOM
$11
Hand laced moc on a rubber sole. Tanbark, black or camel glove leather. Sizes 9-13.

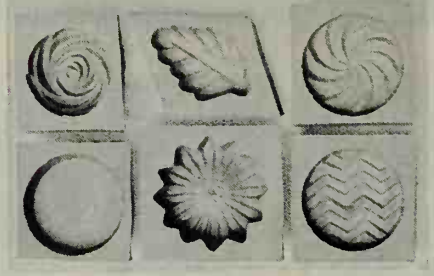
SHOECRAFT 603 FIFTH AVE. NEW YORK 10017

CHILD GUARD

Do your child a favor and "child-proof" cabinets and drawers that contain harmful and dangerous materials. Constructed to prevent entry by small children while allowing easy access by adults. Prevents injury; eliminates extra cleaning chores. 100% nylon.

Set of 3 . . . . . **$2.00**

West-Berg Enterprises, Ltd.
DEPT. 501C, 2842 E. SERENDIPITY CR.
COLORADO SPRINGS, COLORADO 80917



CANDY MOLDS

Now! You can make professional-looking candy mints by using these pure rubber candy molds. Make inexpensive candies in minutes with our FREE no-cook recipes included with your order. The mints are perfect for showers, weddings, receptions, parties, or hostess gifts. Give the molds as a unique gift. Order Rose, Leaf, Fancy Mint, Plain Mint, Daisy, or Corrugated Mint.

Each mold is $1.90 ppd
3 for $3.50 ppd 6 for $5.75 ppd

Ca. Res. add Sales Tax
Color Catalog — .25 or FREE with Order

Judy's of California
Dept. 215, Box 728 Lompoc, Ca. 93436

VICTORIAN CLOTHES RACK

Cast iron clothes rack is a reproduction from the Victorian era. Features five large swing-away arms with three hooks on each arm. You'll have a place to hang hats, coats, scarves, even umbrellas! For bedroom, kitchen or bathroom. Extends 7½" from the wall; measures 14" wide. $3.98 plus 75¢ post.

HOLIDAY GIFTS
Dept. 401-B, Wheat Ridge, Colorado 80033

READ TINY PRINT INSTANTLY!

With these deluxe "Ben Franklin" Half Frame Reading Glasses

These magnifying glasses are a perfect aid in reading fine print in phone books, menus, programs, etc. Crystal clear zyl top rim gives you unobstructed vision. Impact resistant lenses. Deep Brown or Jet Black. Specify men's or women's Not for astigmatism or eye diseases. With free case.

$6.95
Add 50¢ Handling

JOY OPTICAL *no orders for N.Y. del'y*
Dept. 353, 73 Fifth Ave., New York, N.Y. 10003

RARE STAMP FREE

New packet Aden to Urundi, with Kennedy Triangles, Space, Sports, Ships, Dogs, Cats, Reptiles, plus others. All for 10¢. Approvals. **EMPIRE STAMP CO., Dept. BH, Toronto, Canada.**

Spring post bookends

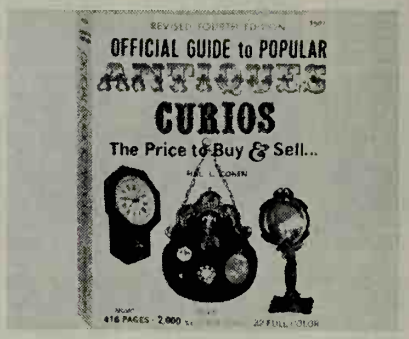
Post bookends keep library orderly, upright. Install in sec adjust to fit 9½" to 13½" high shelves. Keep your built-ins and organized. In gold fi anodized aluminum. Set of 2 $1.98 plus 35¢ postage. A Enterprises, Dept. BHG-15 Market, San Francisco, Calif.

Owl pendant—solid pew

Here's a simple, elegantly pendant that's a useful addi your casual wardrobe. So ve you'll find you're wearing it time. Style Q34, 4" wide wit chain $7.95 ppd. Style Q31, 1 with 18" chain $4.95 ppd. Engineering, 3074 Spear Bu Colorado Springs, CO 80933

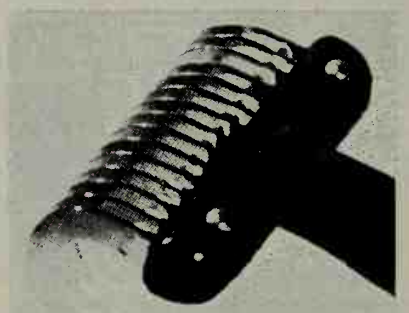
Western silver dollar be

Personalized for "his or hers" wide and made of fine grade ine leather in saddle tan. Deep bossed with hand-rubbed Print name, up to 7 letters hand tooled on back of belt. 22-24, $11.95 + 60¢ post. H Al Handel, Dept. ITT, 6330 E. water Ave., Scottsdale, AZ



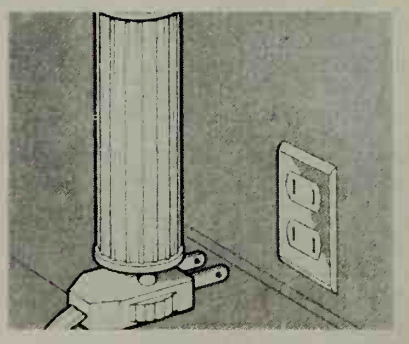
Guide to antiques & cur

Handy pocket edition tells y best price to buy or sell thou of items: glassware, china, fur clocks, jewelry etc. Illustrat New Deluxe 416 page edition trated with special color se and 70 page listing of Currier prints, $5 + 25¢ post. Quality Dept. BH-1, New Rochelle, NY



Dog groomer

Heavy-duty tool is designed move tangles and burrs from and longhaired animals causing pain. 15 sharp thick- blades with a 180° curvature. are goldtone; handle is black. ppd. West-Berg Ent., Dept. P.O. Box 4749, Colorado S CO 80930.



Indoor TV antenna

You'll get every station in without costly installation o "rabbit ears." Clever device into any wall outlet and sta of sight. Uses household wi antenna. You'll get sharper p and sound. $2.49 + 35¢ pos day Gifts, Dept. 401-M, Ridge, CO 80033.

Recall the "Good Old"

Reprint of 1931 newspaper f in a weathered walnut pine s box frame. 14½"L, 5"W, 1"D. & glass front. 1931 food pric bring tears to your eyes; a f $3.50 + 50¢ post.; 2/$7.50 p res. add 5% tax). No No Shop, Dept. 108-BHG, 808 Bridge Lane, Hanover Park, IL

continued

Get a complete 7-piece place setting by Oneida for only $1 with coupon

nificant savings on exclusive Distinction® Deluxe Stainless by Oneida Ltd. Silversmiths

s the beautiful stainless you've dreamed of owning—7 mag-nt pieces valued at $17—all yours for only $1. Don't con-this with off-brand, lightweight stainless—this is exquisite ty, made by Oneida Ltd. Silversmiths—America's largest ıcer of fine stainless.

this fabulous $1 introductory offer?

vant to send this magnificent stainless direct to your home—ou can appreciate the exquisite craftsmanship and unique you get through the exclusive Homeward House Plan. For $1, you get: 1 Deluxe Dinner Knife, 1 Dinner Fork, 1 Salad 1 Soup Spoon, 1 Teaspoon, 1 Iced Drink Spoon, 1 Seafood 7 magnificent pieces! Worth $17! Yours for $1! Yes, you get nplete 7-piece place setting—not just 5 as in ordinary sets.

or sale in any store—at any price!

in the finest stores, you won't find this elegant Distinction® ke Stainless–it's simply not available in *any* store–anywhere any price. That's because Distinction is created exclusively lomeward House by the same master artisans who design da's finest sterling. Knives are heavyweight yet perfectly ced, with hollow handles and serrated blades . . . forks and ns have perfectly finished edges. It's luxurious enough for al dining, yet practical enough for everyday use . . . com-ly dishwasher safe!

he start of significant savings.

n your introductory place setting arrives, compare it with set-of similar fine quality—priced at $17 or more—and check savings. You'll receive another identical 7-piece place setting natically, about once a month, plus at holiday time, an elegant ng set . . . ideal for gift giving or year-round enjoyment. Each ment is sent *on approval*. You pay only *after* you decide to it. Cancel any time after examining your introductory setting. of all, you may keep each additional shipment for the low eward House price of just $7.98 plus shipping and handling. plete open stock available as with all fine stainless. And you ven add to your set through outstanding supplementary offers.

serving sooner—and save even more!

decide exactly how many place settings you want—and through another outstanding Homeward House offer, *exactly how fast you want them.* With your $1 introductory place setting, you'll learn how you can order additional place settings for immediate shipment—and *save even more!*

Choose from two exclusive patterns.

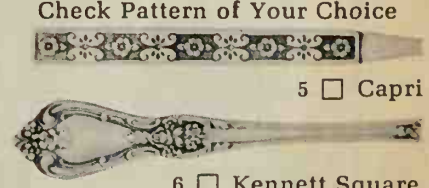
Get started now. Choose Capri—romantically Latin, with raised floral motif highlighting antiqued center panel . . . or Kennett Square–luxuriously traditional, with a graceful floral arabesque design. Mail the coupon today with just $1 to start your set of Distinction® Deluxe Stainless by Oneida Ltd. Silversmiths.

$1 Introductory Offer

Homeward House 623 S. Wabash Avenue, Chicago, Ill. 60605

☐ Here's my $1. Please enroll me and send postpaid my first complete 7-piece setting, valued at $17 in the exclusive pattern I have indicated. I understand that I will receive—on approval—an identical 7-piece place setting about once a month, plus once a year at holiday time, an elegant serving set—ideal for gift giving. I may keep each additional shipment for the low Homeward House price of $7.98 plus shipping and handling (and sales tax if applicable). Also, I will receive information on completing my set sooner with additional savings, plus bonus offers for matching serving pieces. I may cancel at any time after examining my introductory setting.

Check Pattern of Your Choice



5 ☐ Capri

6 ☐ Kennett Square

☐ Mrs.
☐ Miss _____
PLEASE PRINT FIRST NAME LAST NAME

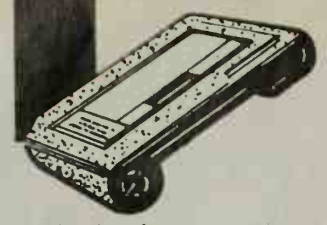
Address _____ Apt. _____

City _____

State _____ Zip _____

Limit—one introductory setting per family 2964

$1.25



$1.25, the total price for processing a 12 exp. Kodacolor Instamatic roll of film. That's 12 negatives and *12 borderless silk canvas finish jumbo prints for $1.25.* There's no better price in all America for the excellent quality and quick service you'll get. 20 exp. $2.25. Offer good until June 30, 1975

BHG 175

Hollywood Photo
P.O. Box 2447
Hollywood, Fla. 33022

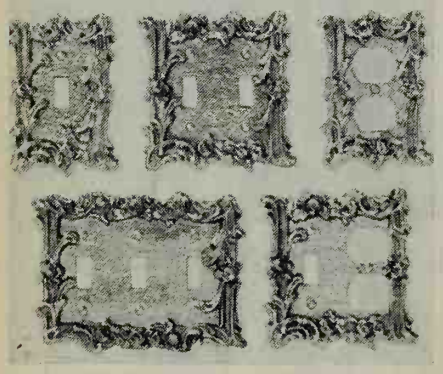
Name _____

Address _____

City _____

State _____ Zip _____

Place film in envelope with this coupon together with $1.25 per roll.



Stunning Switch Plates!

GOLDEN BRASS PLATED, ANTIQUED!

The ultimate in elegance! Lavish loveliness in solid cast metal, golden brass plated and antiqued to bring out every exquisite detail! Tarnish-resistant lacquer puts an end to polishing and fingermarks. Five different switch and outlet styles, matching screws included.

7001 Single Switch (3xS")	Each $1.50
7002 Double Switch (4½xS")	Each $1.98
702S Twin Outlet (3xS")	Each $1.98
7011 Triple Switch (6½x5")	Each $3.98
7003 Twin Outlet & Switch (5xS")	Each $1.98

Add 50¢ post. & hdlg. N.Y. res. add taxes.

LILLIAN VERNON
Dept. H13, 510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550

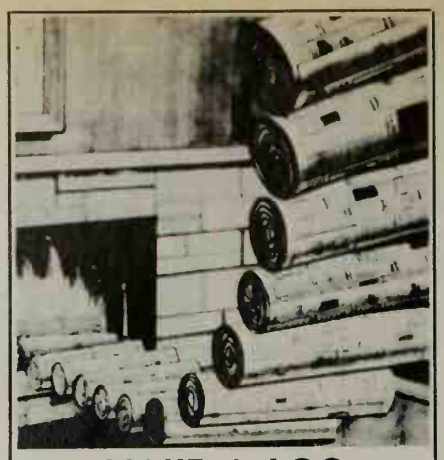
ADJUSTABLE T.V. POLE

Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14"-deep. 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U. S. A.
Extension for higher ceiling, add $2.00
We ship in 24 hrs.

$13.95 Plus $1.00 postage

Write for FREE catalog
Holiday Gifts
Dept. 401-A
Wheat Ridge, Colorado 80033

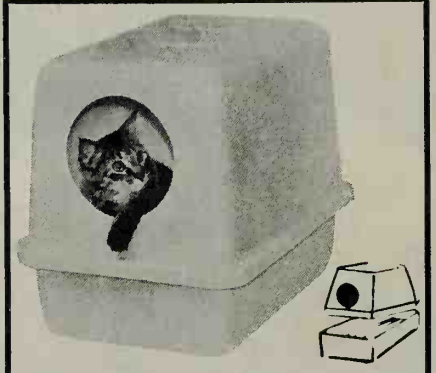


MAKE A LOG

Change old newspapers to logs for the fire in seconds! Just roll up newspapers using LOG ROLLER, tie them with special binders and pop them into the fire. Logs will burn nearly two hours.

Log Roller Kit with 112 Binders ..... $2.98 + 55¢ Mailing Each
100 Binders $1.00 + 20¢ Mailing Ea. 100
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-15
585 Market St., San Francisco, Calif. 94105



KITTI-POTTI—Your cat will love it, and so will you! This easy to use, non-breakable, molded plastic litter enclosure stops litter spills, confines odors, hides wastes, 22" L, 16" W, 18" H; hole 7" diam. Red, blue, green, yellow, or white. $18.95 postpaid.
Mich. residents add 4% sales tax.

KITTI-POTTI
HAUGEN PRODUCTS, Dept. G1, 709 W. Huron
Ann Arbor, Michigan 48103

1 Ct. or 2 Ct. Round Spinels

LIONITE synthetic spinels with permanent diamond-like brilliance and sparkle in high pronged settings.

1 Ct—Sterling Silver or 10 Kt. Yellow Gold Filled $4.95
2 Ct.—Sterling Silver or 10 Kt. Yellow Gold Filled $7.95

State ring size and specify gold or silver.
N.Y. residents add sales tax.
Send 50¢ for color catalog & ring size card
Immediate Delivery. Prompt Refund if Not Satisfied.

Lions
665 MIDDLE NECK RD. DEPT B-83
GREAT NECK, N. Y. 11023

$17.95 Plus $2.00 postage

SEND 25c FOR CATALOG

RATTAN SWAG LAMP

Handwoven by Chinese craftsmen in graceful tulip shape comes electrified with dimmer switch, 18 ft. chain and hooks for hanging. Adjustable height from ceiling, 15" dia. by 11" high. Painted in white, green, blue, yellow, orange, pink or black add $4.00. Use up to 150 watt bulb.

VISIT OUR WAREHOUSE SHOWROOM
FRAN'S BASKET HOUSE
ROUTE 10, DEPT. BH1, SUCCASUNNA, N.J. 07876

Relief from tight shoes

Liquid Leather Stretch provi stant relief from tight shoes. immediately to stretch leath manently, loosen shoes to c to your feet while you wa harmless and will not stain plus 25¢ postage. Order from A Enterprises, Dept. BHG-15, 58 ket St., San Francisco, CA

Dated newspaper copy

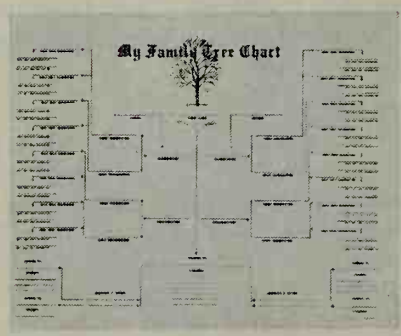
You pick the date-from Jan. thru April 1966-and you'll r the front page copy of the Ne Herald Tribune for that date out what was happening the d were born or any special da might want to remember. $2.2 Holiday Gifts., Dept. 401-R, Ridge, Colorado 80033.

Useful table tennis cad

Eliminate clutter with this caddy that holds all your pin equipment in one place. It's and waiting when you are re play. Top quality steel with att gold finish. Mounts on table easily. $2.95 + 35¢ post. Wes Ent. Dept. BH-1, P. O. Box Colorado Springs, CO 80930

Delft birth plate

To commemorate the arriva new-born or a birthday. Will in 3-4 weeks by air, directl Crown Delft factories in H Give full name, time of birth, A P.M., weight, date & place o All info. is hand-painted. $1 $1.25 post. Postamatic Co., BHG-1, Lafayette Hill, PA 19



Trace your ancestry

"My Family Tree Chart" ma fascinating and easy to compi family lineage. On heavy an parchment paper, with instru Spaces for 6 generations, 17' $1.95 + 35¢ post.; 8 generatio x 34" $2.95 + 35¢ post. J. W. Inc., Dept. BT-175, 1864 E. U East Tawas, Mich. 48730.

1000 Home Designs

Whether remodeling or bu this 70th anniversary bound tion of 1000 designs offers a of research material before s a home project. Every siz style imaginable is at hand fo home planning. $15 + $1.50 Garlinghouse Co., 2320 Kansa Dept. BHG15, Topeka, KS

The roomiest handbag

Five separate pockets to he organize. Of fine simulated le 12" x 12", in 25 colors inc black, bone, red, navy, gold tan, white, brown, purple o white & blue. Specify color. postpaid. Catalog free. Orde Tex-Made, Dept. BHG-1, P.O 16125, Houston, Texas 7702

tage" needlepoint bag

thing you need to make this ble, sturdy handbag: plastic s, Persian type yarns in gold, red, grays, brown and green, ning, plastic handle, brass lid er, metal studs for base and Finished: 8¾" x 4" x 8½" high. 5 + $1 post. The Stitchery, , Wellesley Hills, MA 02181.

t comfortable shoes

enly handlaced shoes in genu- owhide leather with built-in lift for corrective and easy cushion crepe sole and heel. for walking. In white, black or al. Full & half-sizes: 4-10 N,W; N,M,W. $14.90 + 90¢ post. Old o Traders, 600-B1W, S. Coun- lub Rd., Tucson, AZ 85716.

ol-grip stainless steel

ntic Early American pattern ificiently reproduced. Luxuri- 0 piece set features genuine v-handled pistol-grip knives -tined forks. You'll set a truly nt table. $22.95 plus $2 post- Order from Crown-Castle, Ltd., PGS-132, 51 Bank Street, ford, Connecticut 06901.

chains of solid pewter

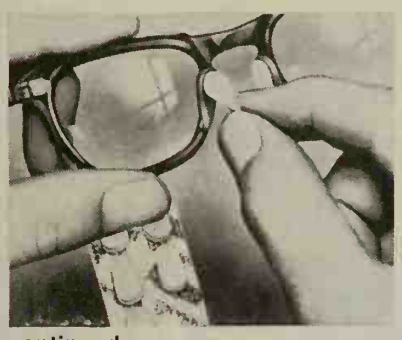
won't be misplaced quite so if every member of the family ne. An ideal gift. Handcrafted pewter gorilla or rabbit; stain- teel key ring. Animals approx. high. Specify gorilla or rabbit. Q-33 $3.95 postpaid. Spear Co., 3073 Spear Building, ado Springs, CO 80933.

Olde TIme Needlecraft

ns & Patterns. Needleworkers njoy having this most useful to refer to. It includes 500 dif- quilt designs, inspirational ative designs, borders, edg- initials, patterns etc. Give one riend as a gift. $1.25 per copy. e of White Birches, Inc., Box E, Seabrook, NH 03874.

glass nose pads

s the answer to glasses that down your nose. Tiny flesh d foam rubber pads that stick eyeglass frame. Relieves the ure of heavy frames on sensi- pots. Set of 18 pads $1.98 plus ostage. Anthony Enterprises, BHG-15, 585 Market Street, rancisco, Calif. 94105.



continued

CLIP & SAVE! SEND

The Yield House Home Catalog lets you furnish your home with flair—on a budget. With all the extras you're looking for at prices you like to pay.

You'll comfortably shop 50 colorful pages. Of our exclusive Country Pine Furniture made here in N.H. to go beautifully in your home. Of our famous Furniture Kits that let you be creative & save money, too. Of our exclusive accessories, collectibles, accents & gifts—most found nowhere else.

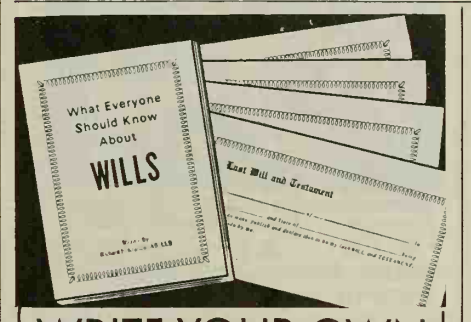
Just 25¢ brings your home a brand new look. So fill out this ad, clip, enclose your quarter & mail. We'll send you your catalog. Pronto!

Yield House
Dept. D51A
N. Conway, N.H. 03860

Name _____

Address _____

City _____ State _____ Zip _____



WRITE YOUR OWN WILL

Isn't it time you planned to make your own will? This 64-pg. book is written in layman's language. Included is: "What Everyone Should Know About Wills," written by a prominent attorney, 4 Will Forms, Personal Asset Sheet, and Executor's Duties. A must for your peace of mind. $2.00 plus .25¢ pp. ea. or two kits for $4.00 ppd. Send check or M.O.

J. W. HOLST, INC., Dept. BW-175
1864 E. US-23, East Tawas, Mich. 48730

PERENNIALS

There is a NEW way to buy perennials.

Our plants are grown in groups of six pots, each pot 1-5/8" square by 2-1/4" deep.

Grown under controlled conditions these healthy plants will be shipped to you in April or May. Plant in groups for best display you'll enjoy full-size plants in one season.

Send for our catalog today. Enjoy Bluestone Perennials at a price you will be glad to pay.

Please send us your FREE Perennial catalog.

Name _____

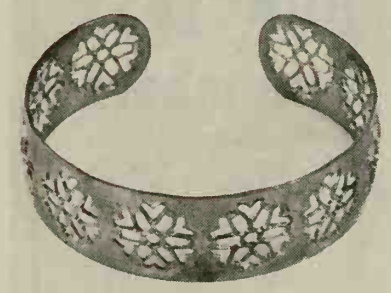
Address _____

City _____

State _____ Zip _____

BLUESTONE
3350 Jackson St.
Mentor, Ohio
44060

LACY COPPER • BRACELET



We don't know if copper has any of the magic curing powers claimed. We do know that this is the prettiest, most feminine bracelet we've seen. It's solid copper, with a delicate, lacy open-work pattern; ¾" wide; flexible to fit any size wrist. A perfect gift; order one for yourself, too. You'll get compliments on your fine taste. $1.98 each; 2 for $3.50 Add 45¢ postage.

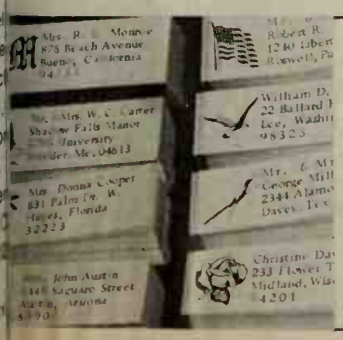
FERRY HOUSE, Dept. BH, Briarcliff Manor, N.Y. 10510

Personalize your stitchery

Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly).

15/$1.25; 45/$2.25 or 60/$2.75.

HOLIDAY GIFTS
Dept. 401-C, Wheat Ridge, Colorado 80033



ADDRESS LABELS with NICE DESIGNS

Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½"x½". 500 on white or 250 on gold, $2.50 ppd. Or on Deluxe Size, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via Air Mail, add 39¢ per order. Bruce Bolind, 151-L, Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

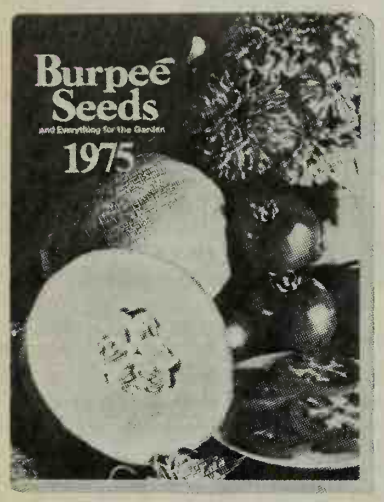
MUSCLE TONER

Exercising aid made of firm resilient rubber with space for each finger, designed to strengthen hand and arm muscles. Also recommended by doctors for relief from arthritic pain, aches and stiffness.

HAND EXERCISER
$1.98 + 20¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-15
San Francisco, Calif. 94105

Burpee's New 1975 Garden Catalog -FREE



Featuring new exciting vegetable and flower varieties for the home gardener

The new 164-page Burpee Garden Catalog is yours free. It is a comprehensive planting and growing guide, with over 1400 vegetables, flowers, fruits, shrubs, trees and garden aids. Plus many helpful hints from Burpee's horticulture experts on how to have a better, more productive garden.

Since 1876 Burpee has been developing new vegetable varieties that are easier to grow and produce more bountiful yields in less space, as well as newer and better flowers. As a result Burpee is America's leading breeder of vegetables and flowers for the home gardener. Many new varieties and famous favorites are available only from Burpee. *Send for your free copy of Burpee's Catalog today.*

W. ATLEE BURPEE CO., 4945 Burpee Bldg., Warminster, PA 18974, or Clinton, IA 52732, or Riverside, CA 92502 (Please mail to nearest address.)

☐ Send me the 1975 Burpee Catalog FREE.

GROW TOMATOES UP TO 2 LBS. EACH

BURPEE'S BIG BOY™

GIANT HYBRID **TOMATO**

Delicious, thick-meated, smooth, round red fruits. Heavy yield — plants get more fruits even in bad weather. Send 25¢ for 15 seeds.

SEEDS **25¢**

SAVE MORE — GROW MORE PLANTS

2 Packets—For more BURPEE'S BIG BOY™ GIANT HYBRID TOMATO plants and Burpee Big Early Hybrids for earlier fruits. 30 Seeds of Each—$1.40 value postpaid for **$1**

☐ Send 15 Seeds Big Boy Tomato for 25¢

☐ Send Big Boy and Big Early Hybrids, 30 Seeds of each, $1.40 value for **$1**

ENCLOSED IS: (CIRCLE ONE) 25¢ $1

NAME (PLEASE PRINT)

ADDRESS

CITY STATE ZIP

GURNEY'S FAMOUS

CLIMBING TOMATO

ONE VINE YIELDS UP TO A BUSHEL OF TOMATOES!

LARGE PACKET ONLY . . . **10¢**

Just give it a good trellis and it will grow 10 to 18 feet. Sets tomatoes at every joint—big, crimson ones 5" across—often weighing over 1 lb. These fine-flavored tomatoes have small seed cells and thick, meaty flesh—ideal for canning and slicing. Order from Gurney Seed & Nursery Co., 348 Page St., Yankton, South Dakota 57078. Limit one packet.

Full Size, Home Gardener

GREENHOUSES

at America's Lowest Prices!

Redwood greenhouses. UVI or fiberglass coverings. Also aluminum-glass designs.

8 FT. U.V.I. MODEL, ONLY **$119.95**

WRITE FOR FREE COLOR BROCHURES

Peter Reimuller—The Greenhouseman™

P.O. Box 2666-G1, Santa Cruz, Ca. 95063

BURPLESS * Cucumbers

Eat like carrot or celery sticks, peel and slice for the relish tray. So mild, there's no "acid rebound", so most folks can now enjoy cucumbers without "burp". Great for pickles, too. One packet per customer, please. (U.S. Only)

Regular 60c PACKET ONLY **10c**

Earl May Seed & Nursery Co., 5082 Elm St., Shenandoah, Iowa 51603

I enclose 10c for my Burpless Cucumber Seed and my free catalog.

Name

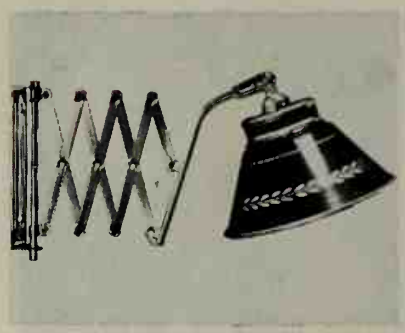
Address

City

State Zip

Snore no more

Scientifically designed anti- mask insures sound, silent Washable nylon mask fits over keeps jaws closed and pre snoring by encouraging p breathing. Adjustable to fit both and women. $3.98 + 20¢ pos thony Enterprises, Dept. BHG-1 Market, San Francisco, CA 9



Pin up a lamp

Its perfect for study, sewing bedtime reading. A petite pre toleware, hand-decorated Brass finish scissor adjusts from the wall and swivels 18 gold, ivory, black, red, olive $ each postpaid. Order from House, Dept. D51T, North Co New Hampshire 03860.

Crystal tree centerpiece

For any occasion with ar flowers on the party table, de tions, candles and other go Holds hors d'oeuvres, can jewelry. Stands 10" high a made of sparkling clear polyst A great conversation piece. $ 75¢ post. Holiday Gifts, Dept. Wheat Ridge, CO 80033.

If you love to garden— *START NOW WITH*

NEW **solo-gro** SEED STARTER CUBES

NOW with Arcillite

newest organic growing medium

You can now have better plants — quicker, easier and earlier — with no thinning and no transplanting. Famous English starter cubes contain all nutrients necessary for germination and seedling growth. Cubes only ½" square — gives you more plants per flat — or you can sow direct in garden. Better results with less labor! Ideal for starting vegetables or flowers.

and so inexpensive!

15 doz. . . $4.25
42 doz. . . $7.50
6 doz. . . $1.95

Add 50¢ for packing & handling **FREE**
Seed and Nursery Catalog

R. H. SHUMWAY SEEDSMAN
Dept. 501 Rockford, Ill. 61101

EARLY TOMATO

An extremely early tomato WAYAHEAD, ripening big, red tomatoes by July 4th, has been developed at Jung Farms in Wis. Send only 10c for a trial pkt. to the *Jung Seed Co., Box 81, Randolph, Wis. 53956.* They will include a pkt. of Super Giant Zinnias plus a copy of America's most colorful seed and nursery catalog.

1975 STRAWBERRY CATALOG FREE

Tells how to grow big, delicious strawberries in your own backyard. Describes and illustrates 30 varieties — all virus-free and fully guaranteed. Send for your catalog today!

Also: Blueberries, Raspberries, Blackberries, Grapes, Fruit, Nut, Shade Trees, Evergreens and Ornamentals.

RAYNER BROS., INC. Dept. 56, Salisbury, Md. 21801

Name

Address

City

State Zip

MARKET PLA

for ad rates write Classified 100 E Ohio

NURSERY STOCK & SEEDS

★ **SWEET ONION PLANTS.** 600 assort onion plants with free planting guide $6 paid. Tonco, Farmersville, Texas 75031.

BARGAINS—CATALOGS

★ **ORIENTAL SILKS, COTTONS, BATIK** —Catalog 20c. Thai Silks, 391½ M Altos, California 94022.

HANDICRAFTS

★ **GLASS BLOWING KITS** and Suppli Literature—Willis Glass, Box 3460, California 92803.

HOBBIES

★ **BUYING RAILROAD ANNUAL-PA** Timetable Collections. Applegate, 440 way. Omaha 68134.

STAMPS

"AFRICA" 25 beauties, 15c. Approvals. Go 28934-BHC, Atlanta, Georgia 30328.

CONTESTS

POETRY AWARDS MONTHLY. Free Form Box 4989, Washington, D.C. 20008.

OF INTEREST TO ALL

★ **"BETTER BURGLARY PROTECTIO PENNIES."** Information $2.00 (refu McNor Enterprises, 6272-C West Nort Chicago 60639.

ANALYZE YOUR HANDWRITING—Cour Graham, 1201 Bragdon, Pueblo, CO 81004.

OF INTEREST TO WOMEN

★ **HOMEWORKERS NEEDED** painting Roland, Box 56, Hammonton, N.J. 0803

$800 MONTHLY POSSIBLE addressing-stu velopes (longhand-typing) your home. E unnecessary. Details, send stamped addre velope. American, Excelsior Springs, MO 64

HOMEWORKERS! TO $125.00 WEEKLY ing for firms. Begin immediately! Infor stamped, addressed envelope. FHP, Brooklyn, 11235.

BUSINESS OPPORTUNITIES

BECOME OUR MAIL ORDER DISTRIBUT $150 Investment. Free brochure. Audit Con Brookside Ave., Fair Lawn, N.J. 07410.

SPARETIME—MONEYMAKINGOPPORT

★ **HOW TO MAKE MONEY** Writing Sh graphs. Information Free. Barrett, 59-X, 6216 N. Clark, Chicago, Ill. 60660.

$300.00 WEEKLY POSSIBLE—stuffing Start immediately! Details $1 (refundable B5, Box 36643, Los Angeles 90036.

★ **HOW TO MAKE MONEY** Addressing Envelopes. Offer details 10c. Lindbl plies, 3636 Peterson, Chicago 60659.

CASH FROM BOXTOPS, LABELS. Inform Continental, B11616, Philadelphia, Pa. 191

★ **STUFF-MAIL ENVELOPES.** $250.00 + sand profit possible!! Offer details: sta velope. Kings, B-37K-BH1, Jamaica 11422.

REAL ESTATE

★ **FREE REAL ESTATE CATALOG** of properties in 40 states. United Farm 612-BH West 47th St., Kansas City, M

PERSONAL—MISCELLANEOUS

★ **YOUR FAVORITE POEM** or Philosop set, wallet-size, laminated. Free det 15873, Overland, Missouri 63114.

SLEEP LEARNING

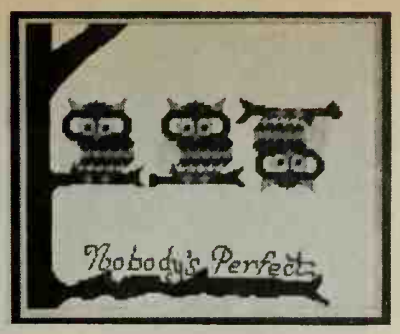
LEARN WHILE ASLEEP! Strange cata Autosuggestion, Box 24-BH, Olympia, W

CLASSIFIED'S GUARANTEE

CLASSIFIED guarantees refund of any init sent in direct response to the above ads. B-

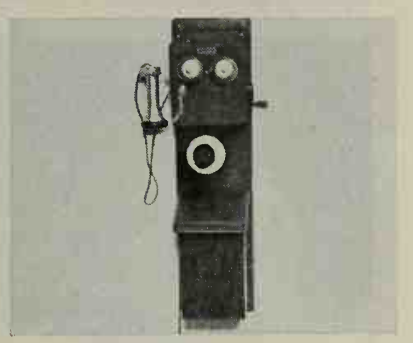
...body's perfect

...ll love this delightful needle-
... picture. The kit includes de-
...hand-painted on 13" x 15"
...interlock canvas with 12 mesh
...ch, Persian yarns in yellow,
..., greens and white, needle
...irections. Finished size: 10"x
... 17.95 + $1 post. The Stitchery,
..., Wellesley Hills, Mass. 02181.



...ginal Bell" wall phone

...llector's dream, a decorator's
...t; this is one of the first tele-
...es made (now an antique). Of
..., completely rewired for instant
...$195 + $20 shipping. 12"Wx
...10"D, if dial desired, it's
...l to lower box $35 add'l. Catalog
...Grand Com Inc., Dept. BHG12,
... Fifth Ave., N.Y., NY 10001.



...ne fun

...irst intellectual toy made for
...inking cat. Clean, safe and
...ple; "mouse in the hole" game
...will provide hours of entertain-
... for kitty and anyone who is
...ing. Mouse is an elusive ball.
... ppd. New spring gift catalog
...Suburbia, Inc., Dept. 734, 366
...uta, St. Paul, Minn. 55101.

continued

PAGE SIZE MAGNIFIER

Page Magnifier is handy for looking up telephone or map directory listings, stock market reports, etc. The whole page is magnified at one time. Wafer thin and measures 7" x 10".

PAGE MAGNIFIER
$1.98 + 25¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-15
585 Market St., San Francisco, Calif. 94105

Inter-State Nurseries
Hamburg, Iowa 51640
delivers
7 Giant Ruffled Glads for only **25¢**
Postpaid Guaranteed
Direct from this ad

Double your money back if not completely satisfied.

We guarantee these bulbs without restrictions. We are sure you'll be entirely pleased with them. This collection is made up by us from new and superior varieties.
If we sold these bulbs by name, they would cost 75¢ or more. Colors range from white to purple, pink, rose, yellow, lavender, orange and this year we added the spectacular new *Red Beauty*—one of the brightest glads we have ever seen. They will bloom this summer. Big bulbs, 1 to 1¼ inches across (diameter).

7 Glads for only 25¢ plus
Free Catalog
84 colorful pages. Spring 1975 issue—packed with values.
You do not have to order bulbs to get catalog.

INTER-STATE NURSERIES
115 E Street, Hamburg, Iowa 51640
☐ I enclose 25¢ for 1 set of 7 Glads
☐ FREE 84-page SPRING CATALOG
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Glads will be shipped at proper planting time.

...COTCH PINE
...$3.75 ppd.*
...or windbreaks, ...dary markers, ...tmas trees. ...growing, even ...r soil. 3-yr.-old ...lants. 3 to 6 in. ... for $3.75 ppd.* ...der Now! Shipped ...paid at planting time.

10 BLUE SPRUCE for $3.75 ppd.*
Hardy, vigorous Colorado Blue Spruce. 4-yr.-old transplants. 4 to 8 inches tall. 10 for $3.75 ppd.*, 20 for $6.50 ppd.*
(*West of Miss. river or south of N.C., Tenn., add 75¢ per offer. Add $1. per offer to Canada.

...criptive Evergreen Catalog Free.
...TERN MAINE FOREST NURSERY CO.
B15-D Fryeburg, Maine 04037

...Special Offer. Easy-to-grow ...rnation plants from seed. Loads ...giant everblooming flowers. New, ...est flowered Tetra-snapdragons. Sturdy ...kes, bloom all summer. Send 25¢ today for ...kets and Seed, Plant and Nursery Catalog **FREE**
...H. SHUMWAY SEEDSMAN
...311 ROCKFORD, ILLINOIS 61101

IT'S EASY TO GROW YOUR OWN PLANTS WITH Shumway's "GROWTH PACKED" FLOWER SEED
15 BIG PACKETS FOR $1
PLUS 25¢ FOR PACKING & HANDLING.

HERE'S WHAT YOU GET...	
7 PKTS. PERENNIALS-1 EA:	7 PKTS. ANNUALS-1 EA:
1. Painted Daisy	1. Marigold, Spun Gold
2. Hardy Phlox	2. Tetra Snapdragons
3. Carnations	3. Zinnia, Dark Jewels
4. Double English Daisy	4. Petunia, Confetti
5. Double Hollyhock	5. Bush Balsam
6. Baby's Breath	6. Everlasting Flowers
7. Viola, The Czar	7. Aster, Powderpuff

PLUS a 50¢ PACKET OF GIANTS OF CALIFORNIA GERANIUMS
FREE! MAMMOTH SEED & NURSERY CATALOG INCLUDED WITH ORDER
SEND ONLY $1 FOR 15 PKTS. AND CATALOG
PLUS 25¢ FOR PACKING & HANDLING.
ALL OFFERS SENT POSTPAID. NO C.O.D.'S
R. H. SHUMWAY SEEDSMAN
Dept. 314 Rockford, ILL. 61101

COLORADO BLUE SPRUCE
15 for $1.00 Postpaid
Not Good West of the Rockies
3 to 5 in. plants that will grow into specimen trees.
FREE CATALOG
EMLONG NURSERIES
Box 418
Stevensville, Mich. 49127

STOKES

SEED CATALOG FREE

Select from 1300 varieties. Many exotic exclusives from England, Europe, Canada. Send for it today.

STOKES SEEDS, INC.
1445 Stokes Building, Buffalo, N. Y. 14240

Only Henry Field's has it—
EXTRAORDINARY NEW TOMATO!
★ ★ ★ ★ ★
Hy-X
Superb Flavor! Bears Abundantly!

You already have a favorite variety of tomato? Fine! Plant HY-X alongside, then watch it steal the show! HY-X starts early, turns out tomatoes like a factory right up 'til frost. And such quality! Deep scarlet, globe-shaped fruit, full of firm yet tender meat, not just a gloppy mass of water and seeds. Scientists call HY-X "self-determining," which means these plants will never become sprawling giants. Stalks are so husky you needn't bother to stake 'em! HY-X grows well most anywhere, even in semi-arid regions where ordinary tomatoes die of thirst. Won't sun scald or crack. To make sure you'll try the remarkable HY-X here's a bargain you can't pass up . . . more than 100 seeds for only 10¢! Sure, we lose money doing this, but we win you as a new friend, so it's a good deal for both of us. Send us your dime today, won't you?

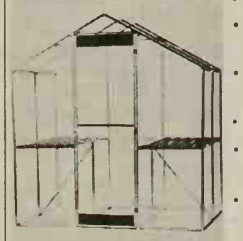
BIG PACKET for only **10¢** POST PAID
(100 seeds or more)

Stalks so sturdy they bear their big load of fruit without staking!

HENRY FIELD Seed & Nursery Co.
449 Oak St., Shenandoah, Iowa 51602
Sure, I'd like to try the new HY-X! Here's my dime. Also send free your new Spring Catalog.
NAME _____
ADDRESS _____
P.O. _____ STATE _____ (ZIP)
Since 1892
MAIL THIS NOW!

STARTER GREENHOUSE

Complete Greenhouse System Designed For Urban and Suburban Gardening!

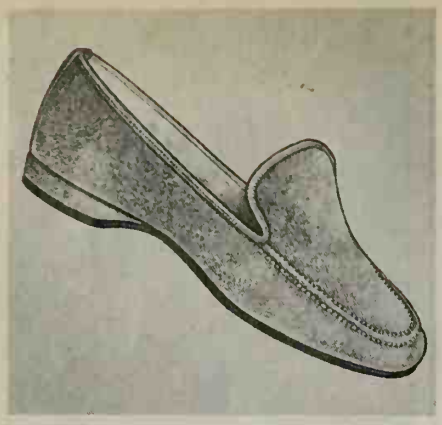


- Easily Assembled!
- Cleor, 12 Mil Vinyl, Fitted Cover
- Strong Aluminum Frame
- Benches Included
- Anchoring & Ventilotion Systems
- No Foundotion Needed

$139. Complete

☐ $139. Enclosed ☐ Send Free Brochure
Nome _____
Address _____
City _____ Stote _____ Zip _____ BH&G

Sun/America
P.O. BOX 125, HOUSTON, TEXAS 77001



SNUGLY, WARM SLIPPERS

"KELLI" — Daniel Green's softest-ever suede mocassin slippers with cuddly fleece lining. Perfect for all your casual, at-home clothes. Great gifts! Available in NARROW, 5½ through 12 in Blue, Gold, Green, Pink — in MEDIUM, 5 through 12 in above colors — in WIDE widths, 6 through 10 in Blue or Gold. Price $10.95. No half sizes over 10, $1.00 per pair extra for sizes over 10. Add 90¢ postage for each pair ordered. Prompt refund if not delighted. Free catalog. Write SOFWEAR SHOES, Dept. DG, 1711 Main, Houston, Texas 77002.

SHRINK STOMACH

Waist Watchers will feel muscle tighten and see stomach shrink from first day you use the Waist Wheel. A few rolls back and forth from knee position equals 100 sit-ups. Progress Chart included.

SINGLE WAIST WHEEL **$5.98**
Mailing 80c Each

DUAL WAIST WHEEL **$7.98**
Mailing $1.00 Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-15
585 Market St., San Francisco, Calif. 94105

Eliminate wet floors

No more shower curtain bl... Plastic snap-on Magnetic S... Curtain Holders holds showe... tain tight to tub or metal stall. ... anently magnetized. Will not ... mar any surface. Set of 3/$1.4... 20¢ postage. Order from An... Enterprises, Dept. BHG-15, ... Market, San Francisco, CA 9...

Heirloom decanter in gr...

To grace your bedside or end... Famous Lefton heritage patt... pale green with delicate pink ... Lid of carafe is a full size 6 oz... bler. Looks like a real antiq... Grandmother's time. Nice to u... flowers too. 8" tall, $12.95 ... post. Order from Holiday ... Dept. 401-S, Wheat Ridge, CO 8...

Dislike smokers?

Here's a polite way to get your ... sage across. Tastefully asks v... in your home or office to r... from smoking. Engraved blac... tering on aluminum plate. Mo... on a walnut base, 4¼" x 2". ... style DEA-2 $3.95 ppd. Spear ... Inc., 3075 Spear Bldg., Col... Springs, CO 80933.

BLACK STANDARD TELEPHONES

Only $10.95 (Shpg chge $2.00)

The extra phone you can use with no rental at all. Comes completely equipped with dial, bell, standard cord and plug, ready for instant use.

SEND 50c FOR CATALOG
Big Variety of other phones

GRAND COM INC Dept. BH1
324 5th Ave., N.Y. 10001

Gourmet Wok $7.98 3-pc. set

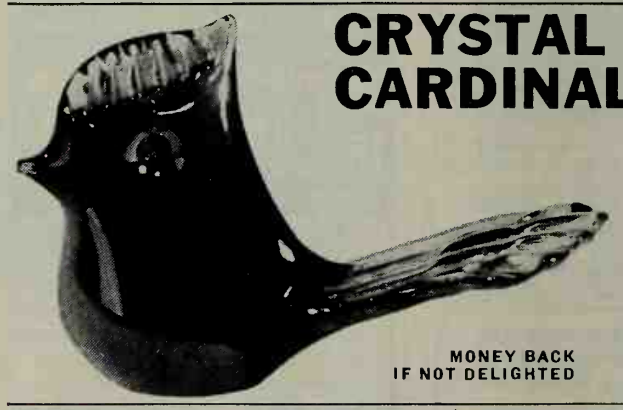
HEAVY POLISHED STAINLESS STEEL!

Stretch food dollars with Wok cookery—calorie-low, healthful, too! Serve gourmet party treats, hearty one-dish family meals—your one essential, our 12" wok! Rediscover all your cookery—a wok "gentles" food, sautes with mere drops of oil, fluffs omelets, adds new flavor to old recipes! Polished aluminum dome lid for steaming and slow-simmer, hefty steel ring stand for even, scorch-free heat. Shaped jet-shiny handles and knob stay cool.

#5782—Gourmet Wok, 3-pc. set $7.98
#5783—Save! Wok Set plus book below $8.98
Add $1.00 post. & hdlg. N.Y. res. add taxes

Chinese cookbook—a treasure-trove of tasty budget-wise dishes, 192 pgs. #6387.. $1.95

The Country Gourmet Inc.
Dept. HI, 512 S. Fulton, Mt. Vernon, N.Y. 10550



MONEY BACK IF NOT DELIGHTED

CRYSTAL CARDINAL $5.50

2 f... Add 5... p...

An original by Be... cheery, color note to b... your eye and spirit ... you can't hear its me... trills, you can appreci... radiant ruby bea... gleaming crystal. ... crafted in Sweden wi... piece signed by the ... er. Bosse. About 3".

HARRIET CAR...
Dept. BHG-14051
Plymouth Meeting, P...
19462

REMOVE HAIR FOREVER

PERMA TWEEZ electrolysis—as seen in medical journals—safely and permanently removes all unwanted hair from face, arms, legs and body. This is the only instrument with special U.S. patented safety feature that destroys the hair root permanently without puncturing skin. Clinically tested—recommended by dermatologists. Send check or M.O.

14 DAY MONEY BACK GUARANTEE $16.95 ppd.

GENERAL MEDICAL CO., Dept RH-123
5701 W. Adams Blvd., Los Angeles, Ca. 90016
☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
☐ I enclose $16.95 & save extra COD postage.
☐ Americard/Master Chg. #/exp. date
NAME.....
ADDRESS.....
C/S.....ZIP.....

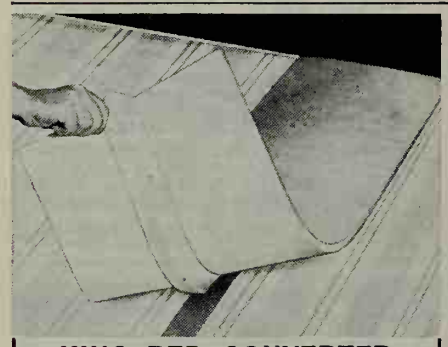
CLEANS YOUR SHOWER TILE OR WE PAY!

KLEN-TILE shower tile cleaner will clean and control soap scum, body oils, stains, mildew, hard water deposits and whiten grouting. A full year's supply for two baths.

$4.95 Add $1 for postage and handling.

GUARANTEE: If KLEN-TILE does not clean your shower tile to complete satisfaction, full purchase price will be refunded.

Send Check or Money Order to:
STANDARD LABORATORIES
2632 Providence Rd.
P.O. Box 11214 Charlotte, N. C. 28209



KING BED CONVERTER

Convert your twin size beds into luxurious king-size bed in seconds! Just place comfortable polyurethane SPAN-A-BED between 2 twin-size beds. Fits snugly—you'll never know it's there. Save dollars—no need for special bedding. A full 6' long, 14" wide. Light, strong SPAN-A-BED will support the strongest man. Rolls up for easy storage when not in use.

$6.98 plus .75¢ hdlg.

HOLIDAY GIFTS
Dept. 401-E, Wheat Ridge, Colorado 80033

How to Housebreak Your Pet

Train-O-Mat® makes it easy

No more stained carpets. When d... scents chemically-odorized mat, ... instinct says, "Here's the spot." ... No fuss or bother. Mats are ... disposable; both pole and 18" sq... holder are washable. Kennel-teste... Satisfaction or money back.

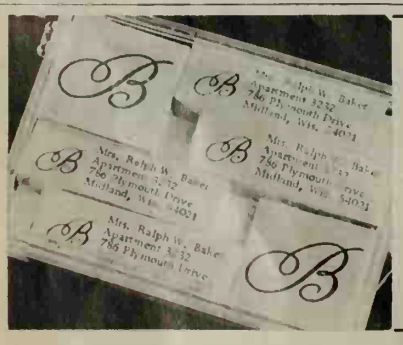
Holder & 2-mo. supply of mats..... 4.98
Holder & 6-mo. supply of mats..... 6.98
Attachable 12" pole for male... add 50¢

Enclose 75¢ postage

G & G RESEARCH
Box 12274-21 Dallas, Texas 75...

BASEMENT TOILET

Flushes up to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Incr... the value of your home. Financing avai... Dealer inquiries invited. Free catalog.
DOSS, Dept. J-46, Box 10947, Houston, Tex...



Golden treasury of labels

Stock up on a supply of elegant name and address labels. The set includes 250 black on gold 1½"x½" script initial address labels [To 20 letters per line, 4 lines] and 125 matching gold initial 1x1" envelope seals. We use them to personalize everything—stationery, checks, to identify books. $3.50 ppd. Via Air, add 52¢. Bruce Bolind, 151 Bolind Bldg., Boulder, Colo. 80302. Since 1956, Thanks To You!

Giant DAHLIAS

FROM SEED IN 10 WEEKS

World's most famous varieties. Produces gorgeous blooms from July to frost. **Send 15c in coin for big Pkt. or 2 Pkts. for 25c and FREE** Copy Of Our Big New Garden Catalog

R. H. SHUMWAY SEEDSMAN
Dept. 310 ROCKFORD, ILL. 61101

***20 MILLION TREES A YEAR!** *NOW OVER 40 MILLION!

Free CATALOG

Evergreen and Hardwood Seedlings and Transplants, Landscape Ornamentals, Rooted Cuttings, Ground Covers, Container-Grown Plants plus many money-saving Special Offers. Includes wholesale prices for quantity purchases.

MUSSER FORESTS Box 3A INDIANA, PA. 15701

GROW Brilliant Colore... GERANIUM

PLANTS FROM SEED

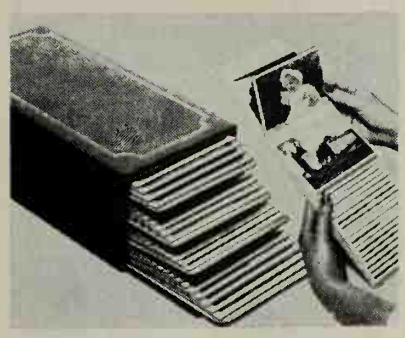
double and Semi-Double ... ties, all shades. Described i... Seed & Nursery Catalog. Se... in coin for 50c Packet or F...
2 Packets for 25c & New Catalog
R. H. SHUMWAY SEEDSM...
Dept. 315 ROCKFORD, ILL. 61...

:od weatherglass

andblown reproduction of ıial weatherglass. Forecasts 12 hours in advance. iron wall bracket 11¾" lass is 3½"W x 3½"D. mahogany mounting board, ess board, $7.95 + $1 post. 5¢. Preston's, 120B Main St. reenport, NY 11944.

memory chest

way to display, store and our precious photographs atives. Holds 200 photos, ic, Polaroid or any size up 5". Four removable photo rays that show photos in e. $12.95 + 50¢ post. astle, Ltd., Dept. PM-27, St., Stamford, CT 06901.



e for nose hair

ll hair from nose and risk . Hair is snipped off pain- d neatly with this remover. nsert in nostril and twist ade of fine surgical steel. us 20¢ postage. Order from Enterprises, Dept. BHG-15, ket Street, San Francisco, a 94105.

continued

ICKEN POT HOLDER

esigned, made and sold thousands of . they're cute, novel and very func- high x 6¾" long . . . they sit & rock! calico prints: reds, yellow, greens or ed crest—moving eyes on black felt. colors when ordering. Calif. residents tax.

a. 3 for $5.00 6 for $9.00

Available by mail only from:

DELL'S

BH-1 Pico Rivera, CA 90660

EMENT TOILET

hes UP

EWER OR ITIC TANK

DIGGING UP FLOORS —

e . . McPHERSON, INC. —

33 • Tampa, Florida 33614

eppermint stick ZINNIAS

ckled and striped; a erenttype. Numerous bined colors. Thick, dium flowered heads. d only 15c in coin big packet, 2 for 25c

TALOG FREE

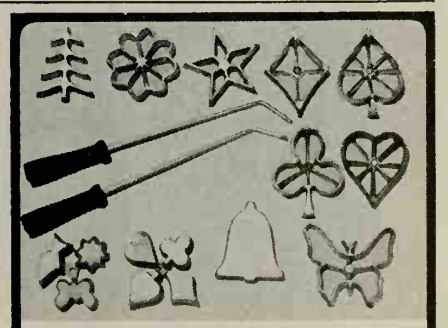
SHUMWAY SEEDSMAN

12 ROCKFORD. ILL. 61101

CHAIR CANING KITS

Now any one can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit. Tools, natural Cane & "easy-to-follow" instructions post-paid for only $4.00. Extra cane $2.00 per chair-lot. Illinois residents, please add 5% sales tax. Available only from

NEWELL WORKSHOP
Dept. S-3, 128 Drawer
HINSDALE, ILLINOIS 60521



MAKE ROSETTES!

(Festive Scandinavian Cookies)

Patterned irons, fitted to handles, are dipped from batter to fryer to make a crispy, thin delicacy which is sprinkled with powdered sugar. Easy to do, lots of fun, delightful to eat. Complete: 9 lg. 3" aluminum molds, 7 small molds, 2 heat-proof handles, recipes and instructions. Complete set, only $8.95 + 85¢ post.

New 1975 gift catalog—25¢.

Suburbia, inc.

Mail Shopping Service

366 Wacouta, Dept. 732 St. Paul, Minn. 55101

SCHOOL YEARS ALBUM

Handy keepsake album is an ideal place to file your happy schoolday memories. Envelope-page holds clippings, report cards, photos, etc. from kindergarten thru 12th grade. Special health record page for medical history. Heavy cover, plastic rings. Plain cover or personalized with first name. 6½"x9¼".

Plain School Years	$1.29
Personalized School Years	$1.59

Add 35¢ postage each

HOLIDAY GIFTS

Dept. 401-U, Wheat Ridge, Colorado 80033

GIANT *Fringed* PETUNIAS

WAVED and RUFFLED MIXED 4" to 5" blooms in gorgeous solid and variegated colors, deeply fringed, beautifully veined. Send 15c for big packet or 2 packets for 25c and Seed and Nursery Catalog. CATALOG FREE

R. H. SHUMWAY SEEDSMAN

Dept. 309 ROCKFORD. ILL. 61101

NEEDLEPOINT SCHNAUZER

This adorable Schnauzer design has already been carefully hand-worked on 10-mesh needlepoint canvas. You just fill in the background (background yarn not included.) Finished size: 15" x 15". Only **$7.95** plus 50¢ postage. Add **$3.50** for five skeins of scarlet background yarn.

Send 25¢ For Next 4 Issues Of Our Art Needlecraft Catalog.

The Stitchery Dept. BHG301, 204 Worcester Turnpike Wellesley Hills, Mass. 02181

He's a To-Sew Animal. A cuddly new way for youngsters to learn basic sewing. There are ten animals: bear, dog, dragon, elephant, mouse, octopus, pig, rabbit, turtle, walrus. They're simple and fun to make. Instruction sheet and oversized (16"x22") patterns teach hand and machine sewing, pattern use, embroidery. Patterns and the 58 page LEARN TO-SEW instruction book are easy to read with cartoon-style illustrations.

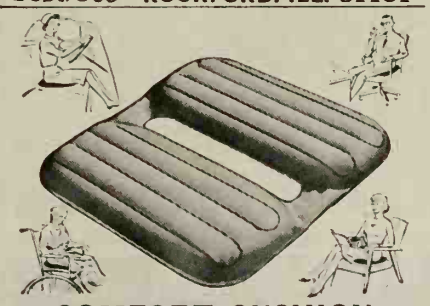
TO-SEW PATTERNS are $1.00 @ ppd.
LEARN TO-SEW BOOK is $2.25 ppd.
Send to: To-Sew, Dept. 2104,
P.O. Box 974,
Malibu, Calif. 90265

Specify animal. Calif. res. add tax. No COD'S.

I WANT EVERY READER of this Paper to have my big red EARLIANA TOMATO

"KING OF THE EARLIES" Big solid, scarlet fruit, disease resistant, heavy yielder. Ideal for table or canning. Send 15c for big packet or 25c for 2 packets and Seed and Nursery Catalog. **FREE**

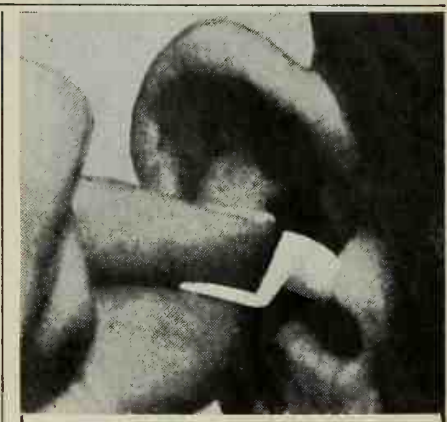
R. H. SHUMWAY SEEDSMAN
Dept. 308 ROCKFORD. ILL. 61101



COMFORT CUSHION

New TWIN-REST SEAT CUSHION gives blessed relief to sensitive areas. Fights fatigue and soreness. Avoids side-rocking and maintains balance because each half inflates separately with contact-free center space. Unlike embarrassing "ring cushions". It fully supports each thigh independently. Deflates for travel. Ideal for car, home, office, sports, wheel chair. Eliminates road jars in car. Great as back cushion too—it conforms for firm support. Handsome vinyl 16"x17"—**$6.95.** Green percale zipper cover—**$2.19** extra. We pay postage & ship in 6 hours. Send your check to:

Better Sleep Inc. BOX BV
New Providence, New Jersey 07974
MONEY BACK GUARANTEE



ENJOY SOUND SLEEP AGAIN

Ear Drum Silencers lock out disturbing noise that robs you of refreshing sleep . . . even snoring! Soft, pliable, with an easy-to-grasp safety flange. Slip them in every night and you'll sleep like a kitten.

EAR DRUM SILENCERS
$1.98 + 15¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-15
585 Market St., San Francisco, Calif. 94105

Learn LANDSCAPING

TRAIN AT HOME for exciting hobby or career. Start your own spare or full time Contracting business, work in Garden/Nursery field, or landscape your own property — we show you how. FREE BOOKLET describes opportunities.

LIFETIME CAREER SCHOOLS
Dept. A-728
2251 Barry Ave.
Los Angeles, CA 90064

Select From Over 100 Roses. Send For FREE 56-Page Star Rose Catalog

Select from over 100 roses – all guaranteed to bloom in your garden – described and lavishly illustrated – most in full color – in our 56-page 1975 Star Rose Spring Catalog. Includes new All-America Award Winners.

Send for your free copy today!

STAR ROSES, Box 255
West Grove, Pa. 19390
Send me your free Spring Rose Catalog.

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

FINALLY! PHONICS 44 SOLVES THE READING PROBLEM!

5 step-by-step TEACHING GAMES FOR CHILDREN & ADULTS

When schools taught phonics — everybody learned to read. Today most schools DON'T teach phonics and the result is that one out of every five adults, one out of every four children, can't read on the third-grade level!

When you learn to read by sight reading, you must memorize almost a million words. (That's an almost impossible task!) When you learn to read with phonics, you simply learn the 44 sounds in the English language (that's not hard at all)—and you have the tools to FIGURE OUT almost any word.

PHONICS 44 was developed and tested for over 10 years in the Culbreath Schools' special short reading courses. Results were dramatic. Third and fourth grade poor readers learned to read high school material after only nine 2-hour courses. The set includes five double deck card games, plus five 33 1/3 r.p.m. records (over 1 hour of thorough verbal instruction), plus complete game rules, educational instructions, and charts of the 44 sounds. It's a complete system for teaching reading and spelling. All the know-how is built into the games and records.

YOU HAVE NEVER SEEN ANYTHING LIKE PHONICS 44. It works! We guarantee it unconditionally. If you are not fully satisfied, you may return the games for a full refund. No time limit. Use them fully. We're betting you'll never send them back. ONLY $16.95 plus $1 postage for the complete set.

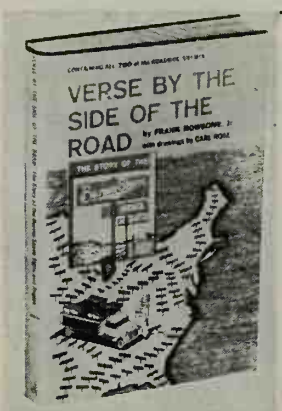
WEST-BERG ENT., 2842 E. SERENDIPITY CR., DEPT. 501-A, COLO. SPRINGS, CO. 80917.

BOSOM MONEY HOLDER

Bosom Money Cache snaps onto the bra or slip straps. Holds folding money or other valuables. Plastic lined with a fold-over flap. Washable.

BOSOM MONEY HOLDER
$1.98 + 20¢ Mailing
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-15
585 Market St., San Francisco, Calif. 94105



the Story of the Burma Shave Signs

Remember Burma-Shave?

Enjoy a bit of nostalgia with this marvelous collection called "Verse by the Side of the Road". All 600 verses (illustrated), it's the story of the Burma-Shave signs and jingles that for years made motor travel extra fun. Makes a handsome gift—it's a hardbound beauty. Will delight everyone ..... **$4.95** + 50¢ handling

HOLIDAY GIFTS
Dept. 401-D, Wheat Ridge, Colorado 80033

PLAY GUITAR IN 7 DAYS
OR YOUR MONEY BACK!

In this Special Introductory Offer you get ED SALE'S famous 66-page Secret System worth $4.00 which shows you how to play a beautiful song the first day and any song by ear or note in seven days! Contains 52 photos, 87 finger placing charts, etc., plus 110 popular and western songs, (words and music); a $1.00 Chord Finder of all the chords used in popular music; a $3.00 Guitarist Book of Knowledge; and the special $1.00 value NEW WALLET size Tuning Device for tuning any guitar by ear.

Total Value $9.00—Now **$3.98** SEND NO MONEY!

Just send your name and address. On delivery pay postman $3.98 plus C.O.D. postage. Or send $3.98 plus 50c shipping and handling charges with order to save C.O.D. costs. Money-back Guarantee.

ED SALE GUITAR CO.
Dept. 169-A, Avon by the Sea, N.J. 07717

Send 25¢ for 144 page

Ship & Sea CATALOG

NEW illustrated Catalog shows 51 ship models, both ready-to-build kits and finished models; over 100 marine pictures; and decorative nautical items by the score.

MARINE PICTURES: Full color reproductions of world famous ship and sea pictures

SHIP'S FIGUREHEADS: Replicas of decorative carved figures from old sailing ships. From $14.95.

SHIPS' WHEELS: Of mahogany or oak, for tables, ceiling lights or wall decorations

MINIATURE CANNON IN BRASS: Hand built or in kits — for bookends, shelf or desk. From $8.95

144 pages of unusual nautical items for the home or office.

Send 25¢ for catalog to **PRESTON'S**
120-Y Main St. Wharf, Greenport, N. Y. 11944

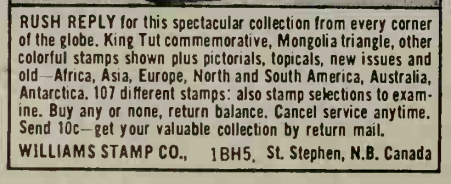
Color PHOTO Bargains

16 WALLET SIZE or 3—5 x 7 ENLS. or ONE 8 x 10 ENL. — Your Choice $2 Full Color

or Super! 12 WALLET SIZE with FREE 5x7 ENL.

Finest quality silk finish smudge-proof photographic paper. Send any color photo (8x10 or smaller), color neg., or slide (photo preferred). Ret. with order. *Add 35¢ per selection for postage and handling, and additional 50c extra for First Class service.* Satisfaction guaranteed or money back

QUALITY VALUES 614-H, New Rochelle, N. Y. 10804



107 GLOBAL STAMPS only 10¢

RUSH REPLY for this spectacular collection from every corner of the globe. King Tut commemorative, Mongolia triangle, other colorful stamps shown plus pictorials, topicals, new issues and old—Africa, Asia, Europe, North and South America, Australia, Antarctica. 107 different stamps: also stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Send 10c—get your valuable collection by return mail.

WILLIAMS STAMP CO., 1BH5, St. Stephen, N.B. Canada

American heritage—print

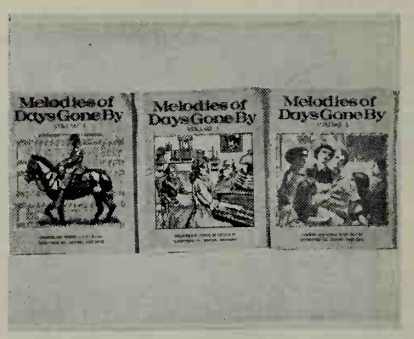
Cherepov's vibrant, sunny paint reproduced as lithographs for home. Century-old tools of homemaker pictured in br color on fine art stock. 9"x12" r to frame. All 4/$1; 3 sets/$2; + post. American Consumer, D AH-7, Caroline Rd., Philade Pennsylvania 19176.

Walt Disney characters

As wall decoration stick-ons. G size, peel 'n press stick-ons of key Mouse and Donald Duck color, sponge washable on to mylar. Great fun for every c Mickey $3.95, Donald $2.95 + post. ea.; both $6.90 ppd. Ro Sales, Dept. RS136, 380 Mad Ave., New York, NY 10017.

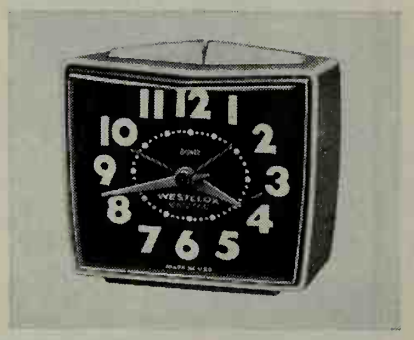
Handsome at home slipp

Made of glove leather with c ioned insoles and 2¼" heels sizes 4 through 12 in narrow, dium or wide. In black, beige, w $10.95 plus 90¢ post. Sizes over $1 extra. Also, in a combinatio gold and silver leather $12.95. der "Cindy" Sofwear Shoes, D BH-1, 1711 Main, Houston, TX 77



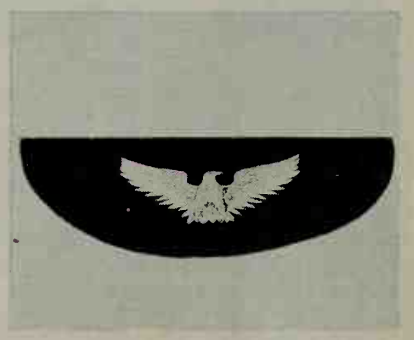
Melodies of Days Gone B

Songs everybody sang about turn of the century. Five volume all, each volume 96 pages words and music. The whole fa can enjoy a nostalgic evening gether. Fun too when entertai friends. $1.50 per volume; all $5.00. Order from Tower Press, Box 428-CBE, Seabrook, NH 03



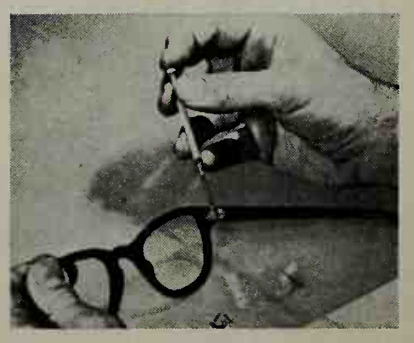
Drowse electric alarm clo

Has a unique "sleep selec wakes you, lets you nap 5 o minutes, then wakes you ag White case, white numerals on b dial, sweep second hand and al indicator. Shatter-proof crystal high, $3.99 + 50¢ post. (Ill. res. 5% tax). Clocks 'N Stuff, Inc. D A-31, 315 Fifth St., Peru, Ill. 61



Fireproof eagle rug

A touch of Americana by your place and flying embers won't h your rug, floor or furniture. In fla proof cotton duck, half-moon si and black with a handsome bi gold American eagle. 22" x $6.98 plus 50¢ postage. Order f Holiday Gifts Dept. 401-L, W Ridge, CO 80033.

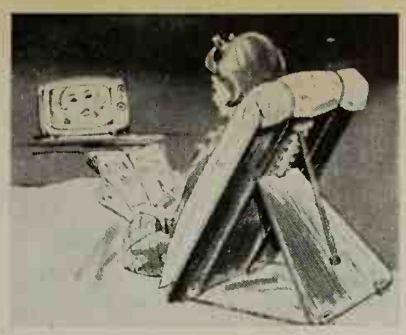


Repair eyeglasses anywh

This handy kit is invaluable w ever glasses come apart, at h at the office or when traveling compact; carry it in your pocke cludes a professional optical sc driver & assortment of frame scr $1.49 + 20¢ post. Anthony E prises, Dept. BHG-15, 585 Ma San Francisco, California 94

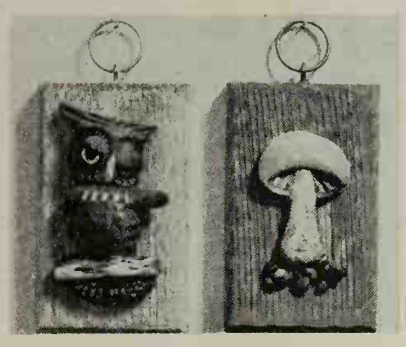
od folding backrest

or bed readers, a must for scents and a welcome gift Super size, 16" x 24" a full 4 igher than other backrests. justable positions, vertical cords hold pillow in place. ight, folds wafer thin. $10.98 tter Sleep, Inc., Dept. BH-1, ovidence, New Jersey 07974.



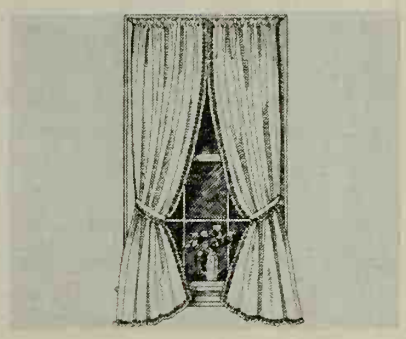
oom & owl plaques

e your kitchen, family room, . with these delightful deco- laques. They're hand painted on brushed sugar pine, 2½" oth are the same size). $2.95 oth for $5.45 postpaid. Order 24 mushroom, style Q25 owl. Engineering, 3076 Spear Colorado Springs, CO 80933.



ning muslin curtains

hance any room and they're le. In white 74" wide per bleached 80" wide per pair; crochet edging. Tieback 45", 54", 63" $10.50 pair; ", 90" $12 pair. Specify unbleached, + $1.75 post. der. Country Curtains, Dept. Stockbridge, MA 01262.



il clear hang-ups

ing effect, lucite 11" rod slips own clear bracket. Holds 15 96, $3.98. The hanger, four 0" cords of super tough Pot or bowl rests on plastic 7801, $1.49; 3/$3.98. Set/rod er $4.98 + 50¢ post. Lilly's H14, 510 So. Fulton Ave., non, NY 10550.

g sentiment

e and be loved is the great- on earth." Symmetric bird ral motifs is fun to work in stitch embroidery. Kit in- design on cotton, embroi- read in soft pastels, needle ections. Finished size 20" x 95 + 50¢ post. The Stitchery, H10, Wellesley, MA 02181.

nfe gem

ne beautiful Kenya Gem, it e finest blue-white diamond. ntillating brilliance never nd no one but your jeweler aware of the difference. Set solid gold and priced from carat. Color booklet free. Gem, Dept. BH1, 1760 North St., Philadelphia, PA 19122.

nse panels to hang

full-color reproductions of tched priceless ancient Chi- treasures. They're actually " in needlework. Each panel y vellum finish paper. Can without framing. Four prints/ 25¢ post. Order from Amer- Consumer, Dept. EP-37, Caro- , Philadelphia, PA 19176.

save $1.00

when you use this coupon

(offer expires February 28, 1975)

$1 VALUABLE COUPON $1

THIS COUPON WORTH $1.00 AS PART PAYMENT ON ANY ORDER OF SPEAR NAME MARKERS SHOWN BELOW. *ONE COUPON PER ORDER, PLEASE.*

$1 $1

we ship in 48 hours/satisfaction guaranteed or your money back

Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS

STYLE BR $6.95 — STYLE EB $8.95 — STYLE NB $9.95 — STYLE OB $11.95

MAILBOX MARKERS
(FIT ANY MAILBOX)

STYLE M $5.95 — STYLE MF $6.95

STYLE EM $7.95 — STYLE NM $8.95

STYLE OM $9.95 — STYLE NOM $12.95

LAWN & HANGING MARKERS

STYLE EL $8.95 — STYLE NL $9.95 — STYLE HR $5.95 — STYLE NH $8.95

Save now on a personalized name marker for your home! A handsome Spear marker custom engraved with your name is sure to add the personal touch to your home. They're ideal gifts for weddings, anniversaries, housewarmings, etc. Order today! Take advantage of our coupon offer—clip the coupon above to your order and save $1.00!

- Easy to install. Exceeds U.S. Postal Regulations for mailbox identification.
- Same wording both sides. Any wording you want, up to 17 letters & numbers on long (18") plate; 6 on short (7") plate.
- Black baked enamel coated aluminum plates with embossed white reflector beaded letters.
- Solid rustproof aluminum plates, scrolls and frames.

ORDER NOW! — BEFORE FEBRUARY 28 — SAVE $1.00

If you wish to use your charge card, please fill out appropriate boxes below:

☐ master charge ☐ BANKAMERICARD ☐

Expiration Date Month/Year

Master Charge Interbank No.

Credit Card No.

SINCE 1949 — SATISFACTION GUARANTEED OR YOUR MONEY BACK WE SHIP IN 48 HOURS

Spear ENGINEERING COMPANY

4947 Spear Building, Colorado Springs, Colo. 80933

STYLE →		ANY WORDING YOU WANT

PRICE $

ADD POSTAGE & HANDLING
REGULAR 75¢
AIRMAIL $1.25

LESS 1.00

TOTAL

ORDERED BY _____

ADDRESS _____

CITY, STATE, ZIP _____

IMPORTANT — Deduct $1.00 from each order postmarked before February 28, 1975.

FUND-RAISING GROUPS & INDIVIDUALS—earn handsome profits. WRITE FOR DETAILS

$1.00 OFF $1.00 OFF $1.00 OFF $1.00 OFF

The man next door®

Bill Norman, after several visits to the dentist, said he really put his money where his mouth is—in dental bills.

The much-discussed mystery of how Floyd Hudspeth's hair stayed so splendidly dark after his friends had lost theirs or turned gray was solved when he erupted in a rash. Seems he was allergic to his new hair dye.

If you can believe what you read in some ads, the new motorcycles and small cars are getting more miles to the gallon than my lawn mower.

The most amazing thing about those medical shows on television, says Dr. Bob Hannelly, is how the medical men manage to live so well without apparently ever having to collect a fee.

"Most Americans realize that our affluence is not unbounded," declares the Rev. George Hall. "But too many of them would prefer to leave to their grandchildren the task of tightening their belts."

Pete Simon, our office cynic, reported that the Washington economists were predicting a good year for 1975 "until someone discovered that the economic chart was hanging upside down."

Suggestions for public funding of political campaigns strike grumpy Ned Carter as being similar to asking the condemned man to pay for recruiting an execution squad.

The local school district is proceeding with plans to purchase new buses but our Judy, 11, demurs. She says the vehicle she rides is still in good condition, "although the driver does seem a little rattled."

Former military officer Paul Henderson reports it's not easy for him to get involved in volunteer work. After all, he's had a long career that was geared to teaching him not to volunteer for anything.

Kindergarten is where they teach kids who hit not to hit and those who don't hit to hit back.

Little Tom Peters came home from school the other day with a discouraging report card and immediately announced that he was tired of watching TV anyway.

A neighborhood misfit for a couple of years, seven-year-old Billy Martin has finally arrived. He now makes a convincing police siren sound with his mouth—and is much in demand in cop and robber games.

The Rev. George Hall says things are never so dark that the bigot and gossip can't locate a stone to throw.

Congressman Nick Hanfli wonders how is it that Abe Lincoln could attend a one-room school and then one day deliver the Gettysburg address, and youngsters today can graduate from a modern school and not be able to write intelligibly.

Dad Hillis says he's so old-fashioned that he can remember when cooking odors were something to be savored instead of something to be got rid of.

"Fluffy, this is Mr. Chowning, our lawyer. After I'm gone he's going to look after your financial affairs."

As the campfire threw dancing shadows upon our tents in the dark woods, Judy and a group of other 11-year-olds huddled in their blankets and began to tell stories.

It was an autumn youth retreat sponsored by our church, and Christine and I were among the counselors. The youngsters were tired after a full day but wanted the fun of sitting up late around the campfire.

Soon one of the boys told a ghost story he had heard at a Halloween party. It received satisfactory squeals.

Two or three other youngsters joined in the "scare" storytelling. The squeals become fewer now as the mood darkened. A hush fell on the group.

Suddenly a girl pointed to the woods, just beyond a flickering shadow. "I saw something big and white," she said.

Everyone crowded to look. "I see it, too," others said. Already nervous from the storytelling, almost all of the children rushed headlong into fear.

To avoid having our church retreat turn into a rout, I volunteered to investigate and return with a report.

Minutes later I was back. "I have seen it and touched it," I said. "I won't tell you what it is but it can't hurt you. Tomorrow you can see for yourselves."

Next morning, of course, most of the children had lost interest. But a few did bother to look at what had caused the alarm—the brown and white trunk of a sycamore tree that had been there all along.

Somehow the incident reminds me of the American people in these days of economic concerns. A poll last fall indicated that over half of us expect the country to go into a deep depression. Of course, that's a major cause of any country's depression—the economic fear of its people. The fear itself stops investments and expansions.

A business becomes afraid to grow. The individual becomes afraid to invest his money, whether on a house—an investment, incidentally, that we at Better Homes and Gardens *long have felt to be wise, and still do—or on a lesser item.*

Our fear could have tragic consequences. What our society needs is not scare stories and shadows but the courage to face the unknown without quavering.

Whether you are a child beside a campfire or an adult working amid scare stories, blind fear is destructive.

For no one lives fully if he fails to have faith and to invest. Be it money or love, the person afraid to commit himself is a person without any hope of gains.

Burton Hillis

CIRCULATION 8,000,000
February 1975 • 60¢

Better Homes and Gardens®

BURLINGAME
JAN 22 1975
LIBRARY

Kitchen styling from floor to ceiling: How to get the look you want in Early American, contemporary, or country French

Great recipes from thrifty cooks: Presenting the prize-winners from our budget cooking contest

Your income tax: 8 facts you really need to know

Vegetables and herbs: How to grow your own money-saving groceries

An old craft with a new look: Now anyone can make baskets, trays, bowls, and mats

"How we got the house we wanted"- A helpful, encouraging new series

Low-cost family travel: Is this your year to go by bus?

Armstrong introduces

GRAND™ NOBLE

So exotically beautiful, it could make you believe in magic carpets again.

If you don't believe in magic, walk around Grand Noble in your bare feet.

You'll feel magically sculptured, soft pile deep enough to wriggle your toes down into.

You'll be amazed at the magical tricks the silky, soft fibers play with light and shadow. Like the finest velvets, Grand Noble carpets alternately absorb the light or reflect it . . . depending on where you happen to be standing. The color subtly appears to change its value as you walk from one end to the other. So every step becomes an adventure . . . a kaleidoscopic journey you'll never grow tired of.

Grand Noble is made of dense, heavy pile specially chosen for durability and stain resistance. And Grand Noble has its own thick foam cushioning on the back for comfort and quiet underfoot.

You can have Grand Noble as a room-size rug with luscious, thick fringe or as wall-to-wall carpet.

Grand Noble carpet, rugs—for people who want a little realistic magic in their lives.

Want to see more of Grand Noble? We'll send you a free color brochure. Write Armstrong, 7502 Stern Street, Lancaster, Pa. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD®

A KITCHENAID COMPACTOR CAN GET YOU OUT OF THIS MESS.

It's a beautiful answer to an ugly problem.

Just deposit your trash. The compactor will swallow it up, compacting it to about ¼ its original volume. It gobbles up cans, cartons, bottles and scrap. Quickly. Easily. Neatly.

The exclusive KitchenAid Litter Bin™ makes it easy to handle small trash without stooping. And the big trash drawer handles whole wastebasket loads at one time.

What's more, only KitchenAid has an activated charcoal air filter to eliminate odors. And you can use the KitchenAid compactor with or without trash bags.

Your KitchenAid dealer will show you how it works. His address is in the Yellow Pages under "Dishwashers." Or send us the coupon.

KitchenAid®
Built better. Not cheaper.

KitchenAid Division, Dept. 5CC-2
Hobart Corporation
Troy, Ohio 45374

Tell me more about your KitchenAid Compactor.

Name_____

Address_____

City_____

County_____

State_____

Zip_____

Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — FEBRUARY, 1975; VOL. 53, NO. 2

DECORATING
64 How to un-cramp a child's room

CRAFTS
18 Design-it-yourself needlework
28 Wrap warp
86 Sewing special: spring sleepwear

FOOD
26 Pizza Quiche
46 Soy savvy
57 He cooks: Oysters Lafitte
78 Prizewinning recipes from thrifty cooks
89 Prize tested recipes
Start-from-scratch cakes/Ham main dishes
92 Win money for your recipes

EQUIPMENT
74 Pick a style—create a kitchen

GARDEN
10 Houseplant how-to
70 Growing your own groceries

CARS IN YOUR FAMILY
42 Special sales: do they save you money?
42 How to go in snow

FAMILY HEALTH
38 How to cope with burns

FAMILY MONEY MANAGEMENT
4 8 common misconceptions about your income tax

BUILDING
30 How to get the house you want
Remodeling a big old house
32 Putting up a manufactured package
34 Adding to a small house
36 Building custom—all the way
47 How to hang a door

EDUCATION
8 A report to parents on the new education law

PETS
58 How to keep your pet out of people's hair

FAMILY GROOMING
12 Deodorants and antiperspirants: facts you should know

FAMILY TRAVEL
99 America rediscovers bus travel

NEWS AND SHOPPING
50 Good news
61 Home safety: an anti-burglary plan that works
94 How to order material from the magazine
104 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 103

Cover photograph: Dieter

CUSTOMER SERVICE: For service on your magazine subscription or book club membership, write Customer Service Director Michae K. Curtis, 1716 Locust Street, Des Moines, Iowa 50336.

Editor JAMES A. AUTRY
Managing Editor MYLES CALLUM **Art Director BILL YATES**
Administrative Editor DUANE L. GREGG **Editor-at-Large GEORGE BUSH**

Foods and Equipment Editor DORIS EBY
Kitchens, Appliances, Home Management Editor JOAN McCLOSKEY *Senior Associate Food Editor* NANCY BYAL
Associate Food Editors SALLY P. TORPEY NANCY HOPKINS

Building and Outdoor Living Editor NOEL SENEY
Garden Editor HAMILTON MASON *Associate Editor* BEVERLY GARRETT *Architectural Editor* STEPHEN MEAD
Remodeling and Home Maintenance Editor DAVID R. HAUPERT *Improvement Ideas Editor* RUSSELL O'HARRA

Interiors and Design Editor RICHARD W. JONES
Tablesettings and Home Entertaining Editor ELIZABETH CRASTER *Home Furnishings Editor* SHIRLEY VAN ZANTE
Associate Designer ROBERT E. DITTMER *Projects Designer* DAVID ASHE
Associate Editor PAMELA WILSON CULLISON *Christmas Ideas Editor* MARGO GARRITY

Health and Family Life Editor GERALD KNOX
Money Management Editor MARGARET DALY *Leisure Products and Pets Editor* DOUGLAS M. LIDSTER

Travel and Transportation Editor GORDON GREER
Automotive Editor PETER STEPHANO *Regional Travel Editor* KATE KEATING *Western Travel Editor* TONY SWAN

Crafts and 100's of Ideas Editor NANCY LINDEMEYER
Crafts Editor CIBA VAUGHAN *Associate Editor* REBECCA JOHNSTON

Special Interest Publications
Editor NEIL KUEHNL *Managing Editor* RICHARD W. ROYER *Associate Editor* ROBERT A. DICKELMAN

Copy Editor MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS *Editorial Research Associate* C. RAY DEATON

Associate Art Director GERALD PREATOR *Assistant Art Director* ERNEST SHELTON
Graphics Designers ROBERT C. FURSTENAU JOHN CASWELL BRYAN E. McCAY *Art Production Manager* RAY WOODS

New York—Eastern Editor MARGARET McMAHON *Senior Design Editor—East* CAROL BASSIN HELMS
Associate Editor LESLIE COLCORD *Shopping Editor* ANN LIVELY
Los Angeles—Senior Associate Editor, Western States ELIZABETH GILRAIN *Chicago—Contributing Editor* JESSIE WALKER

Test Kitchen Director MARION VIALL *Reader Service Director* TERRY WADLE *Photo Studio Manager* LUE CALKINS
Properties and Location Manager JIM HIRSHEIMER

PRESIDENT/PUBLISHING GROUP AND MAGAZINE DIVISION GENERAL MANAGER **WAYNE A. MILLER**
Division Vice-Presidents Group Publishing Director JACK D. REHM FRED STINES
Editorial Director JAMES A. AUTRY
Operations Director JAMES R. NARBER Controller ROBERT E. GERHARDT

Publisher MORTON BAILEY JR. Advertising Director J. WESLEY SILK

CORPORATE OFFICERS **Chairman and Chief Executive Officer E. T. MEREDITH III President ROBERT A. BURNETT**
Senior Vice-President H. Y. ENGELDINGER
Group Presidents WAYNE A. MILLER, Publishing JOHN GREGG, Printing JAMES CONLEY, Broadcasting
Vice-Presidents FRANK FURBUSH DONALD L. ARNOLD JACK BARLASS WALTER VOSS JAMES A. RIGGS
Vice-President, Finance and Treasurer WILLIAM H. STRAW Controller Wm. DEAN ANKRUM
Vice-President, General Counsel, and Secretary GERALD D. THORNTON Assistant Secretary THOMAS G. FISHER

Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

Subscription Inquiries and Changes of Address: Write to Subscription Information Dep Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336 and be sure t enclose an address label from a recent copy. Please give us five weeks notice prior to yo change of address. **Subscription Prices:** one year $5, two years $9, three years $13 to th United States and its possessions. Canada, add $2 per year. Other countries, add $ per year.

© Meredith Corporation, 1975. All rights reserved. Printed in U.S.A.

New! Lovin' Spoonfuls.®

Now...small can richness at a sensible price.

New Lovin' Spoonfuls has the goodness you expect only from those expensive small cans. But, for the first time, at a price sensible enough for everyday feeding.

Tender little chunks cats love in six popular varieties. And complete nutrition, of course.

STORE 7¢ COUPON

Save 7¢ on any variety of new Lovin' Spoonfuls

MR. GROCER: Ralston Purina Company will pay you the face value of this coupon plus 3¢ for handling. **If you have received it in accordance with all the terms of this offer** and if upon request you submit evidence thereof satisfactory to Ralston Purina Company. Invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption must be shown on request. Any sales tax must be paid by customer. This coupon may not be assigned or transferred. Offer void where prohibited, taxed or otherwise restricted. Cash redemption 1/20 of 1¢. To redeem this coupon mail it to: Ralston Purina Company, P.O. Box 1107, Checkerboard Square, St. Louis, Missouri 63188. Good only on the purchase of Lovin' Spoonfuls. Any other use constitutes fraud. Offer limited to one coupon per can.

7¢

Better Homes & Gardens

Ralston Purina

7¢

Introduce your cat to each of our special everyday Dishes:
Tuna
Beef
Chicken & Liver
Kidney
Liver
Chicken
Each with a convenient reclosable lid.

26 LS 26

7¢

For your pet's health see your veterinarian annually

8 common misconceptions about your income tax

Most of us—reluctantly, to be sure—accept taxes as an inescapable part of our lives. The prevailing attitude seems to be: there's really not much you can do about them, so why not pay up, with no questions asked?

True, our system of taxation is complex and demanding. But it is not designed to take more than your fair share. Misunderstandings about various tax rules can cost you cash unnecessarily, or cause you problems with the IRS. It's essential, therefore, to understand the rules so you can make the most of the tax laws as they exist today.

Don't take anything for granted. Reexamine all your assumptions about taxes. And don't trip up on common misconceptions such as these:

1. Chances are good that you'll be audited.

Actually, the chances are pretty slim. According to IRS, approximately 80 million individual tax returns were filed for 1973. While almost all these returns were computer checked for math errors, only 1.5 million returns were actually audited. Based on these figures, your audit chances are roughly one out of 57.

The IRS computer contains built-in formulas designed to detect those returns having the highest probability of error. The computers actually "grade" tax returns, and those which receive "flunking" scores are selected for audit. But even those returns are reviewed by IRS examiners to see whether an audit actually appears justified.

The vast bulk of returns selected for audit are handled initially by correspondence. (If you receive an "audit letter," read it carefully; when further information is required, be sure to furnish it promptly.) Tax returns involving more major questions are generally assigned to an "office auditor," who will contact you to arrange a conference in the IRS office to cover the questioned items. Finally, a relatively few tax returns are handled by IRS "field auditors," who contact the taxpayer personally to arrange an audit either at the taxpayer's home or his place of business. If you face this type of audit, you probably should get competent tax advice.

The following "red flag" items are especially likely to tempt IRS to audit your return:

- Charitable contributions of property such as household items, used clothing and the like, which have no easily determined value.
- Sales tax deductions with no adequate explanation, in excess of the IRS guideline limits.
- Travel and entertainment deductions out of line with similar deductions claimed by others in your type of business. Special concern focuses on unreimbursed expenses, since all your business expenses normally should be reimbursed by your employer. Also under close scrutiny are: promotion, goodwill, dues, convention expenses, and so-called "employee benefit" expenses.
- "Moonlighting" income. Policemen, firemen, park employees, and certain other taxpayers often have a second source of income. If the IRS discovers that second incomes aren't being reported, then there could well be an audit.
- Child care expenses claimed on a joint return when *both* parents are not gainfully employed.
- Substantial amounts of interest claimed both as a business expense and as an itemized deduction. This may indicate that some interest expense has been claimed twice.
- Casualty losses claimed on household furnishings, clothing, other personal effects. IRS suspects that your loss should have been covered by insurance.
- Exemptions claimed for dependents not living in your household. Often, the taxpayer cannot meet the "over 50 percent support" test, or the claimed dependent has gross income exceeding allowable limits.

2. You must keep records forever.

Not true for most records. Your guideline is the fact that, in most cases, the IRS may assess additional tax up to three years from the due date of your tax return.

For example, your 1974 tax return is due on April 15, 1975—or later, if you arrange for an extension. Actually, the IRS normally completes its audit no later than 26 months after the return date due, but you should keep copies of your tax returns and all supporting records, such as receipts, canceled checks and the like, at least until the IRS official assessment period expires. Also, be sure to keep your work papers showing how you arrived at each figure on your tax return, so you can reconstruct each item on your return, if necessary.

Once the IRS three-year assessment period has passed, it's ordinarily safe to discard your receipts and other data supporting the items on your tax return. However, the IRS has a longer assessment period if no return was filed, fraud is involved, or if substantial amounts of gross income were omitted. And, even if IRS can no longer assess additional tax, it's still a good idea to retain copies of your actual tax returns, since:

- You may need to verify your earned income in prior years for social security benefit purposes.
- You may be entitled to the benefits of "income averaging," if your income is unusually high in a particular year. This practice requires data from your tax returns for the four previous years.
- Congress may pass legislation requiring data from your old tax returns. (This could happen in the case of trusts, for example.)

If you are missing a copy of any of your tax returns for recent years, IRS can furnish one for a small charge. Contact your local IRS office for help. And be sure to keep records showing the cost of stocks or other investment assets, as well as of your home. You'll need this data to figure your gain or loss in the year you sell.

3. If the IRS agent says so, you must pay more.

Not necessarily. The IRS reviewing authority or the courts may say the agent is wrong. If the agent claims you owe more tax, he'll issue a letter setting forth his findings. This letter also gives you the right to protest his findings by:

- Asking for a District Conference with an IRS district conferee. His job is to ensure that the agent is actually right. You are entitled to present fully your facts and arguments to the district conferee. If there is some doubt as to the facts or applicable law, he has the authority to compromise your case (which the IRS agent is not entitled to do) if the tax in dispute is $2,500 or less. If your situation is in this category, arrange for this hearing.
- Asking for a conference with the IRS Appellate Division. This is a still higher reviewing authority within IRS. The appellate conferee has the authority to compromise your case if there are "hazards of litigation" or if he simply doesn't agree with the IRS agent. Usually, if your case involves $2,500 or more, you should seek a conference with the Appellate Division. And you should definitely seek professional tax advice.

If you've still not resolved your case, do one of the following:

- File a petition in the United States Tax Court, where you can try your case without first paying the contested tax.
- Appeal to the small-claims tax court if the amount of additional tax is not more than $1,500. One advantage here is that you do not need a lawyer.

continued

Can you match their hands with their ages?

It's not easy, is it? They both have young looking hands. Nancy MacIntosh, age 20, is a teacher. And she hardly ever washes a dish. But Mrs. Sherron Sandrini, age 31, does lots of them every day. She says, "I have the same responsibilities most married women have. I make a home for a husband and three children. And that means housework and lots of dishes! That's why I take care of my hands and use mild Ivory Liquid. I just know Ivory Liquid helps me keep my hands young looking."

Mild Ivory Liquid helps keep hands young looking.

STORE COUPON

10¢ OFF

ON THE PURCHASE OF FORMULA 409® DISINFECTANT BATHROOM CLEANER

Good only on Formula 409 Disinfectant Bathroom Cleaner. Any other use constitutes fraud.

To The Dealer: You are authorized to redeem this coupon and we will reimburse you for 10¢ plus 3¢ handling, provided you receive and handle it strictly in accordance with the terms of this offer, on the sale of Formula 409 Disinfectant Bathroom Cleaner and if, upon request, you submit evidence thereto satisfactory to The Clorox Company. Coupon must not be transferred or assigned. Void wherever prohibited, taxed or otherwise restricted by law. Customer must pay any sales tax. Cash value 1/20 of 1¢. Good only in U.S.A. Offer limited to one coupon per purchase. To redeem properly received and handled coupons, mail to The Clorox Company, P.O. Box 1430, Clinton, Iowa 52734.

DBC 3544-BHG

TAKE THIS COUPON TO YOUR STORE

CUT OUT OUR COUPON AND CUT OUT BATHROOM SCOURING!

Spray and wipe bathtub and fixtures clean and shining. No scratchy grit!

Spray and wipe shower clean, free of mold and mildew. No rinsing needed!

Spray and wipe sink spotless. Foam away dirt, stains and soap scum. So easy!

SCOUR POWER IN A SPRAY... 409® DISINFECTANT BATHROOM CLEANER

© The Clorox Company, 1974

continued

Income tax

Another is that the judges seem to be especially sympathetic to the taxpayer, possibly because the cases do not set legal precedents. However, judgment is final. There is no appeal to a higher court. To apply for a hearing you must write: Clerk of the U.S. Tax Court, Box 70, Washington, D.C. 20041. (You must apply for the hearing within 90 days of the date the IRS sends you a formal "notice of deficiency.")

• Pay the tax and file a refund claim, then file suit in either Federal District Court or the United States Court of Claims.

4. You are always better off if you itemize.

Not always. Ordinarily, you have one of two choices:

1. You can claim the standard deduction, which is the higher of:

(a) The so-called "low income allowance" of $1,300, or

(b) 15 percent of your adjusted gross income up to a $2,000 maximum.

(Note: Married taxpayers filing separately and minors with investment income are subject to limitations. See your IRS instructions for details.)

2. Instead, you can itemize your deductions (medical expenses, charity contributions, interest expense, local taxes, and the like).

To get maximum tax savings, compare your itemized deductions with the higher of the two standard deductions to see which is best for you.

If your income is less than $10,000 and you use the optional tax tables, you'll automatically get credit for the most favorable standard deduction for your tax bracket.

If you use one method and later find that another method would have saved you more money, you may switch by filing an amended tax return on Form 1040X.

Also explore the tactic of bunching your itemized deductions into one year to see if you can save tax dollars. (What you do is itemize your deductions one year and claim the standard deduction the next, shifting as many deductions as possible to the year you itemize.)

IRS has published statistics on average 1972 deductions claimed for charitable contributions, interest, taxes, and medical expenses, but don't be misled into thinking that you can automatically take these "average" deductions. If you are audited, you must still prove that you're entitled to all deductions claimed. And if your claimed deductions are substantially higher than those averages, you may be inviting an audit.

Watch for new developments in Congress affecting your 197 tax return. Legislators are consider eliminating certain itemized deductions and substitutin a "standard deduction." And the may also raise the maximum a lowable standard deduction.

5. If you are married, you must fi a joint return.

Not true. Even if you are marrie you can file separate returns. B the same token, you can file join ly even if your spouse has n income. Before filing separate re turns, consider these points:

• Ordinarily, filing on a joi basis will produce the lowest ta

• A joint return can be filed eve if you're living apart from yo spouse, as long as you're n divorced or legally separate from each other.

• You must be married on t last day of the taxable year order to file a joint return wi your spouse.

• You should *always* file joint if the exemptions or deductio of one spouse are in excess that spouse's income.

• Once you file jointly, you *ca* later file an amended return f that year on separate retur This is because, on a joint retu each spouse is liable not only f his or her own taxes, but also f any taxes (or additional tax which are owed on the income the other spouse. Of course, t isn't true when the spouses f separately—each is then lia only for his or her own tax.

If you file separate returns l later find that taxes would h been saved by filing jointly, y may re-file on a joint return wi in three years of the original turn due date.

Be sure to compute your tax both a joint return and the se rate return basis to see wh produces the lowest tax.

How can you tell when se rate returns will pay off? C possibility is when one spouse only a moderate income, but exceptionally high medical penses. If a joint return w filed, the combined inco would produce a high limitat on medical expenses—curre three precent of gross adjusted come (and Congress may r that limit). If the lower inc spouse were to file separately, medical expense limit on c that income would be m lower, and a more substa medical expense deduction wo result.

If you file separate retu however, and one spouse it izes deductions or uses the s dard deduction, so must the o spouse. Also, the maximum li

continued on page 24

Merrymint!

A cool, minty mold topped with Miracle Whip and Kraft Miniature Marshmallows.

What a tasty way to liven up these last days of winter. A merry hint of mint. A tart touch of apple. Topped with Miracle Whip's special blend of spices and the light, jet-puffed goodness of Kraft Miniature Marshmallows. Try it tonight. Spring can't be far away!

MERRIMINT MOLD

½ cups water
⅓ cup Kraft Mint Flavored Apple Jelly
1 3-oz. pkg. lime flavored gelatin
1 3-oz. pkg. lemon flavored gelatin
1 cup chopped apple

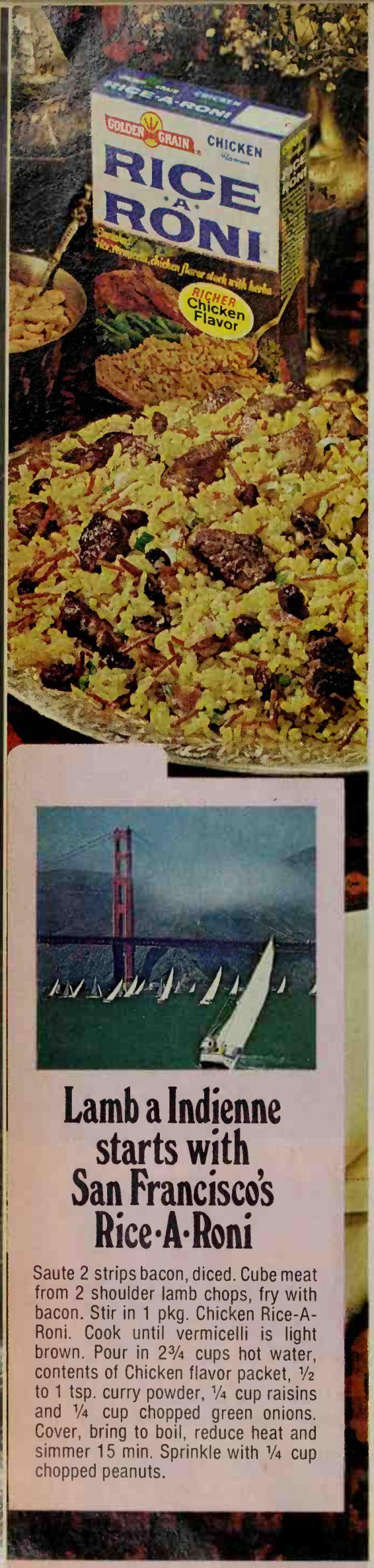
* * * * *

1 cup heavy cream, whipped
½ cup Miracle Whip Salad Dressing
2 cups Kraft Miniature Marshmallows

Combine 2 cups water and jelly; bring to boil, stirring until jelly melts. Add to combined gelatins; stir until gelatin dissolves. Add remaining water. Chill until partially set; fold in apples. Pour into lightly oiled 9-inch layer pan. Chill until firm. Unmold on serving platter.

Combine whipped cream and salad dressing; fold in marshmallows. Spoon onto gelatin. Garnish with apple slices and mint, if desired.

8 to 10 servings.



Lamb a Indienne starts with San Francisco's Rice·A·Roni

Saute 2 strips bacon, diced. Cube meat from 2 shoulder lamb chops, fry with bacon. Stir in 1 pkg. Chicken Rice-A-Roni. Cook until vermicelli is light brown. Pour in 2¾ cups hot water, contents of Chicken flavor packet, ½ to 1 tsp. curry powder, ¼ cup raisins and ¼ cup chopped green onions. Cover, bring to boil, reduce heat and simmer 15 min. Sprinkle with ¼ cup chopped peanuts.

TRY THIS WINNER FOR DINNER—
GOLDEN GRAIN MACARONI & CHEDDAR

EDUCATION Gerald M. Knox

A report to parents on the new education law

Late last year Congress passed and President Ford signed "The Education Amendments of 1974." If you have school-age children, you will be vitally affected by seven items of the new law. They deal with busing, reading, confidentiality of school records, compensatory education, equal educational opportunity, and money for new programs. In general, these portions of the new law give greater protection to the rights of parents—and provide additional services to their children.

What does the new law say about busing?

After several months of deliberation and debate the House and Senate agreed to a compromise—a student cannot be bused beyond the school next closest to his home. If a student is not attending the school closest to his home, the law prohibits busing him farther than the second nearest school.

In special circumstances a court may order more extensive busing when it is needed to guarantee a student his civil rights under the U.S. Constitution. Such circumstances, however, probably would not be common. The Supreme Court, for example, has already ruled that students may not be bused across school district lines in order to achieve racial balance.

The new law allows parents and school districts to request courts to review cases where busing plans have already been implemented. Those who ask for a review, however, must be able to show that the time or distance traveled endangers the health of the student or is harmful to his education.

What does the law say about reading programs?

It authorizes new funds for improving reading instruction. States and local school districts could be given money to develop programs to overcome reading deficiencies. The bill also includes funds for innovative ways of teaching reading, for the training of reading teachers, and for reading academies. A total of $313 million is now authorized for improving the reading skills of preschool, elementary, and secondary students.

States and school districts who wish to receive money for improving reading programs must submit a project application which provides for (1) diagnostic testing, (2) a description of the reading program to be used, (3) methods for training teachers, (4) *parent participation activities to stimulate reading,* (5) periodic student testing, and (6) *availability of test results to parents.* Local school districts are encouraged to work closely with parents in developing project proposals.

What does the law say about confidentiality of school records?

Parents of students (and the students themselves if they are attending college or any post-secondary school or if they're 18 years old or older) are now given the right to inspect their school files. If school officials refuse to give parents access to such information, the laws provide that federal money be withheld from the school. Parents have the right to review "all official records, files, and data directly related to their children."

The material now open to parental inspection includes everything in the child's file. This means that parents may see scores on intelligence tests, achievement scores, results of aptitude tests, grades, attendance data, health records, family information, ratings t teachers or couns ors, reports of b havior patterns, a other data collect by the school. A p ent's request to see th material must be ho ored within 45 days the time the requ is made. In additio parents have the o portunity for a heari to challenge the scho records, or to request that spec ic materials be removed that a "inaccurate, misleading, or oth wise inappropriate."

Another important aspect this law is that parents (and year-old students themselv may request that the school s cifically *not* release mater from a school record to an ganization outside the educati al system. The law does sta however, that outside agenc (such as law enforcement ag cies) can obtain school reco under court order.

What does the law say about co pensatory education?

In 1965 President Lynd Johnson signed into law "T Elementary and Secondary Act 1965." A major provision of t legislation provided funds to lo school districts to develop "co pensatory" education progra for any disadvantaged children

The new education law of 19 continues compensatory edu tion and bases the allocation money on more current inform tion. Each state is given funds proportion to the number of ch dren the state has from low come families.

The law also enables Congr to provide special funds for education of handicapped, grant, neglected, and delinqu children. Districts with a h concentration of poor child will receive special grants.

What does the law say about perimental projects?

It provides that all instructi al materials to be used in conn tion with any research or exp mental program or project available for inspection parents or guardians. This cludes "materials, teachers m uals, films, tapes, or other

continued on page 11

Inflation Presents The Pancake

Potato Pancakes with Grilled Franks. The kind of good, thrifty old-fashioned eating that makes today's inflation more palatable for us all.

With Bisquick, it's easy. You can make plenty of good, economical things, starting with the recipes on the box. For main dishes, there's our "Inflation Presents Bisquick" cookbooklet, yours for an old-fashioned 25¢ (send to Bisquick, Box 36, Minneapolis, Minn. 55460).

The pancake, brought to you by inflation. Something good had to come of it.

Bisquick® Potato Pancakes with Grilled Franks

1 egg
1 cup cold mashed potatoes
½ cup milk
2 tablespoons salad oil
2 cups Bisquick baking mix
Maple syrup or jelly

Beat egg, potatoes, milk and salad oil with rotary beater until smooth. Stir in baking mix. Drop batter by tablespoons onto hot griddle. Bake over medium heat about 5 minutes on each side or until golden brown. Serve hot with syrup and grilled franks. About 25 pancakes.

Bisquick® Chicken Griddle Cakes

¼ cup butter or margarine
¼ cup Bisquick baking mix
½ teaspoon salt
¼ teaspoon pepper
2 cups milk
2 cups cut-up cooked chicken
Pancakes
½ cup shredded cheese

Melt butter over low heat. Blend in baking mix and seasonings. Cook over low heat, stirring constantly, until smooth and bubbly. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken; heat through.

Prepare Pancakes as directed on Bisquick box except—pour ½ cup batter onto hot griddle. Cool slightly. Spoon ¼ cup chicken mixture on half of each pancake; fold over other half. Place on baking sheet. Sprinkle pancakes with cheese. Broil 6 inches from heat until cheese is melted. Serve with remaining chicken mixture. 8 servings.

Bisquick® Hamburger Pancake Roll-Ups

1 pound ground beef
2 tablespoons instant minced onion
2 tablespoons Bisquick baking mix
⅓ cup catsup
1 tablespoon prepared mustard
½ teaspoon salt
¼ teaspoon pepper
1 cup dairy sour cream
Pancakes
1 cup shredded cheese

Heat oven to 350°. Cook and stir beef and onion until beef is brown; drain. Stir in baking mix, catsup, mustard, salt, pepper and sour cream. Simmer 5 to 10 minutes.

Prepare Pancakes as directed on Bisquick box except—increase milk to 1⅔ cups; pour ½ cup batter onto hot griddle. Cool slightly. Spoon 2 tablespoons beef mixture on each pancake. Roll up; place seam side down in baking dish, 13½x8¾x1¾ inches. Sprinkle with cheese. Bake about 10 minutes or until hot. 6 servings.

Bisquick®. An idea whose time has come again.

IT'S ONLY THE MIDDLE OF THE AFTERNOON, BUT YOU FEEL LIKE CALLING IT A DAY.

It's been one of those days. The hours just drag on and on. You should be looking forward to the evening but for you, the day could just as well be over. What you need is something to pick you up.

What you need is Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin...because the best part of the day is still ahead of you.

Comfort is built into every piece of Henredon's distinctively designed upholstered furniture. To see it all— including sofas, loveseats and chairs that particularly complement the robust good looks of Henredon's Four Centuries Collection— send $2.00 for brochures to Henredon, Dept. BHG 2-75, Morganton, North Carolina 28655. Henredon

HOUSEPLANT HOW-TO

A tree for indoors

Not many trees adapt to pot culture indoors. Either they don't like a close atmosphere or they grow too fast to be easily manageable. However, this monkey-puzzle tree is an ideal addition to your houseplant collection. It's related to the Norfolk Island pine, but it's different in many ways.

The leaves are glossy dark green, pointed and sharp. They grow in all directions and discourage the casual handling that all too many houseplants suffer from. Legend has it that even a monkey would be puzzled as to how to climb this intricately branched tree. Unlike the uniform tiered growth of the Norfolk pine, the monkey-puzzle branches irregularly. Turn the pot and you almost think you have another tree. Slow growth is desirable in a houseplant and this one is even pokier than the Norfolk pine. Of course, we've done little in the office here to encourage growth. Our monkey-puzzle isn't near a window and is some six feet away from overhead fluorescent lighting. One good watering a week is all the tree needs, and we've fed it lightly only once a year, in spring. Best of all, there are no pest problems. And another plus, this is a plant that likes it where it is; it isn't forever bending toward the light source and requiring frequent turning to keep it straight.

If you have only a sunny window, that will suffice for the monkey-puzzle, too. However, it will grow faster and need more water and plant food.

Norfolk Island pine a problem?

Overkindness can kill a Norfolk Island pine. If branches sag (instead of just drooping in curve) and the tree dies, you have undoubtedly overwatered the plan

All plants need water, but son manage with less than others. Th Norfolk pine definitely doesn like to be coddled. It's large fo a houseplant and is usually in least a six- or seven-inch co tainer. That amount of soil ma isn't going to dry out in a day two even in a clay pot. If yo water every couple of days, moi ture will build up until roots r and the plant expires.

Water a large plant (two and half feet tall or more) once week, but do it thoroughly. small patches of leaves tu brown here and there, you're n watering enough. If low branches dry and fall off grad ally, that is natural—a part of t growing process.

Big effect with impatiens

If you took cuttings from gard plants last fall before frost, y could have cuttings from the c tings by now. Instead of trying cope with a mass of individu plants, try grouping a number t

gether in a hanging contain There are all kinds of baskets hanging, but your best bet is o with an attached saucer to ca excess moisture. The standa moss-lined wire basket is attr tive, but you have to take it the sink to water it and let drain there—or put a contai on the carpet to catch the dr If you have a tile floor, no pr lem, except an occasional mop job.

Although impatiens thrive plenty of moisture, go easy if y put them in a plastic basket, shown. Plastic does not abs water and consequently the dries out slowly.

When you hang the basket o doors for summer, you'll have water more frequently beca of the continual drying effect heat and wind.

continued on page 48

on page 8

new cation law

ary instructional aids."
esearch or experimental
n is defined as "any ap-
program designed to ex-
develop new or unproven
g methods or techniques."
uld include such things as
education or experimen-
ng programs.
r provisions of this sec-
he law, parents must have
o all instructional materi-
used in these research or
ental programs. And chil-
all not participate in such
if parents object.

es the law say about equal nal opportunity?

cent court cases, several
ave stated that education-
tunity should be equal for
ren. What this means is
h school district should
pproximately the same
of money to spend for
ild in the state. For ex-
in New York state per-
nnual spending ranged
69 in one school district
39 in another. And, to
nd the problem, school
with lower per-pupil ap-
ions typically have higher
s, yet are unable to raise
money because of low
property valuation in
mmunities.
new federal law urges
provide equal education-
ng for all children in the
ch state is required to
qualization plans by July
Many states have already
ggressively to deal with
s.
ew law also authorizes
assistance to states for
ng statewide equalization
Grants for this purpose
nge from $100,000 to $1
depending upon the pop-
f the state.
w declares that it is na-
olicy to provide equal
nal opportunity for every
since each student is en-
an education to meet his
ull potential without fi-
arriers. The law states
al educational opportu-
matter of "high priority."

es the law say about r new programs?

orizes Congress to pro-
ey for several new pro-
ch as:
cation for the use of the
stem measurement
cation of gifted and
hildren
mmunity schools

Why isn't every canned dog food government inspected?

And why is Ken-L Ration the only leading one that is?

Here's important information about the foods your dog eats.

You may be surprised to learn that most dog foods are not government inspected. But the fact is, government inspection of dog foods is not mandatory.

Actually, it's hard to get. Because to get government inspection, you've got to meet U.S. Department of Agriculture standards. That takes time and effort. So, no leading canned dog food does it. Except Ken-L Ration. Here's what that means to you and your dog.

Government inspection assures you of wholesome ingredients.

The very same suppliers who provide your butcher with government-inspected beef for your table supply Ken-L Ration with meat by-products.

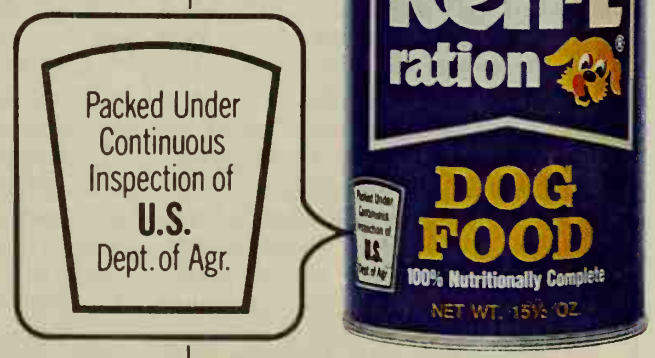
The grains we use to give your dog balanced nutrition are approved by government inspectors.

In fact, every ingredient we use in making Ken-L Ration canned dog food is U.S.D.A. approved. Finally, every step in preparation and canning must meet the most rigid standards of cleanliness and hygiene before we can earn the government seal.

Do higher standards mean higher prices? No!

The government seal is your priceless assurance of wholesomeness. Yet Ken-L Ration actually is lower priced than the other leading canned dog foods. About 30% lower. That means you can save about 20¢ a day feeding your dog Ken-L Ration, rather than Alpo, for example. And *that* adds up to about $70.00 a year.

And what you get is the nutritional formula that veterinarians overwhelmingly prefer.



What vets say about Ken-L Ration nutrition.

Ken-L Ration is a balanced blend of meat and grain ingredients. In a national survey of 500 veterinarians, balanced meat-and-grain formulas were preferred 3 to 1 over all-meat diets. Those expressing a brand preference chose Ken-L Ration 10 to 1 over all-meat Alpo.

U.S. Government Inspected Ken-L Ration. Doesn't it deserve your inspection? And doesn't your dog deserve its goodness?

Ken-L Ration:

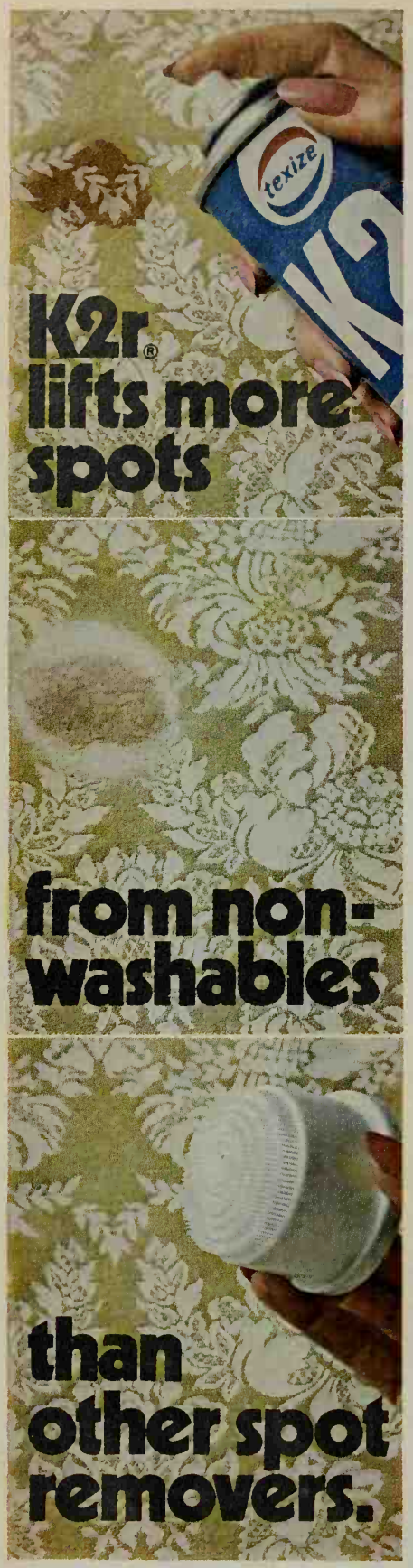
The only leading canned dog food government inspected for wholesomeness.

orizes Congress to pro-
ey for several new pro-
ch as:

- Career education
- Consumers' education
- Women's equality
- Arts in education programs.

These programs are to be developed by local educational agencies and implemented under contract with the U.S. Office of Education.

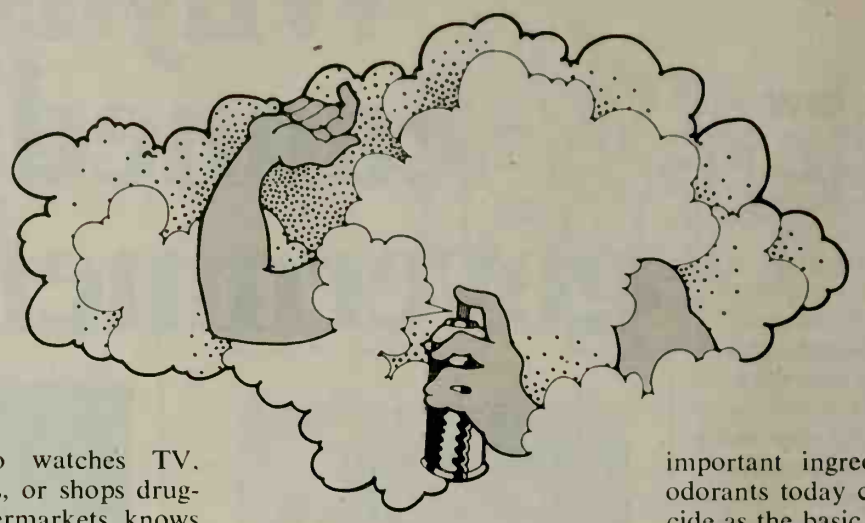
This section of the law, known as the "Special Projects Act," is designed to encourage school districts to develop innovative programs in special areas designated by Congress. Grants will be awarded to school districts based on projects approved by the U.S. Commissioner of Education. ■



K2r Spot-lifter lifts more spots from non-washables than other spot removers. Just about any spot from just about any non-washable fabric: clothing, carpets, drapes, upholstery, you name it. And K2r *lifts* spots out. So you don't rub them in. Just spray K2r on. Let it dry. And brush the spot away without a trace.

The spot lifter.

© MNP Texize Chemicals Company
Division of Morton-Norwich Products, Inc.



Deodorants and antiperspirants: facts you should know

Anyone who watches TV, reads magazines, or shops drugstores and supermarkets knows that millions of Americans are concerned about the Perspiration Problem. They're also considerably confused about what to buy to combat the problem. To dispel the confusion, here are the facts.

Deodorants are designed to combat odors; antiperspirants to reduce wetness. Antiperspirants may help protect you from odor, but deodorants won't keep you drier. Sound confusing? It helps to know that while the problems of wetness and odor are related, each really originates with a different type of sweat gland.

Think of your body as a water-cooled engine. When your "engine" overheats, you sweat. Evaporation of the sweat—which is 99 percent water—cools you off.

The job of temperature regulation—once your body is in danger of overheating—is performed by about three million tiny *eccrine* sweat glands, distributed all over the body.

A rise in body temperature isn't the only cause of sweating. It can also be triggered by the emotions, particularly in those areas where eccrine glands are most dense: the forehead, palms, and soles and the axillae (underarms).

When eccrine sweating is profuse, it accumulates on areas of the body where it can't evaporate readily, such as the underarms or the feet. And eccrine sweat with bacterial action can equal odor.

Wetness, however, is far from the sole cause of body odor. The characteristic human body odor results from the contaminating action of bacteria on the secretions of another type of sweat gland, the *apocrine* gland. Emotional situations—including fear, pain, anger, and sexual excitement—cause the apocrine glands to discharge a thickish fluid that is odor-free when fresh but acrid when decomposed. The substance serves as food for skin bacteria which thrive in warm, moist places, such as the underarms.

Scientists speculate that at an earlier stage of human development the apocrine glands produced a smell which gave some sort of protection and/or sexual attraction; today it is generally conceded that the apocrine glands serve no useful biological purpose.

In the United States today there are roughly 450 different products available to combat wetness and odor. Nine out of ten women and eight out of ten men use these products, for which retail sales last year (according to industry sources) exceeded a half-billion dollars. It's said that some other cultures consider body odor as normal (which it is) or even desirable. In any case, cultural reaction to body odor is a learned response. All of these products are designed to be used in addition to good hygiene; in other words, they are to be used after, not instead of, bathing.

For underarms, there are two basic categories of products: deodorants and antiperspirants. Both are more effective on a shaven armpit, since removal of hair reduces the area where water and odor-causing bacteria can cling.

Both the deodorants and antiperspirants are available in scented and unscented forms. "Unscented" products include both those with no added scent and those with a "neutral" scent, which masks the odors of the chemicals used in the product's formulation. In practical terms, this means that anyone who is allergic to perfumes should try a simple patch test in a very small area to see if a particular product causes any problem.

Deodorants were originally perfumes designed to mask the unpleasant odor. Perfumes do not, however, have a long-lasting effect. While perfume remains an important ingredient, most d odorants today contain a germ cide as the basic ingredient.

Washing with soap removes large percentage of the norm skin bacteria. When the germ cide is applied after bathing, slows down the repopulation these bacteria. Fewer bacter mean less odor.

Deodorant effectiveness varie from person to person—and f the same person in different sit ations. Most deodorants are d signed to perform satisfactori for most persons, when appli once a day in conjunction wi bathing.

The germicide content gene ally comprises one percent or le of a deodorant. The other ingr dients either provide cosme benefit—a pleasant "feel" or fr grance, for example—or facilita application, as does the prop lant in an aerosol or water in roll-on product.

Many deodorants contain alc hol. This will produce a temp rary burning sensation if appli to skin irritated by shaving t close.

In checking deodorant labe you'll notice that many re "Contains no hexachlorophene Hexachlorophene was a co monly used antibacterial ingr dient in underarm deodora prior to 1972. It was banned the Food and Drug Administr tion (FDA) from cosmetics a drugs sold over the counter b cause evidence indicated it cou be absorbed into the body with effects. Today, a variety of an bacterial agents are used, and t FDA reports that these are ge erally recognized as safe, though additional testing is und way.

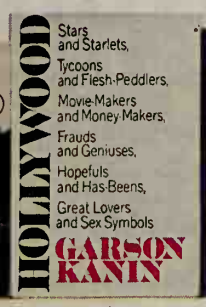
Underarm antiperspirants duce the rate of sweat flow, p marily that of the eccrine glan Since a drier underarm is l hospitable to odor-causing b teria, using an antiperspirant m also cut down on odor. The m popular active ingredient used antiperspirants in this country aluminum salts—has a mild g micidal effect. That's why y

Drawing: Hellman Design Assoc.

continued

They'll look good on your bookshelf. Better on your budget.

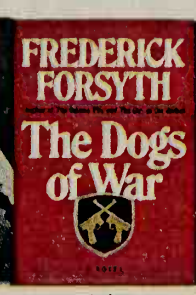
4945 $6.95



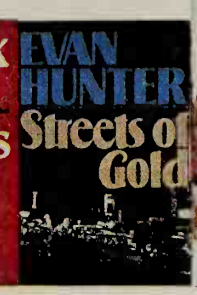
5264 $8.95

4994 $9.95

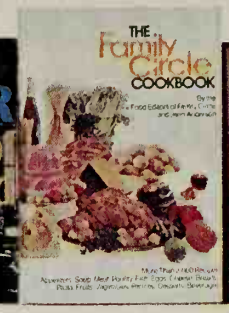
4895 $8.95



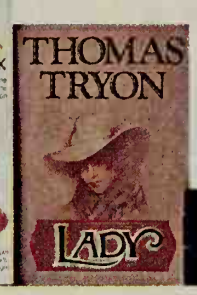
5140 $7.95



5975 $8.95



6445 $9.95

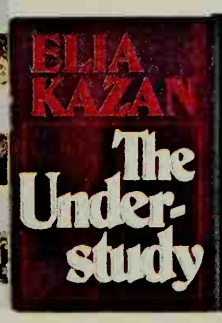


5413 $7.95

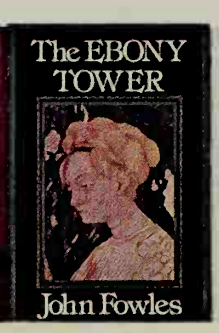
2402 $16.35
4 vols. count as 1 choice.

4655 $9.95

4648 $12.95

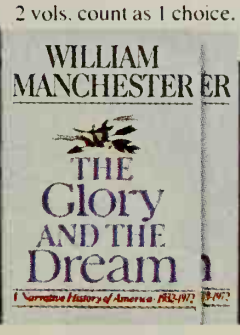


6387 $8.95



5827 $7.95

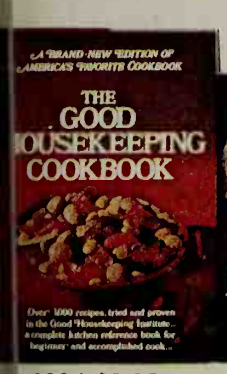
2 vols. count as 1 choice.



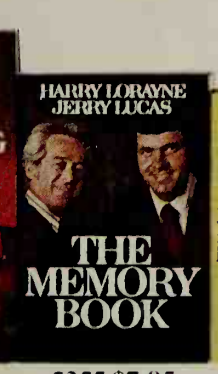
6205 $20.00

5702 $7.95

3285 $12.50

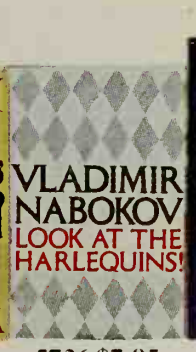


3004 $8.95

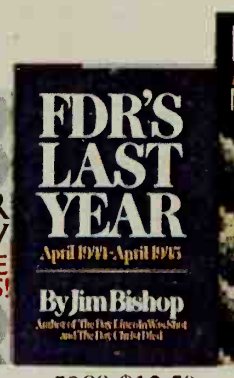


5355 $7.95

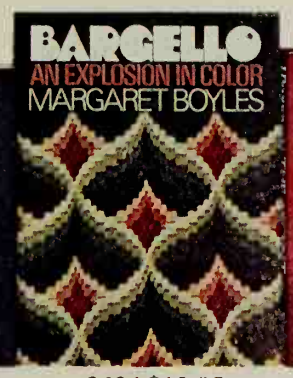
5538 $10.00



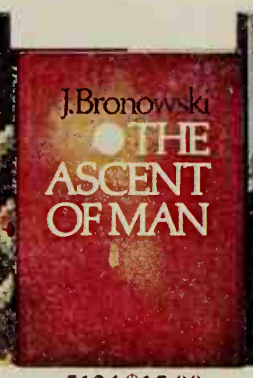
5736 $7.95



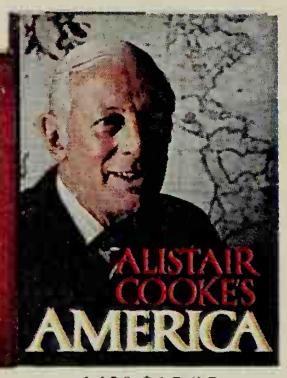
5389 $12.50



3624 $12.95



5124 $15.00



1420 $15.95

Any 4 for $1

when you join The Literary Guild Book Club. Buy 4 more, at big discounts, anytime.

4424. **D. H. Lawrence:** SONS AND LOVERS, WOMEN IN LOVE, LADY CHATTERLY'S LOVER
3 vols. count as 1 choice

5272. THE RHINEMANN EXCHANGE
Robert Ludlum.
(Pub. ed., $8.95)

5439. THE BOTTOM LINE
Fletcher Knebel.
(Pub. ed., $7.95)

6114. BED/TIME/STORY
Jill Robinson.
(Pub. ed., $7.95)

5678. THE REAL AMERICA
Ben J. Wattenberg.
(Pub. ed., $10.00)

5009. WIDOW
Lynn Caine.
(Pub. ed., $6.95)

6254. MONSIEUR
Lawrence Durrell.
(Pub. ed., $8.95)

6403. IN SEARCH OF ANCIENT GODS
Erich von Däniken.
(Pub. ed., $8.95)

If card is missing, write to The Literary Guild, Dept. GR 040, Garden City, N.Y. 11530

Here's how The Literary Guild works:

After you get your initial four books for $1, you only have to buy four more books during your membership. Then, you can cancel anytime you want.

So, choose four books (or sets) now, send in the coupon and pay $1—plus shipping and handling—when your application is accepted.

If, after 10 days, you decide you don't want the books, send them back and we'll cancel your membership.

Fourteen times a year you'll get the Literary Guild magazine. You'll find dozens of best sellers in each issue…all at discounts of up to 40%.

To order the Selection, do nothing: it's shipped to you automatically. If you'd like an alternate, or no book, fill in your choice on the order form. There is a charge for shipping and handling.

You have 10 days to return the order form so that we get it no later than the date specified. If you receive an unwanted selection, return it at our expense.

The Guild offers its own complete, hardbound editions, sometimes altered in size to fit special presses and save members even more.

continued

Deodorants

will see product labels reading "antiperspirant deodorant" or "antiperspirant with deodorant action."

The average aerosol antiperspirant reduces sweating by 20 to 25 percent; the typical roll-on product by 35 to 40 percent.

The components of an antiperspirant product build up on the skin, even with daily b For this reason, the antiper effect increases after seve plications and lasts a fe after stopping use of the p

Some product labels sa for use right after shavin ers suggest waiting. Follo ufacturer's instructions; av on broken skin and disc use if a rash develops.

If you bathe daily, wear clothing, and use an ant rant regularly but still f comfortably wet, you ma to see a physician. In seve of excessive sweating, surg moval of the densest cor tion of sweat glands ma Excision of an underar about the size of a hal will, for most persons, c sweating about 75 percer

Other personal deodorants

Since a shoe provides moist enclosed area tha for bacteria, "foot odor" i mon problem. To absor ture, you can choose fro ety of products, includi starch and talcum Wearing cotton socks a lated shoes such as san may provide some relief.

Mouthwashes impart ant fragrance and their cohol content provides a ing tingle, but they are stitute for regular tooth Persistent mouth odor symptomatic of dental ternal, disease and sh brought to the attention dentist.

Packaging

Because the cream, s roll-on forms of under dorants and antiperspir ally have higher amoun active ingredient, they' ally more effective than sponding aerosol produ

Forms other than ae also more economical to you get more applica your money. Yet ease o tion is an obvious plus consumers; aerosols ac about 80 percent of the odorant/antiperspirant

Intentional misuse o by deliberately concenti inhaling the contents harmful. And, of course sol products should be out of reach of children

Many people chan every few months, believing that any deo antiperspirant graduall fectiveness for them. T "immunity" has not be strated, although repeat sometimes result in sen and therefore irritatio particular product. ■

Lynne Lamberg

Great news for mothers of cavity-prone children!

Most children don't brush properly or often enough. That's why the dental scientists at Lever Brothers invented a new fluoride dentifrice called Aim®. If you have children, read on:

Most cavities happen between the ages of five and fifteen.

You're a conscientious parent. You make your children brush with fluoride toothpaste. You don't question fluoride's effectiveness. But they still seem to get more cavities than they should.

Why?

Could be your children have poor brushing habits. Could be they eat too many sweets. And they probably don't brush properly or often enough. Surveys show the average child brushes less than 30 seconds at a time.

How new Aim encourages children to brush longer.

Dentists have long stressed that there's no better cavity prevention than brushing. Even a fluoride toothpaste can't

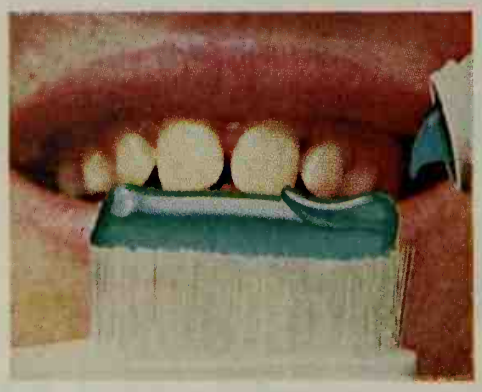
do its best if a child brushes too briefly or too infrequently.

That's why Lever enhanced Aim's fluoride formula with flavoring compounds known to be especially appealing to children. The results were astounding.

In tests with 1,300 children, Aim was preferred 2 to 1 over the leading fluoride toothpastes. And chances are, the better your child likes his toothpaste, the longer he'll brush.

Why new Aim is a gel.

The speed at which a toothpaste dissolves is called the "Dispersal Rate." Because Aim is a gel, not a paste, it



has an exceptionally fast dispersal rate.

This means when a child brushes with Aim it spreads its good taste faster than paste in the normal brushing time.

Unique gel formula is low in abrasion.

In order to clean teeth, all toothpastes must be somewhat abrasive. That's how they keep teeth clean.

But many mothers are concerned about abrasion. So Lever designed new Aim to be among the lowest in abrasion of all leading toothpastes.

Aim has stannous fluoride, the proven cavity-fighter.

A child in the cavity-prone years needs all the help you can give. Be sure his toothpaste contains fluoride.

Stannous fluoride has been re-

searched more thoroughly than any other anti-cavity ingredient. Aim has the precise amount of stannous fluoride established as effective by dental authorities in reducing tooth decay.

Ask your dentist about Aim.

Add it up: A flavor to promote better brushing. A gel that disperses faster and is low in abrasion. The precise amount of fluoride established as effective by dental authorities.

So, if you have a cavity-prone child, ask your dentist about Aim.

Take Aim against cavities!

Introducing old-fashioned slow-cooked goodness at microwave speeds.

New Litton solid-state Vari-Cook™ oven control makes it possible. In up to one-fourth the time. Until now, microwave ovens cooked everything the same way at the same speed.

Litton's exclusive Vari-Cook control has changed that.

For the first time it lets you change speeds infinitely as you change foods: cook, reheat, roast, simmer, warm, even defrost. Actually set your own speed and cook foods just the way your old family recipes meant them to be cooked.

Best cooking results ever. With Vari-Cook control, even economy cuts of meat are cooked luxuriously tender. Creamy milk- or soup-based casseroles retain their delicious texture. And meals can be kept warm with no loss of flavor.

Just "dial" the desired cooking speed, or push a button for automatic defrost or quick cooking. Then simply match the speed with the exact cooking time. (The free cookbook tells you how.) And relax. The oven shuts itself off automatically.

Vari-Cook oven control. Another Litton innovation. Only Litton offers solid-state Vari-Cook control. Litton has also introduced these other firsts: Family-sized countertop microwave oven. The Micro-Browner® steak grill for browning. Automatic "quick thaw" defrost. And Micro-Timer™ digital control for accurate cook times from one second to 60 minutes. Isn't it time you make the change? Taste a microwave cooking demonstration at your Litton dealer. For the location nearest you, Call **800-328-7777** toll-free.

Good Housekeeping GUARANTEES IF PRODUCT OR PERFORMANCE DEFECTIVE REPLACEMENT OR REFUND TO CONSUMER

LITTON
Microwave Cooking
400 Shelard Plaza So., Minneapolis, Minnesota 55426

Litton... changing the way America Cooks.

Betty Crocker® Snackin' Cake®: 12 very special ingredients make 8 very special cakes.

Great ingredients, in mouth-watering combinations go into rich, moist Snackin' Cake. They're what make all eight kinds of Snackin' Cake something special to eat. And since you mix, bake, and serve Snackin' Cake in the same pan, they're especially convenient, too.

Something special to eat. Nothing much to clean up.®

Design-it-yourself needlework

If you've worked with needlework kits, you're probably ready to start making your own designs. It's easier than you think and provides a wonderful outlet for creative expression. Our how-to hints cover crewel, cross-stitch, and needlepoint.

Start by designing something that's simple enough to convert to stitches. If you're not especially artistic, just trace a design you like from a book, magazine, photograph, floor tile, section of wallpaper—even your child's crayon drawing. Draw a heavy black outline around the design and tape it to a window. Tape your fabric or canvas over the outline, centering it carefully, and trace the design with a waterproof felt marking pen.

Canvas Gauge (holes per inch)	Needle Size	Yarn Type	Yarn Amount (average)
5	13	rug wool knitting worsted tapestry Persian	single strand double strand double strand 2 full and 2 single strands (8 single strands)
7	15	rug wool Persian	single strand 2 full strands (6 single strands)
10	17	knitting worsted tapestry Persian	single strand single strand 1 full strand (3 single strands)
12-14	18-19	Persian English crewel	2 single strands 3 single strands
18-20	21	Persian English crewel	1 single strand 1 single strand

Fabrics

Needlepoint canvas is actually a woven material and comes in two types. "Mono" canvas holes are divided by single threads; "penelope" holes, by double threads. Canvas sizes depend on the number of threads per inch. Thus, number 18 has closely meshed threads while number 5 is much more loosely woven. The finer the canvas, the longer it will take to stitch. Check our chart for the matching yarn and needle sizes.

You can embroider well on any fabric that your needle can penetrate easily. The cloth should have body without stiffness, and an even weave that's both easy to follow and not too tightly woven. Cross-stitch can be worked on any even-weave fabric with any type of thread. If your material is limp, try a *light* spray starching on the back. Be sure that your embroidery materials are preshrunk if you plan to wash the finished piece. The amount of fabric you'll need depends on the size of your design plus one extra inch on all sides for finishing.

Needles

The needle you use depends on the stitch you plan to make. Crewel needles, used for crewel work and embroideries, have pointed tips. Tapestry needles, designed for needlepoint, have blunt tips. Check our chart for the tapestry needle to fit your canvas. The size crewel needle that you'll need is the one that will make a hole big enough for your thread. With too small a needle you'll strip your yarn; too large a needle will leave you with half-empty holes. Buy an assortment and experiment.

Thread

Needlepoint and crewelwork are traditionally stitched in wool yarn, while needlework done in cotton, silk, or other threads are called "embroideries." The amount of yarn needed for needlepoint is just enough to cover the meshes of your canvas completely. Be sure that your thread and fabric can be cleaned by the same method. Avoid mixing washables with dry-cleanables.

Hoops and frames

Needlework made with the fabric stretched on a frame o hoop tends to be smoother an

t to pucker than stitchery
osely in your fingers. If
less than an expert, stretch
ork.
den hoops are best, about
eight inches across and
d with a screw, not a
To stretch your work,
he inner ring on a flat sur-
ut your material over it
osen the outer ring until
asily over the smaller cir-
l the fabric. Completely
the screw and then loosen
alf-turns. Pull fabric taut,
orth and south, and east
st, on straight of grain.
screw again. A well-
ed fabric will sound like
when you tap it.
llepoint frames keep can-
m warping and reduce the
t of blocking at the end.
f you don't use one, be
with your canvas. Don't
or crumple it more than
ry or you'll push the can-
ads out of shape and your
will be uneven.

g

the raw edges of your
or canvas with masking
prevent raveling while
stitching. If you're having
threading your needle,
ick the yarn or thread.
k is hard to remove). Stiff-
thread by rubbing it over
beeswax, or use a wire
hreader.
s are no-nos. To start an
dery, anchor your thread
ree tiny running stitches
e stitching line, then em-
over them. In new nee-
t, start with one long
h stitch across the back
canvas, along the row
e stitching, then needle-
ver it. From there on,
new threads and finish
nes by weaving the thread
1½ inches of your fin-
ork on the reverse side.
our tapestry needle in an
down motion instead of
the whole needlepoint
t once. Flexing the can-
et the needle in and out
same motion may warp
neshes. If the canvas
are bent out of shape,
won't look even.
you're stitching two or
rands of wool or thread,
our strands as you stitch.
ans putting them side by
stead of twisting. The
cover better, and the
more even.
ave time when you're
with two or more col-
a separate needle for
de. When you have tem-
finished with one color,
e thread through to the
here you can keep track
fasten the needle in the
f the fabric. ■

Last week this bowl held 1 pound of Soft Parkay Margarine.

Soft Parkay's 1 pound reusable bowls never stay empty for long. There are just too many things to do with them.

Turn a yellow one into a cozy nest. Save left-overs in a red one. Use a green one for a button bowl. A candy bowl. A salad bowl.

All that delicious Soft Parkay Margarine in one convenient decorator bowl. And after it's gone, the bowl will probably never be empty again.

KRAFT

Division of Kraftco Corporation

8¢ 8¢

Get 8¢ off on one 1-lb. bowl of Soft Parkay.

TO THE GROCER: You are authorized to act as our agent in redeeming this coupon. We will reimburse you for the face value of this coupon or, if coupon calls for free goods, we will reimburse you for the regular retail price of the free goods plus 3¢ for handling each coupon, provided you and the customer have complied with the terms of this offer. Proof of purchase of sufficient stocks of Kraft product specified to cover coupons presented must be furnished upon request. We will not honor redemption through outside agencies, brokers, etc., except where specifically authorized by Kraft. Offer limited to one coupon per household per specified product and size. The customer must pay any sales or similar tax on the product received. Coupon void if use is prohibited, restricted or taxed. Good only in geographic area (U.S.A. only) in which this offer is displayed or advertised. Cash redemption value of coupon is 1/20¢. Redemption on other than product specified constitutes fraud. Kraft Foods, P.O. Box 1600, Clinton, Iowa 52734

8¢ 8¢

STORE COUPON REDEEM PROMPTLY **ONE COUPON PER ITEM PURCHASED. A5-5

See page 28

Wrap warp

Materials: For warp (the you will wrap the yarn ar you can use almost any k sturdy but flexible cord su jute, upholstery cord, clothe or thin rope (sisal). The ar you'll need to purchase var cording to the thickness o cord and desired size of b If the basket is only pa completed and you need cord, you can purchase mo add it on by splicing it to original cord, a technique will be explained later.

You can use almost any of yarn to wrap around warp. Heavier yarns such as tipurpose craft or rug yarns up quickly. Knitting w yields a softer, fuzzier te You may want to exper before beginning your b The yarn requirements als according to desired size o ket, type of yarn used, and ber of colors required for t sign. We needed one 2 skein of multipurpose cra to make a flat coil 8 inc diameter.

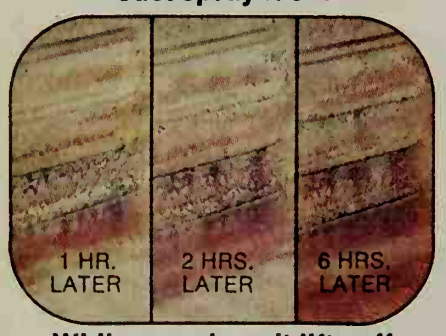
Select a blunt tapestry with an eye large enough commodate your yarn. need graph paper (four s to the inch) to chart out a or, you may want to follow for your first attempt.

Charting the design: First mine what shape and size you want to make. Usually, round basket is about four across the base, eight inc the center at its widest poin four inches high. The talle kets, like the one in our dr are about seven inches acr base, 12 inches at the point, and 12 or 13 inche To make your pattern, m desired dimensions on gra per, and draw in the shap want to approximate. Dec a design and color combin and chart it on the graph basket outline. If cord is in diameter, then one coil represented by one ro squares. If cord is ½ inc coil will be two rows of s

The basket in our draw 24 coils, each ½ inch in ter or two rows deep. you've drawn in your desig will be able to see how m the design appears on eac This will help you in cer your design and deter where to position each m you are coiling your basket completed pattern will be side of the basket. You ca the other side plain (su for beginners), repeat th

MR. MUSCLE™ WORKS WHILE YOU SLEEP.

Just spray it on.



While you sleep it lifts off the baked-on grease and grime.

Next morning, just wipe it clean.

Introducing Mr. Muscle. The unique new overnight oven cleaner. It self-scours while you sleep.

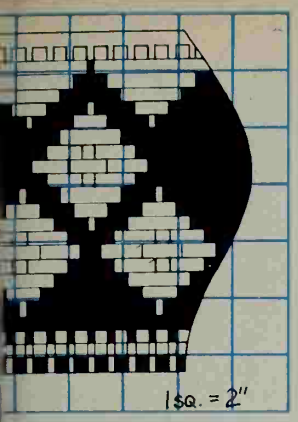
Mr. Muscle is a completely new and different oven cleaner . . . specially formulated to work the easy, overnight way. It's easy because Mr. Muscle does the dirty work for you while you sleep.

(And it doesn't have all the irritating caustic fumes you get with most other oven cleaners.)

Before you go to bed, just spray Mr. Muscle into a cold oven. Its unique self-scouring foam works all night—not only to penetrate through, but to actually lift off and absorb the baked-on grease and grime.

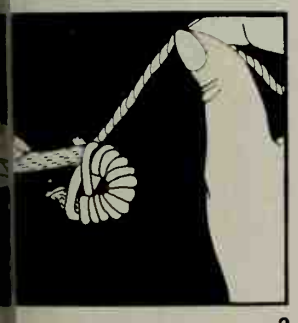
So, in the morning, you just wipe out the dirty foam for a sparkling clean oven.

© 1974, The Drackett Products Co.

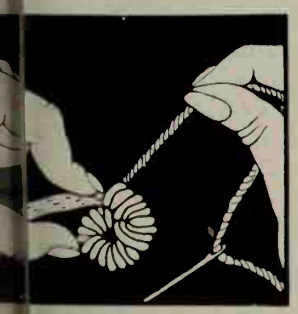


or design a different pat-
g the same desired shape
outline on another piece
paper.
the coil: Study the draw-
he five steps for starting

1


2

3

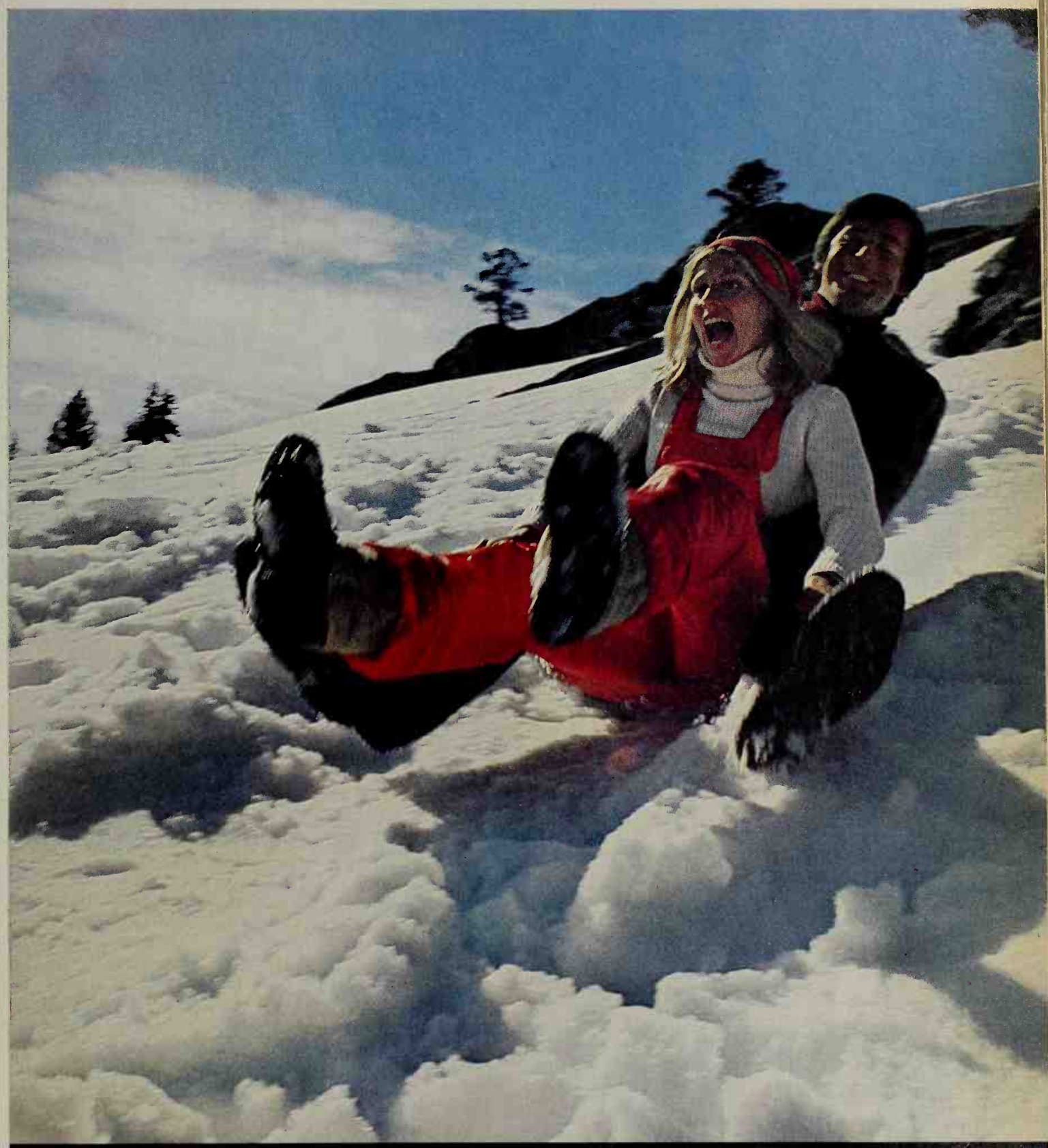

4

5

1. Taper the end of the warp cord. You can leave it in a coil or a heap on the floor beside you, pulling it out as you wrap. Cut a 30- to 36-inch piece of yarn and thread one end with tapestry needle. Begin wrapping the other end (opposite needle) around the warp cord two inches from the end, overlapping the first wind to anchor it. Wrap to about ½ inch from tapered end of warp cord.

2. Bend the warp cord and pull the yarn through the center opening, using the needle end. Hold the tapered end and begin forming a loop, wrapping tightly.

3. Wrap until the tapered end is



Here's a winning combination for watching your weight.
Exercise you enjoy and Diet Delight® fruits. Diet Delight
is sweetened with a natural juice.
Not sugar. Delicious? Naturally.

continued

Wrap warp

securely anchored to the warp cord. Push needle through center of loop.

4. Bend to form a coil and, using the needle end, push the yarn between the warp cord, wrapping from front to back.

5. Begin working the figure eight stitch between the coils as shown. Wrap the yarn around the warp cord several times, using the needle to push the yarn through the coil underneath and up and around to form a figure eight. Wrap very tightly. The more figure eights you make, the tighter your basket will be. When using ¼-inch diameter warp, your figure eights should be no more than ¼ inch apart. For larger warp, such as ½-inch diameter cord, you can wrap longer distances, spacing your figure eights up to ½ inch apart. If you begin to see gaps between the coils, then you should try to make more figure eights, placed closer together.

Adding new yarn and changing colors: Wrap until only a few inches of the original yarn piece remain. Position this "tail" along the wrap cord and hold it tightly. Cut another length of yarn, thread it, and place the end opposite needle on warp along side of the tail. Hold both firmly in your left hand and wrap with your right hand.

Continue wrapping and making figure eights as usual. The tail ends will be covered by the wrapping. Use the same technique for changing colors. If you are working on a section of the design where colors intermingle or are only a short distance apart, carry both colors of yarn "along the warp" by holding the color not in use in your left hand and wrapping the color in use over it. To change to the other color, reverse the process. However, if there are long intervals between colors, you'll save yarn by clipping off the yarn of the color not in use and bringing it back in later as needed.

Placing the design: You can start your design on any side of the basket—wherever you start will become the front. If you plan to have a design on the other side, start it directly opposite the design on the front. This will give you evenly centered front and back designs. You will be putting in the design from the bottom up. Follow your graph paper design or your drawing. For example, on our basket, you would bring in purple for the second and third rows and then switch to one row of brown followed by white for one of the lower motifs on the 5th coil up after you've finished coiling the base. You would carry the white along the warp, covering it with dark brown for several inches, put in white for the other motif, and switch completely to brown while you wrap around the sides and back until you reach the front on the 6th coil and add more white where needed. Continue wrapping upwards, putting in the design on the front as you work.

Shaping the coil: While you are wrapping and putting in the design, you will also need to be shaping the basket. To make straight sides, place the coils directly over each other. For sides that curve inward or outward, place the top coil a little inside the outside previous coil. This will require a bit of experimentation until you've completed several different shaped baskets and can see the shapes you've produced. When starting the sides, keep the coiled base facing away from you, so that you are working on the near outside of the form.

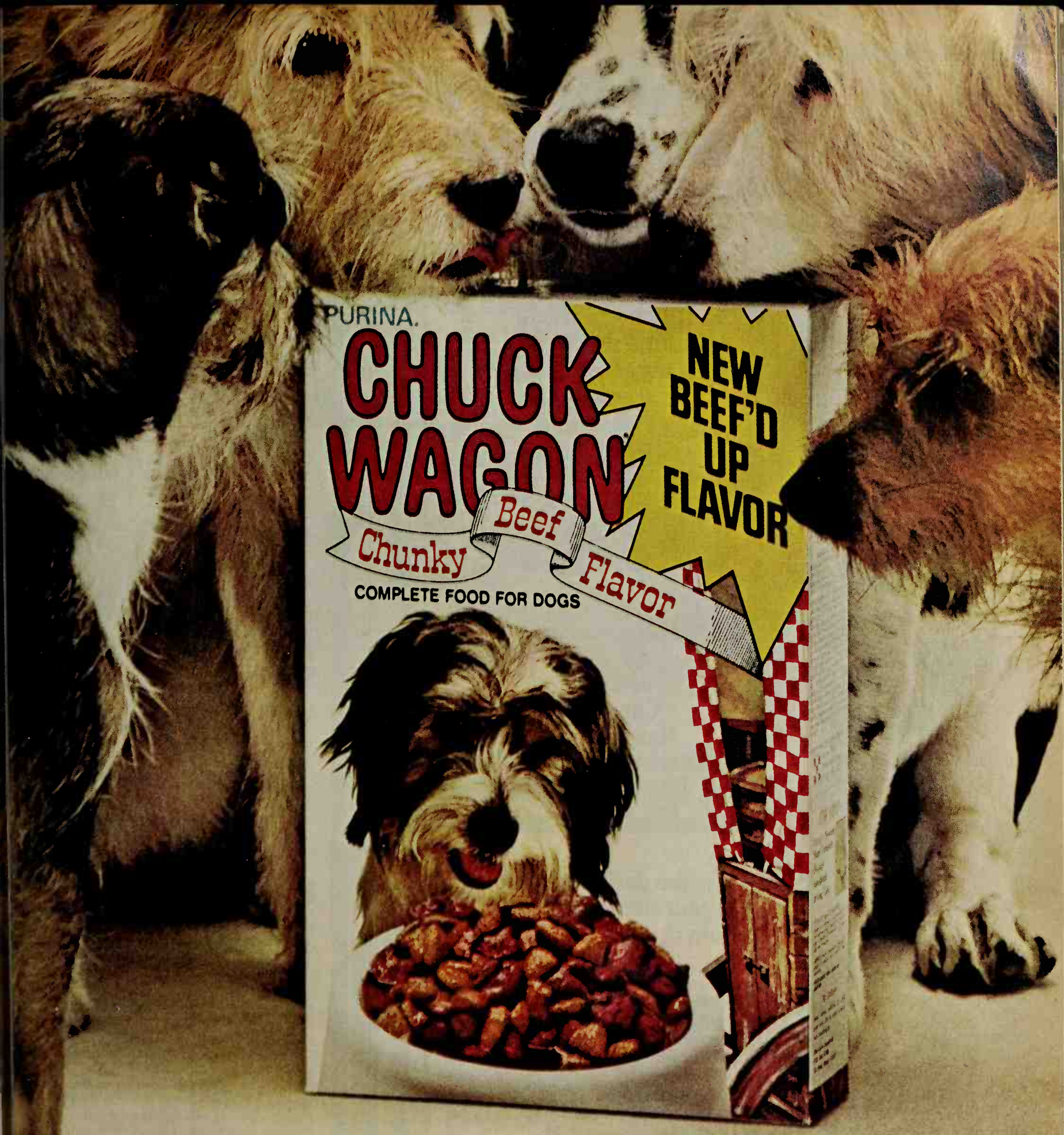
Ending off: When you've come to the top of your basket and want to end it off, cut the warp so it extends several inches beyond your wrapping. Taper the end of the warp so it gradually decreases in size and blends into the previous coil. Wrap the tapered end until it is completely covered and then make several extra wraps around it and the previous coil with the needle end to anchor the wrapping permanently.

Finally, run the needle back through an inch or so of the wrapped yarn, clip off and adjust so the tail is covered.

Splicing cord: Taper the tail end of your existing warp cord and taper the end of the new warp you're adding (warp cords should be the same size and texture). Lap these ends together until the splice is about the same size as the rest of the warp cord. Glue together with a small amount of white glue. Allow to dry thoroughly. Continue wrapping as usual after glue has dried and tapered ends are firmly bonded together.

Recommended for further reading: A Modern Approach to Basketry by Dona Meilach, Crown Publishers, 419 Park Avenue South, New York, New York 10016.

Shuttle, Spindle & Dyepot magazine for fiber craftsmen, published quarterly by the Handweavers Guild of America, a nonprofit organization which will also furnish information on local and regional fiber crafts, guilds and activities. Write to: Handweavers Guild of America, 998 Farmington Avenue, Hartford, Conn. 06107.



We beef'd-up the flavor. Come and get it.

For your pet's health . . .
See your veterinarian annually.

© 1975, Ralston Purina Co

10¢ OFF to try the new beef'd up flavor of Chuck Wagon®

Mr. Grocer/Mr. Dealer: Ralston Purina Company will pay you the face value of this coupon plus 3¢ for handling, if you have received it in accordance with all the terms of this offer and if upon request you submit evidence thereof satisfactory to Ralston Purina Company. Invoices proving purchases of sufficient stock within the past 90 days and evidence of your normal retail price to cover coupons presented for redemption must be shown on request. Any sales tax must be paid by customer. This coupon may not be assigned or transferred. Offer void where prohibited, taxed or otherwise restricted. Cash redemption value 1/20 of 1¢. To redeem this coupon, mail it to Ralston Purina Company, P.O. Box 1107, Checkerboard Square, St. Louis, Missouri 63188. Good only on the purchase of Chuck Wagon dog food (any flavor). Any other use constitutes fraud.

continued from page 6

Income tax

on the standard deduction and certain other deductions claimable on the separate returns can't exceed one-half the amounts allowed on a joint return.

6. If your children work, you cannot claim them as exemptions.

On the contrary, you are entitled to a $750 dependency exemption, provided the following tests are met:

- The dependent received less than $750 gross income.
- You furnished over 50 percent of the support of the dependent for the year.
- The dependent is related to you. (There are some exceptions here.)

Furthermore, if your child is under 19 at the end of the year and is a full-time student, you can claim your child as a dependent regardless of the amount of income received by him—*if* you furnished over 50 percent of the child's support. Your child can also claim a $750 exemption on his own return, plus the $1,300 low-income allowance (reduced by any investment income received by your child).

Let's say your son, a full-time student, earned $2,050 during 1974, which he has saved for future college expenses. He will owe no tax on his return, since he's entitled to a $750 exemption and a $1,300 low-income allowance. On your return, you're entitled to a $750 dependency exemption for him. So, a total of $2,800 of income has escaped tax—$2,050 of your son's and $750 of yours!

7. You can deduct all your vacation home expenses if you rent out the house part of the time.

Sorry, the IRS strongly disagrees. Take a look at the following example.

You rent your lake home for two months and live in it for one month during the three-month resort season. The home is vacant the remaining nine months. Your rental income is $1,200, but you have the following expenses:

Mortgage interest	$600
Realty taxes	$400
Utilities	$100
Maintenance and repairs	$200
Depreciation	$700
Total expenses	$2,000

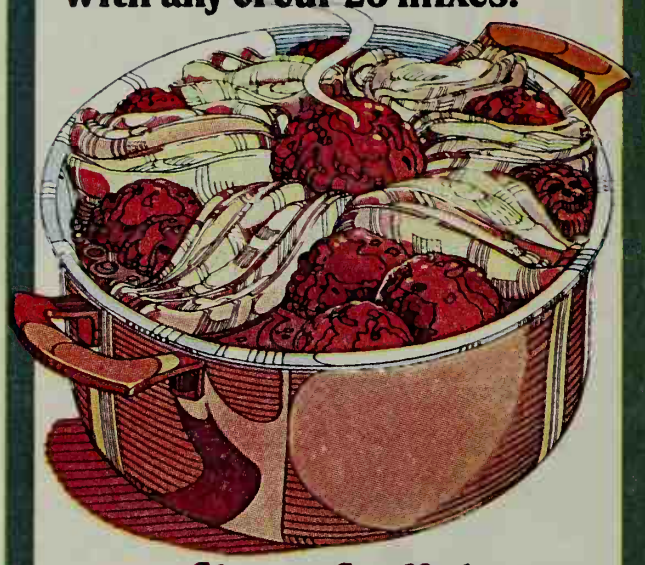
IRS says you're really holding the property for personal purposes, so only the following expenses are allowed as deductions:

- Interest and realty taxes *even* if these expenses are more than your rental income.
- Utilities, repairs, insurance, and so forth—but only up to an amount equal to the difference between your rental income and

Join French's 'Make-You
Start with ou

French's®

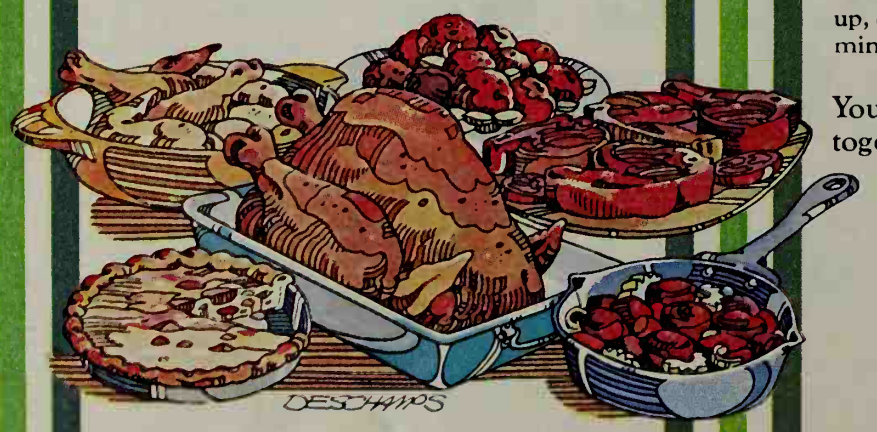
1. It's easy to create a winning recipe with any of our 25 mixes.



Cheese-Stuffed Meatball Surprise.

2. You don't have to be a gourmet cook to win this contest, either.

We're looking for easy, practical, tasty dishes. Just find your favorite mix (see opposite page). Then create your own recipe. Use one or more French's Mixes with any combination of meat, fish, vegetables, potatoes, pasta, rice—or what have you. (Hint: leftovers make casseroles even quicker, easier and more economical.)



3. Here's a meal-stopping, eye-opening, mouth-watering sample recipe using French's Brown Gravy Makins.

Cheese-Stuffed Meatball Surprise.

MEATBALLS:
- 2 eggs
- ½ cup water
- 1 teaspoon salt
- 2 pounds ground beef
- ½ cup fine dry bread crumbs
- Mozzarella cheese

CASSEROLE:
- 2 cans (8-oz. each) tomato sauce
- ½ cup Burgundy wine
- 1 envelope French's Brown Gravy Makins
- Pastry for one-crust pie
- ½ cup ricotta or cottage cheese
- 1 egg

For meatballs:
Combine eggs, water, and salt; add meat and bread crumbs. Shape into small meatballs, enclosing a cube of cheese inside each. Arrange in single layer in ungreased shallow pan. Bake at 450° for 10 minutes or until brown.

For casserole:
Place baked meatballs in 2 to 3-quart casserole. Combine tomato sauce, wine and 1 tablespoon Gravy Makins; pour over meatballs. Cover; bake at 400° for 25 to 30 minutes. Roll out pastry on floured surface to 12-inch square. Stir together ricotta and egg; spread over pastry. Sprinkle with remaining contents of Gravy Makins envelope. Roll up, jelly-roll fashion. Cut in half lengthwise to make 2 strips. Cut each strip into 3 sections. Arrange, cut side up, on top of casserole. Bake at 450° for 15 minutes (until lightly browned). 8 servings.

You'll find that French's helps put it all together. Quickly and so deliciously.

French's Recipe Hunt

Life-Delicious' Recipe Hunt.
mix and make yourself a meal.

4. Everybody Wins

a copy of our recipe book with the 110 prize winning recipes mailed free to all entrants after contest.

110 Prizes Available

First Prizes:
Ten cash awards of $2,500.00
Second Prizes:
100 beautiful copper casseroles

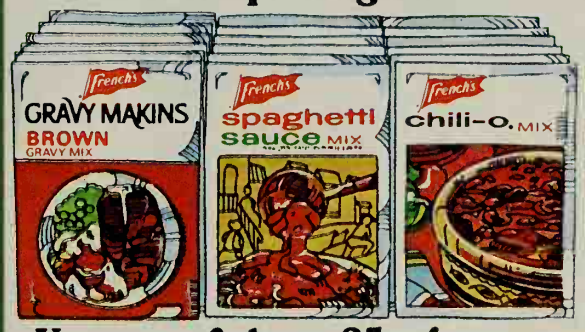
Rules:

1. Print, or type clearly your recipe on a plain sheet of paper no larger than 8½" x 11" (one side only). Attach to it a completed Official Entry Form. If you do not have an Official Entry Form, be sure to include the following information with your recipe: the name of your recipe, the French's sauce, gravy or seasoning mix used and your complete name and address. *Your recipe must use one or more of the 25 French's products listed to the right.* Entries must be postmarked by April 1, 1975 and received by April 10, 1975. You may enter as many times as you wish but each entry must be mailed separately. Mail your entry to:

French's Recipe Hunt Contest, P.O. Box 1889
Blair, Nebraska 68009

2. Entries will be judged by a panel of professional home economists under the supervision of the D. L. Blair Corporation, an independent judging organization. The decision of the judges is final on all matters relating to the contest. All entries will be judged on the basis of: (a) originality and creativity of the recipe and its name, (b) ease of preparation of the recipe. Recipes preliminarily judged as potential winners will be prepared, under the supervision of the judging organization, and final winner determination made, based upon the appearance and taste of the finished dish.
3. Recipes must be for main dishes (casseroles, skillet dinners, stews, pastas and other entrées only). Recipes must include directions for preparation, mixing, cooking, temperature setting, cooking time and all the ingredients used. Ingredients must be readily available and given in level standard American measurements.
4. All potential winners will be required to sign an affidavit certifying that their entry is their own original recipe and has not been previously published and has not won a previous prize or award, and that they have followed the official rules of the contest. All recipes submitted become the exclusive property of The R. T. French Company and none can be returned. Entry into the contest constitutes permission to use the winning recipes and names and/or likenesses of the winning entrants in any manner by The R. T. French Company, its advertising or public relations agencies without further compensation to the winners.
5. This contest is open to residents of the United States, except employees and their families of The R. T. French Company, its affiliates, advertising agencies, the D. L. Blair Corporation and those involved in the preparation of food or recipes on a professional basis. Void where prohibited by law. All Federal, State and local regulations apply. No substitution for prizes permitted. Limit one prize to a family. All tax liability for prizes is the responsibility of the winners. All prizes will be awarded. In the event of a tie, duplicate prizes will be awarded. Winners will be notified by mail. First prizes include ten cash awards of $2,500.00. Second prizes include 100 copper casseroles.
6. A recipe book containing all winning entries and the names of the winners will be mailed to *all* entrants *free* as soon as possible after the completion of the contest.

5. Great meals start with small packages.



Use any of these 25 mixes:

Gravy Makins Mixes	Sauce Mixes	Seasoning Mixes
Brown	Spaghetti	Chili-O
Mushroom	Spaghetti with Mushrooms	Sloppy Joe
Chicken	Stroganoff	Ground Beef with Onions
Homestyle	Cheese	Meatloaf
Onion	Sour Cream	Beef Stew
Pork	Hollandaise	Meatball
Turkey	Teriyaki	Taco
Au Jus	Sweet N Sour	Hamburger
	Enchilada	

6. Entry Form:

My recipe is called: _____

_____

(Attach recipe on separate sheet of paper no larger than 8½" x 11")

I used French's: _____

_____

(Name of Gravy, Sauce, Seasoning Mix)

Name _____

Address _____

_____

City _____

State _____ Zip _____

French's
we make your life delicious.

the total of the interest and realty taxes paid. (In the example, $200 could be deducted.)

- Depreciation, but only to the extent that your rental income isn't "absorbed" by the above deductions. (In the example, *no* depreciation would be allowed.)

8. You must pay tax on any gain from the sale of your house.

Not if you buy or build a replacement house and meet the following test: You buy and occupy another home during the two-year period beginning one year *before* you sold your old residence and ending one year *after* that sale. An 18-month period *after* the sale is allowed if you're building a new home.

If you don't reinvest all the sales proceeds in your new home, you will have a taxable gain which should be figured this way:

- Take all selling expenses, including commissions, discounts, and fees that you pay, and deduct them from your selling price. Also subtract any expenses you incurred to make your residence more salable. (IRS instructions spell out these deductible "fix-up" costs.)
- Compute your tax basis in your old home by figuring the original cost of your old home, plus all capital improvements, such as additions and major remodelings.
- Subtract your tax basis from your net selling price to determine your gain.
- Then figure the cost of your new residence. Be sure to include any mortgage liability you incur, as well as all your cash expenditures. If the cost of your new home equals or exceeds the net selling price of your old home, no gain will be taxed. However, any gain on the sale of your old home will be taxed to the extent that the net selling price of your old home is not reinvested in the new home you've either bought or built.

IRS Form 2119 will help you make the correct calculation. Even if you don't have a taxable gain on your residence, you should prepare IRS Form 2119 and file it with your tax return.

If you're 65 or over, you're not taxed on any gain on the sale of your home if the selling price was $20,000 or less. That's true *even if you don't buy a replacement home.* When the sale price exceeds $20,000, only the gain attributable to the first $20,000 of your sales price will be exempt. IRS Form 2119 has additional details.

Incidentally, Congress is considering a substantial increase to this $20,000 exemption, so watch for future developments. It's also possible that similar breaks will be extended to those under 65. ■

Painful elimination is unnatural.

Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

But there's nothing natural about it.

No matter what your age, you should have comfortable elimination.

And Serutan makes this possible.

Serutan is the effective laxative that forms a smooth gel in the lower digestive tract, where it combines with intestinal waste to give you comfortable relief.

There's no strain, and no cramps. That's because Serutan, with its natural ingredients, adds the necessary moisture and bulk to work *with* your system for smooth, easy results.

If you suffer from painful elimination due to constipation or dry, hard stools, try Serutan. You'll be very comfortable with it.

Pizza Quiche

This pie-like main dish combines the moist, delicate texture of the classic quiche with four spicy meats. Result: a brand-new version of the ever popular pizza. A partially baked pastry shell provides the tender flaky crust that the rich cheese filling demands.

Buying information, page 103

PIZZA QUICHE

Pastry for 2-crust 9-inch pie
1 cup ricotta or cream-style cottage cheese
3 eggs
4 ounces Italian sausage, cooked and drained
1 cup (4 ounces) shredded mozzarella cheese
½ cup (2 ounces) sliced pepperoni, halved
½ cup (2 ounces) cubed prosciutto or cooked ham
½ cup (2 ounces) sliced salami, cut in strips
¼ cup grated parmesan cheese
1 beaten egg
2 tablespoons milk

Photographs: Dieter

Line a 9-inch pie plate with *half* the pastry; crimp edges. *Do not prick*. Bake in 450° oven for 4 to 5 minutes. Remove from oven; reduce oven temperature to 350°. Beat together ricotta cheese and the 3 eggs; fold in Italian sausage, mozzarella, pepperoni, prosciutto, salami, and parmesan. Turn into partially baked pastry shell. Roll out the remaining dough to an 8-inch circle; cut in 6 to 8 wedges. Place wedges atop filling. Bake in 350° oven for 20 minutes. Combine remaining egg and the milk; brush over pastry wedges. Continue baking for 20 minutes more or till golden brown. Let pie cool about 10 minutes before serving. Makes 6 to 8 servings.

Now save on Pennsylvania House at these fine stores. (For a limited time only).

Alaska
Anchorage . Wolf's Home Furnishings

Arizona
Phoenix . Ed Wirth's Country Village
Phoenix ..... Haaf's Fine Furniture

California
Bakersfield ..... Summer's
Daly City ..... Westlake Maple Shop
Hawaiian Gardens .. Lee's American Traditional Gallery
San Diego ..... V. J. Lloyd
San Jose ..... Judd Furniture
San Rafael ..... Colony House
Santa Barbara .. Garrett's Furniture
Santa Maria ... Fletcher's of Santa Maria
Santa Monica ..... Aaron-Scott
Toluca Lake, Burbank ..... Elliott's Fine Furniture

Colorado
Littleton ..... Riely Furniture Co.

Idaho
Idaho Falls ... A. M. Smith Furniture
Meridian ..... Ross Furniture

Illinois
Aurora . St. Clair's Home Furnishings
Charleston ..... Carter's Furniture
Chicago . Fradell Classic Americana
Chicago Heights ... Joe Pressendo's Interiors
Clinton ..... Wayside Furniture
Danville ..... Carter's Furniture
Decatur ..... Carter's Furniture
Elgin ..... Ackemann's
Gurnee ..... Leath & Co.
Highland Park ... J. Cotey Furniture
Hoffman Estates . Interiors By Bruce
Morton Grove . Gantner's Suburban House
Palatine . Fradell Classic Americana
Park Ridge ..... Interiors By Bruce
Peoria ..... Lippmann's Furniture & Interiors
Urbana ..... Carter's Furniture
Wheaton ..... The Toms-Price Co.

Indiana
Anderson ..... Miller's North Town Furniture
Bloomington ..... Buchanan & Sons
Castleton . Kittle's Home Furnishings Center
Columbus ..... Buchanan & Sons
Hammond ..... Calumet Furniture
Hammond ..... Karline House
Indianapolis ..... Kittle's Home Furnishings Center
Kokomo .. Shirley Home Furnishings
Lafayette . Kittle's Home Furnishings Center
Muncie ... Country House Furniture
Nappanee ... Pletcher Furn. Village
Terre Haute ..The House of Interiors
Wakarusa ..... Lienharts Furniture

Iowa
Cedar Rapids ..... Younke
Davenport .. Knilans Colonial Hou
Des Moines ..... Younke
Sioux City ..... Younke

Kansas
Shawnee Mission .. Furn. Showca
Wichita ..... Manor House Interio

Louisiana
Baton Rouge ..... Concord Hou

Minnesota
Fergus Falls ..... Olson's Furnitu
New Ulm ..... New Ulm Furnitu
Wayzata ..... American Hor Furnishin

Missouri
Cape Girardeau ..... Rust & Mar
Columbia ..... Rust & Mar
Rolla ..... Bacon Furn. Galler
St. Louis ..... Craig Furnitu

Montana
Billings ..... Sigman Furnit
Missoula ..... Lucys, I

New Mexico
Albuquerque ... American Furnit

Oklahoma
Oklahoma City .... Stewart's Ho Furnishi
Tulsa ..... Rich's of Tu

Oregon
Portland ..... Frank Kales Furnit

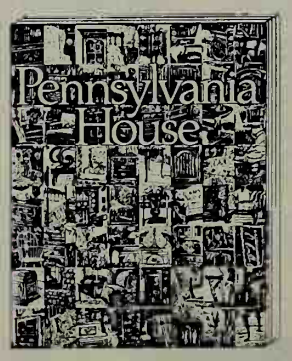
South Dakota
Aberdeen ..... Malcho

Texas
Austin ..... Louis Shanks of Au
Dallas ..... Hathaway Cott
Dallas ..... Liberty Ho
Houston .... Waddells (both sto
San Antonio .... Leonard's Colo Sho
Texarkana . Whites Glenwood Ho

Utah
Cedar City ..... Antone's Inter

Washington
Bellevue ..... Cooper's Furni
Lynnwood ..... Cooper's Furni
Seattle ..... Ryan's Colonial Ho
Wenatchee ..... Dore Inte

Wisconsin
DePere ..... White House Furni
Eau Claire ..... Ferings
Janesville ..... E. W. Rost &
LaCrosse ..... Ross of LaCr
Middleton ... Gruber's Pilgrim P
Racine ..... Porters Furni



YOURS FREE AT ALL STORES LISTED ABOVE!

The Pennsylvania House catalog
216 pages packed with
full-color decorating ideas.
Pick up your copy free at any of t
above stores or send $3 to
Pennsylvania House, Dept. BH25
Lewisburg, Pa. 17837

Many fabrics protected with DUPONT ZEPEL® SOIL STAIN REPELLER

We're having a Good Old-Fashioned Sale on select groups of famous Pennsylvania House.

20% to 25% off

Mfrs. suggested retail prices.

In these difficult times, fine furniture is probably the best investment you can make. It's one you'll enjoy for years to come, and whose value can only increase with age. And right now, we've made it virtually impossible to resist Pennsylvania House furniture, by giving you 20% to 25% off our regular prices.

You'll find a wealth of American Traditional styles. One to match any mood you want in your home, from Queen Anne to Colonial.

Bedrooms, dining rooms, occasional tables and more are all on sale. And upholstery that's so luxurious, you don't just sit in it, do indulge yourself in it.

So come home to the warmth and beauty of Pennsylvania House. Just look up the store nearest you on the opposite page. And go there today. And while you're there, don't forget to pick up your copy of the exciting Pennsylvania House catalog. It's 216 colorful pages of beautiful decorating ideas (sold nationally for $3.00) and it's yours absolutely free. Don't forget, too, that prices on this fine furniture will probably never be this low again.

Pennsylvania House

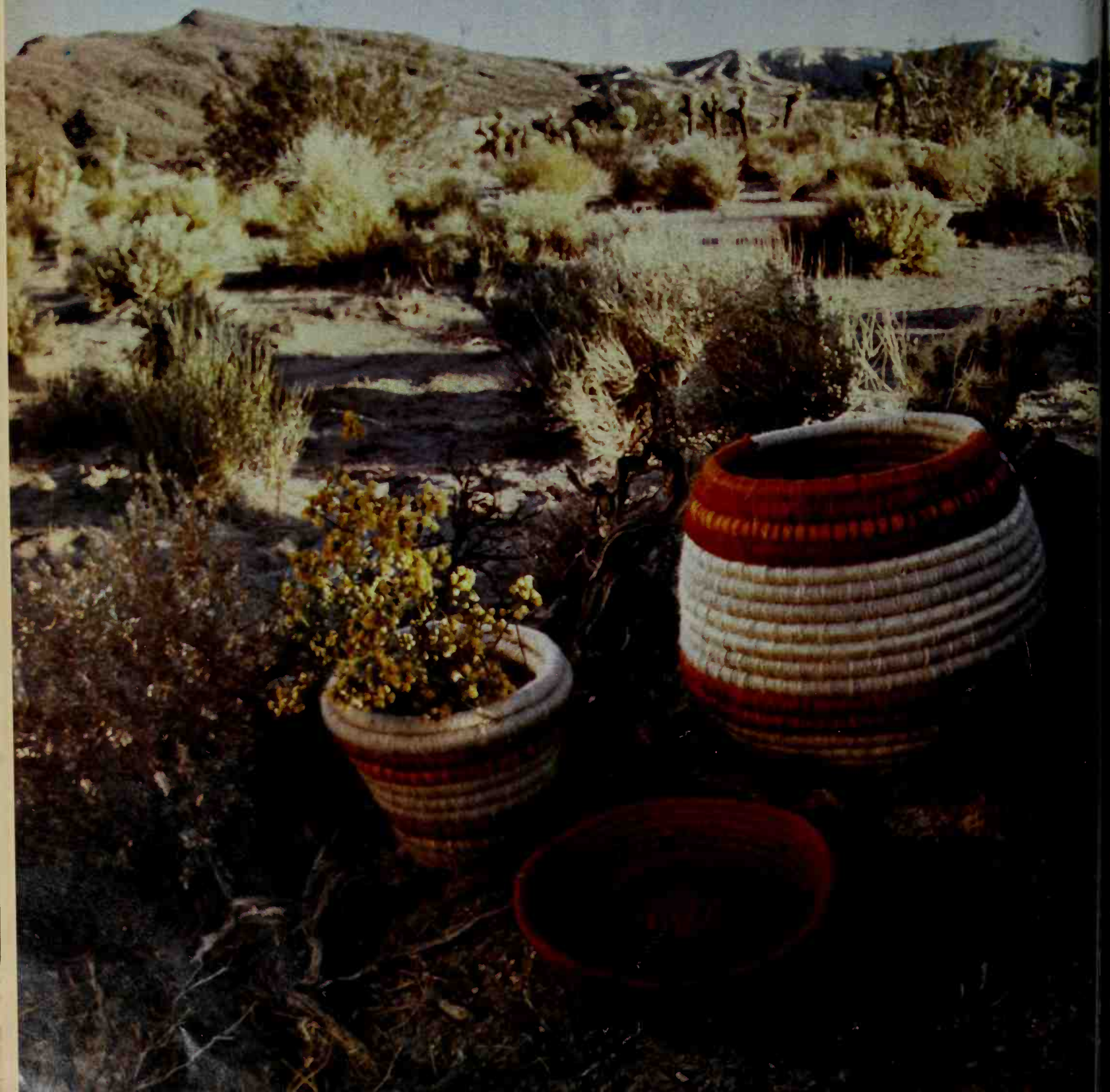
GENERAL INTERIORS

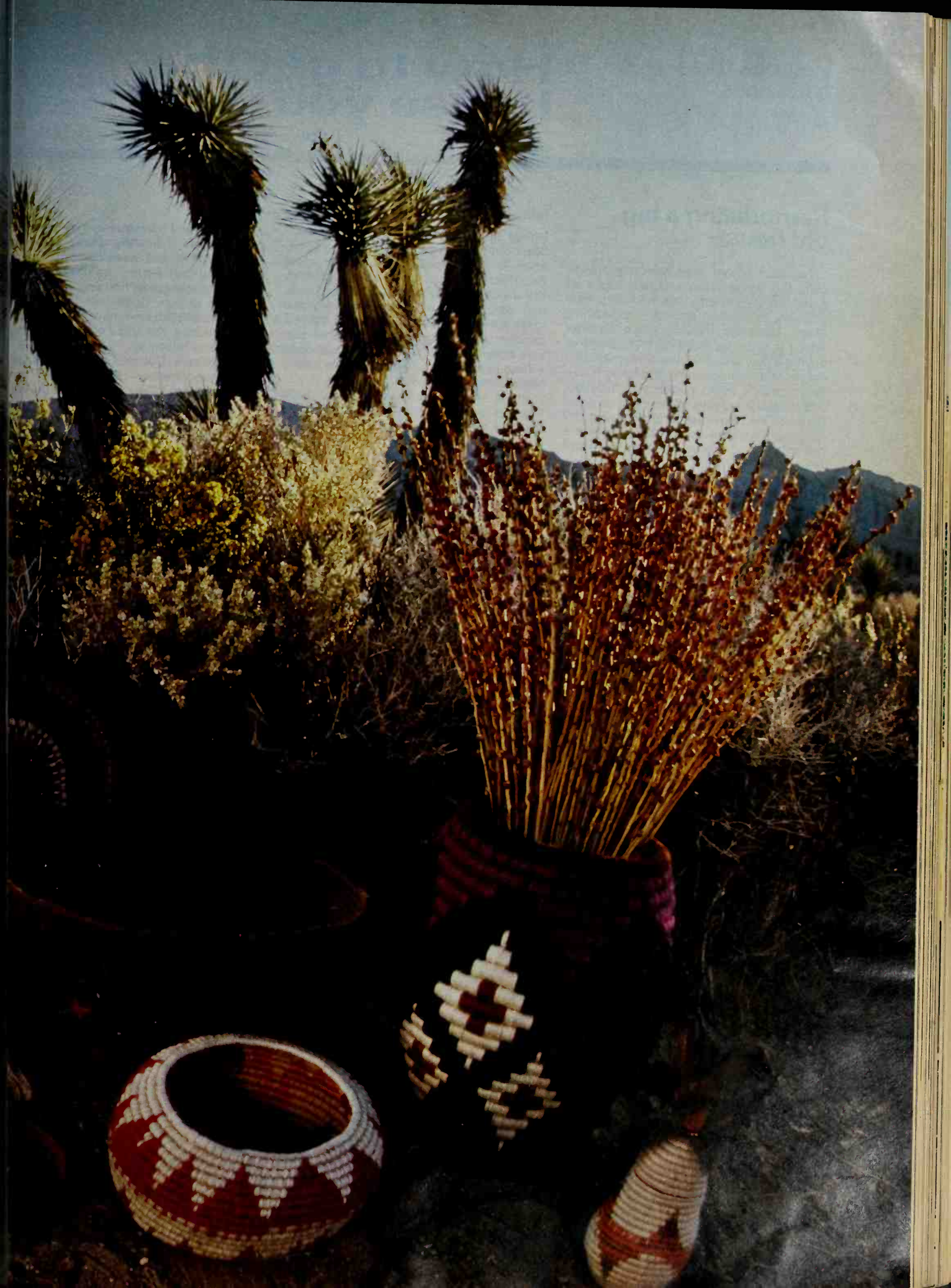
WRAP WARP

By Elizabeth Craster

As anyone who's tried it knows, the ancient art of basket weaving is both intricate and time-consuming. The Indian continuous-coil baskets involve collecting, soaking, and preparing reed, willow, and other materials—and then the real work starts! But the colorful baskets shown here are something else. They were created by designer Carol Martin of San Diego, California, who used a basketry technique easy enough for an all-thumbs beginner and fast enough for a jet-setter. It's a simple matter of wrapping yarn around a core (warp) of jute, rope, or even everyday clothesline. Once you have the hang of it, you can duplicate all 11 of the baskets shown here. Then you can go on to create any shape or design you choose, adding shells, beads, feathers, or whatever you fancy. In ancient civilizations, baskets answered a bushel of needs, from toting baby to carrying produce to market. These contemporary versions are equally versatile. You can show them off as room accents or use them as planters, catchalls, fruit bowls.

For how-to, see page 20





First of a three-part series

How to get the house you want

Remodeling a big old house

An older house even remotely resembling this aging veteran usually has a lot going for it—namely, lots of room, high ceilings, interesting details, and old-time charm. Moreover, the recycling of an older house is often as good an investment as buying a new one. And, the enjoyment that comes from transforming a vintage house to fit today's living patterns is limitless.

One additional plus of recycling an older house is the rejuvenation of decaying city neighborhoods. In these areas there are many houses begging for attention—and their purchase prices are appealing. Also, a house close to downtown employment can mean a big savings in travel time and expense—money and time you can put to use redoing your house.

Editor's note

House buying has become a nightmare. What once was a warm, gratifying experience is now a painful ordeal for most Americans. Even if we're able to absorb the shock of today's mind-boggling housing costs, the accompanying interest rates are almost out of sight. And the few middle- or high-income families who survive both hurdles still must find someone willing to loan mortgage money—a nearly impossible task in most localities.

It's a vicious circle, and we've lived through it before. What's so appalling is that the situation seldom improves very quickly. Yet the need for housing today is real and vital—particularly for the several thousand new families that are formed every day of the year.

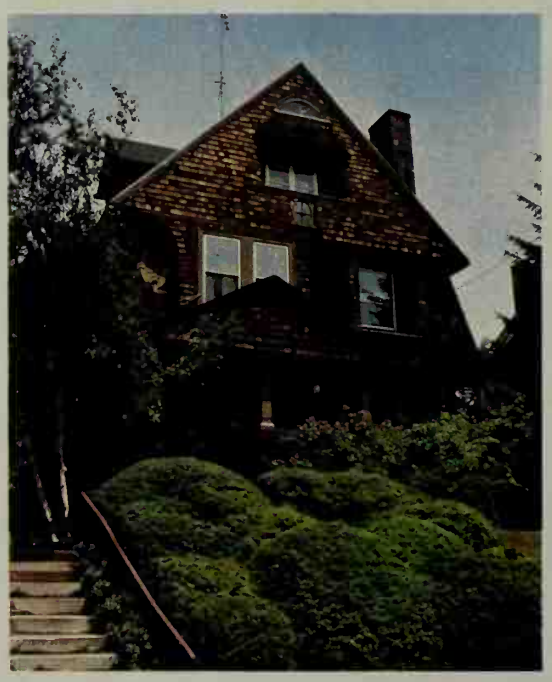
Better Homes and Gardens long has advocated the single-family house—not only as a good investment, but, more im portantly, as a healthy environment fo family growth and development. In thi new three-part series, we'll explore th ten best single-family housing alternative available to you. Costs will vary consid erably, as will the amount of do-it-yourse work required. For some of our readers, few of the alternatives may be only distant dream. But other options for ge ting a good house—perhaps never cor sidered before—may well be the answe to a personal housing dilemma.

In this first installment, we'll explor four of the choices you have, then follo up with six more in our March and Apr issues. A detailed look at the alternative —as reported by the families who chos them—will give you a valuable new pe spective on your housing future.

The Glenn Greggs of New Haven, Connecticut, chose this old shingle-style house because they liked its proximity to work and schools, and they relished the challenge of remodeling. The structure was sound, and the exterior needed little attention other than cleaning. In fact, the only exterior change was a small 4x4 addition off the back of the house to get a bright corner for the kitchen.

Because the interior, though spacious, was dark and poorly organized, the Greggs concentrated their major remodeling effort on streamlining both levels by juggling partitions and reorienting space to new uses. The living room, sans trim and revitalized with bright white ceilings and walls, opens off the entry hall, just inside the front entry (photo below). An art print hangs on the back wall roughly where sliding oak doors used to lead to the fo mer dining room—now a library and sitti room. Partially visible at the left of t entry is a curved wing wall that funne traffic to the hall and subtly defines a m sic area opposite the living room openi

Originally, a partition near the cen of the main level forced front-to-rear tr fic through individual rooms. Now, viewed from the front entry, a wide cent

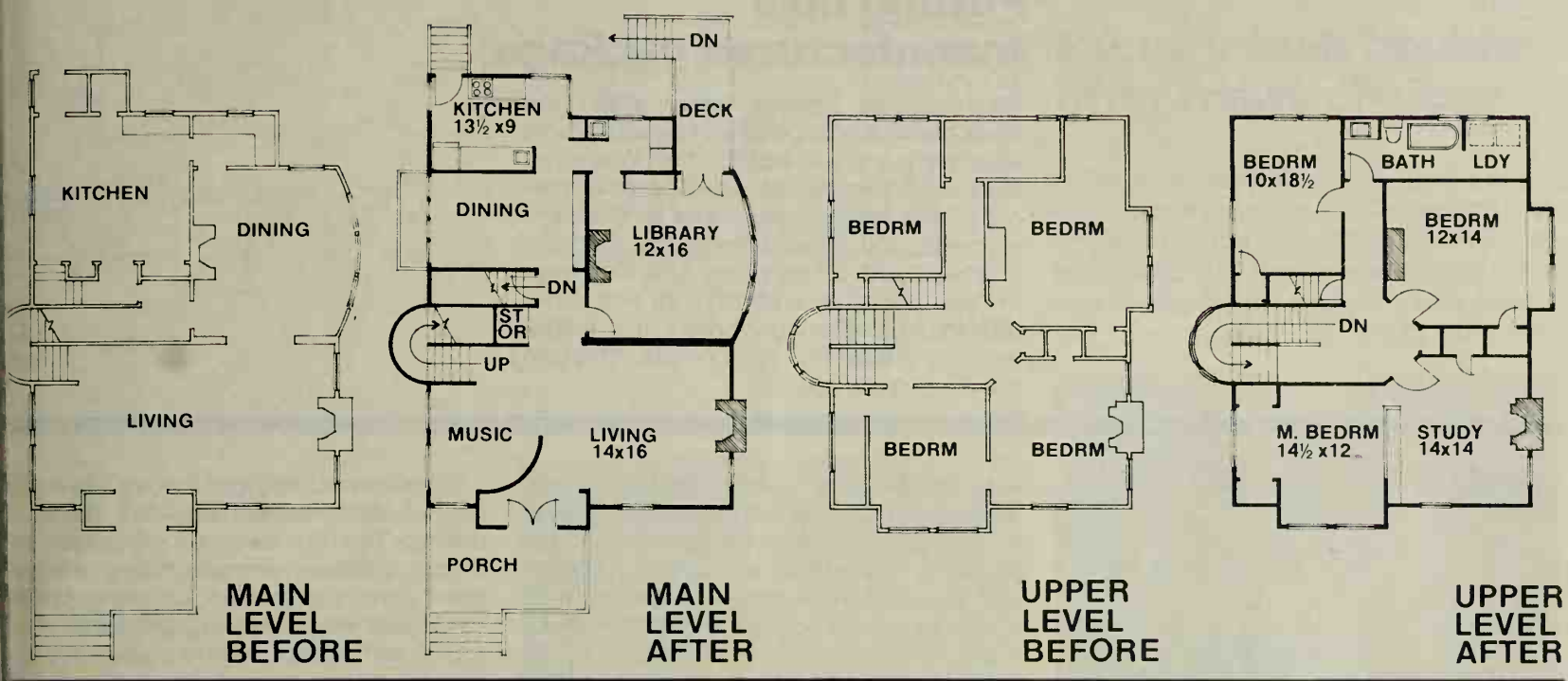


By Stephen Mead and David Haupert

Buying information, page 103

Photographs: Bill Helms. Architect: Glenn Gregg, A.I.A. Source: Ruth Martin

Remodeling a big old house
Putting up a manufactured package
Adding to a small house
Building custom---all the way



all (photo, upper right) ties together all e main level activity areas as it stretches l the way to the kitchen at back.

The floor plans above show how the reggs reworked the oversized kitchen ea by converting the front half to a din- g room and devoting all space behind it kitchen. Eliminating the pantry and nall back porch yielded additional room r counter space and cookware storage.

Even the new stairway got a new face. Note the new open look on the lower tier of steps, brought about by replacing the old banister railing with a low-stepped wall and adding a fresh coat of white paint.

Upstairs, the master suite—complete with fireplace—was carved out of the two front bedrooms (photo, below). Architect Gregg left the bottom portion of the old wall as a visual divider between sleep and study areas, and added a storage/desk unit. The nonstructural tie above the bed adds visual interest.

The Greggs did much of the work themselves, crowding it into a two-month period between purchase day and moving day. Some of the jobs were anything but fun (Mrs. Gregg vows she'll never again remove six layers of paint from anything) but the results were well worth the effort.

How to get the house you want

Putting up a manufactured package

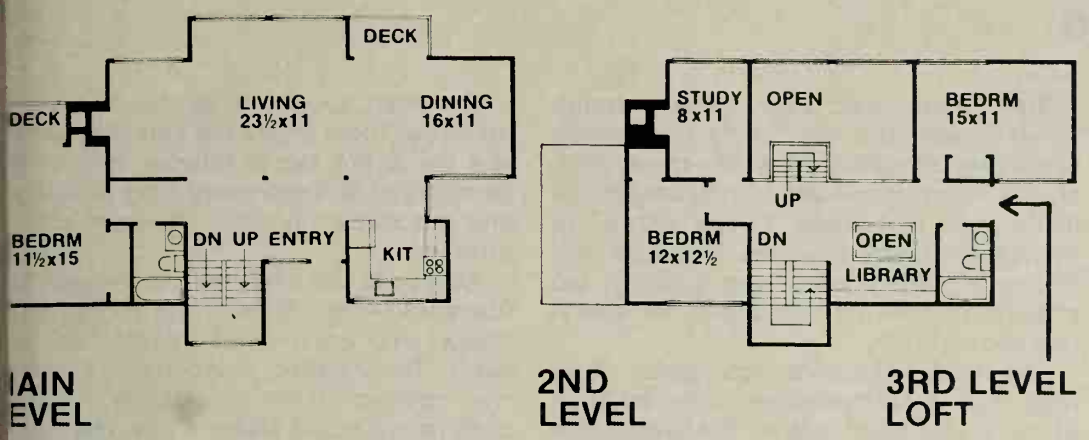
Manufactured houses today aren't the boxy prefabs of a couple of decades ago. Most have a great deal to offer. When you start shopping you can choose from precut pieces ready to assemble by standard methods, and three-dimensional modules complete with all services. And the range of floor plans, exterior styling, and other options is surprisingly broad. If a manufactured home fits your needs, chances are it's a good buy.

No matter what your budget, your consideration of a new house should include shopping manufactured packages. Mr. and Mrs. Tony Cope of Sudbury, Massachusetts, knowledgeable because they already owned a home, found that a manufactured house could give them more for their money. And, the same can be true even for families on a minimum budget, because of a wide price range.

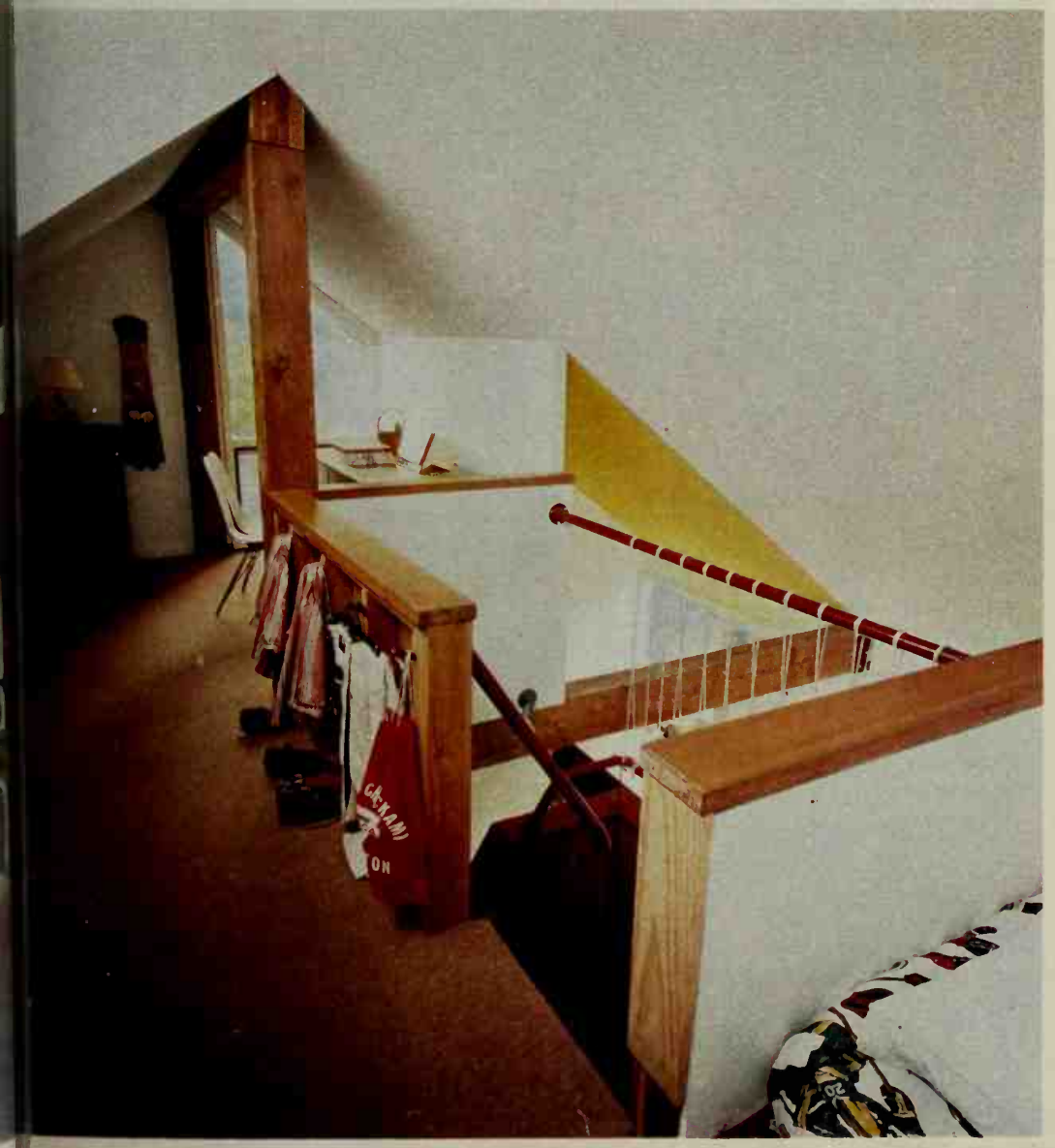
Much depends on where you want to live. Since a house is an awfully large package to ship, most companies in the business restrict their sales activities to a relatively localized area.

Economy is the number one advantage of manufactured houses—but there are others. You are assured of quality materials because manufacturing methods don't lend themselves to using inferior wood and other building products. You get good design and engineering too since a great deal of planning must be done before the first house is manufactured. And, you can plan the spaces you want before the house is built, since most packages allow great flexibility. Add one more big plus: the house you want and need gets built faster—sometimes within three days from start to finish.

Photographs: Bill Maris. Manufacturer: Geocom. Source: Estelle Guralnick



The Copes wanted an open plan and stinctive contemporary styling. As you an see, they got what they wanted. orking with the manufacturer, they ded up with three levels—living area d master bedroom on the main floor, drooms and baths above. The photo elow, left) shows how open and airy the use is. Ceilings vaulted to clerestory ndows let maximum daylight into the terior, and open areas from the dormiry loft (below, right) to the living room eate dramatic vistas throughout the use. And, this unit is just a sample of hat you can get in a package house.



Factory-built houses offer many choices

These three houses are just a sample of the variety of manufactured houses on the market. You've seen them before in Better Homes and Gardens—each offers good value, comfort, and livability for most budgets.

Simple in styling, this two-level manufactured house offers a package of family style convenience. See our February, 1973, issue for more information.

Quality, standard materials give this house a lot of appeal. Inside, there are three bedrooms and an open living area—see our September, 1972, issue.

Compact in size, this two-story house features dramatic spaces inside and great styling outside. We featured it in our February, 1974, issue.

For details on manufactured houses in your area, write: Reader Service, Dept. BLD, Better Homes and Gardens, 1716 Locust, Des Moines, Iowa 50336.

How to get the house you want

Adding to a small house

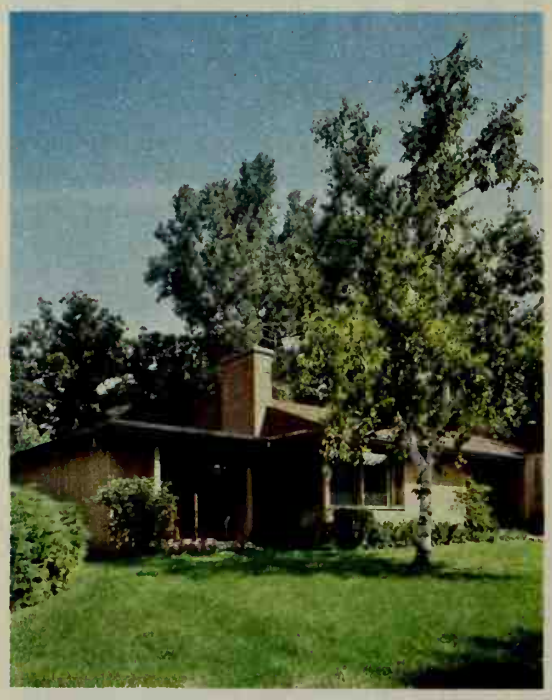
It used to be true that a family's first house seldom was their last. In normal times, one of the big motivations for moving to another house was the need for more space. The current housing crisis, however, is persuading some families, like the Gene Elliots of suburban Chicago, that it makes more sense to stay put and add the extra space they need. Staying put saves the family wear and tear—adjusting to new schools, new commuting patterns, new neighborhoods. And, financially, an addition is often the cheapest way to get a bigger house. When you consider moving expenses, interest, and big down payments, you can see why.

The Elliots liked their three-bedroom ranch house, but the family had grown since they bought the house—three girls, one a teen-ager—and an average-size living room just couldn't cope with all of the family's many activities. Moreover, the kitchen's eating area was entirely too small to handle informal meals for everyone comfortably.

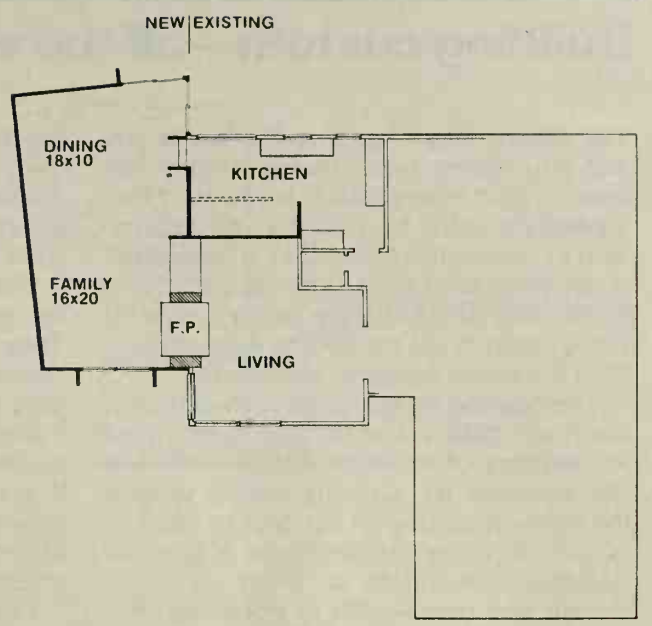
The ready solution to both space problems was a multipurpose room addition at one end of the house off the living room and kitchen. And, to squeeze every possible foot into the width of the room, the Elliots angled the outside wall, parallel to the oblique lot line (see plan).

The front two-thirds of the addition is the active room where the kids play games and the entire family relaxes, free of the compulsion to keep everything picked up and put away "in case company should drop in."

Access to the new room is through two openings—one off the living room (photo below) and another off the kitchen (see plan). The existing living room fireplace was opened to the new family room so both rooms could share a fire. The Elliots used maintenance-free quarry tile on the floor, and chose rugged laminated beams to support the tongue-and-groove roof decking.



Photographs: Hedrich-Blessing. Architect: I. Moses, A.I.A. Interior Designer: T. J. Mossell, A.I.D. Source: Jessie Walker

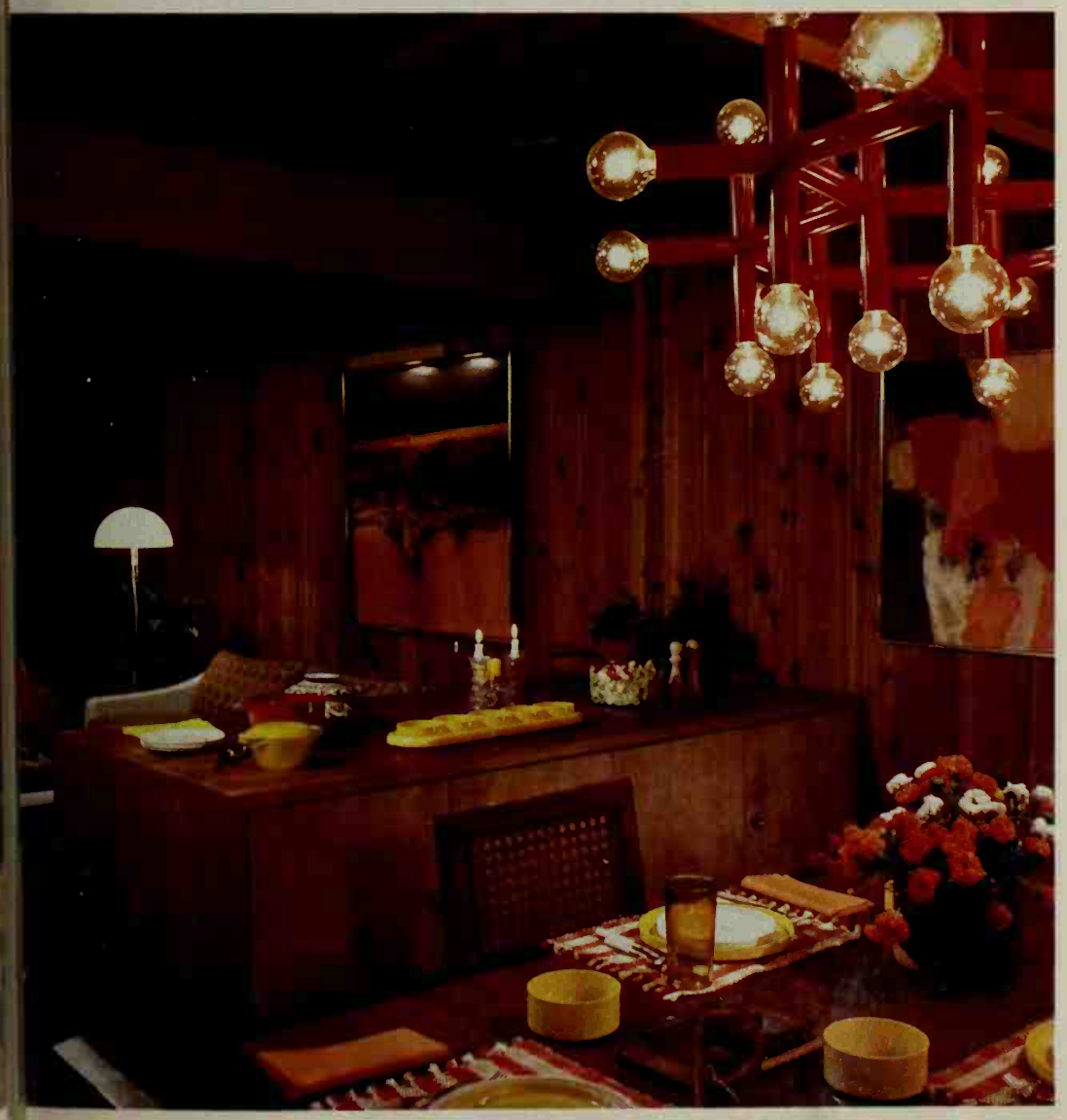


At the rear of the new room is a comortable dining area separated from the ront-of-the-room activities by a storage nit/divider that triples as a serving bar.

The floor plan shows how the Elliots noved a wall and closed off a doorway to nake room for an informal eating area in heir tiny kitchen and to give the living oom privacy it never had before.

To cap off the remodeling portion of the onstruction project, the Elliots replaced a bulky stone mantel and facing around the living room fireplace with three sleek setbacks created by nailing drywall to a stud framework. The smaller and cozier living room is now reserved for reading and quiet conversations; noise and clutter have been banished to the new addition where most activities are centered.

The overall project was relatively expensive, but the Elliots reasoned that they'd be living there for many years, and this was their "new house" investment. If they had been forced to add the same space—but stick to a smaller budget—they could have cut costs several ways: (1) forgo the living room remodeling (2) substitute less expensive materials for the redwood paneling, walnut divider, and quarry tile floors (3) postpone the kitchen expansion. Regardless of the budget, however, this house now will serve the Elliot family for many years to come.



How to get the house you want

Building custom—all the way

The classic way of getting *the* house you and your family have always wanted has been to start from scratch. If you want that something extra in a house—an expression of yourself, a house that is individually designed to fit in one special place, or a house that will suit your family's style of living and provide continuing enjoyment—then a custom house is the answer.

The process for getting a custom house, however, gets more difficult every year for families of average means. Yet, it is still possible for a family willing to take the time—from design concept to finished house—to enjoy the pleasures of a house designed specifically for them.

Paul and Helen Lyon of Portland, Oregon, wanted a new house. Like many couples, they discussed designing and building their very own—and like many people, didn't think they could. Even close friends advised against trying it. "Custom houses always go over budget, and you won't get what you really want."

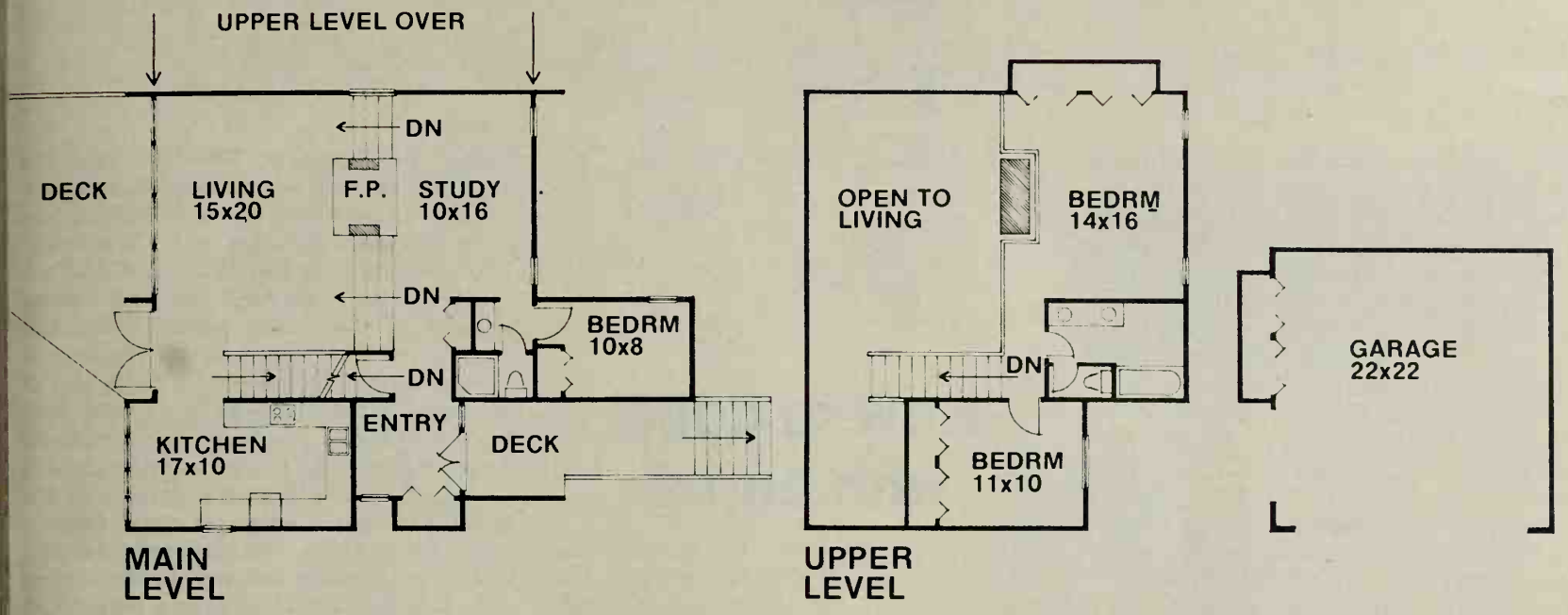
But they tried. First came working on the design with architect Jiro Yodogawa. They realized that they were gambling dollars during this stage and that if they didn't go ahead, the preliminary design investment would be down the drain. Even so, the Lyons felt then—and still feel—that if you want a very personal house, an architect's design fee is a real bargain, especially when compared to a real estate salesman's fee.

Design in hand, the Lyons met with several lenders and were turned down. The reasons were the same other couples often hear. "The design isn't typical of th area and, therefore, the resale value i low." Or, "You people would qualify if th house weren't so personal." And so or And, interestingly enough, the reason often mentioned by lenders for not "gran ing" a loan were the very same that mad the Lyons want the house. Finally, after s much discouragement, they found a lend who was interested and who understoo well-designed houses. The lender had se eral conditions, however. The downstai bedroom and bath had to be finished wit the rest of the house, and the garage ha to be built at the same time. So, althoug the payments would be more than th Lyons had planned, they went ahead.

Their architect helped them find a buil er who had experience in custom house

Buying information, page 103

Photographs: John Fulker. Architect: York/Yodogawa, A.I.A. Source: Jocelyn Cox

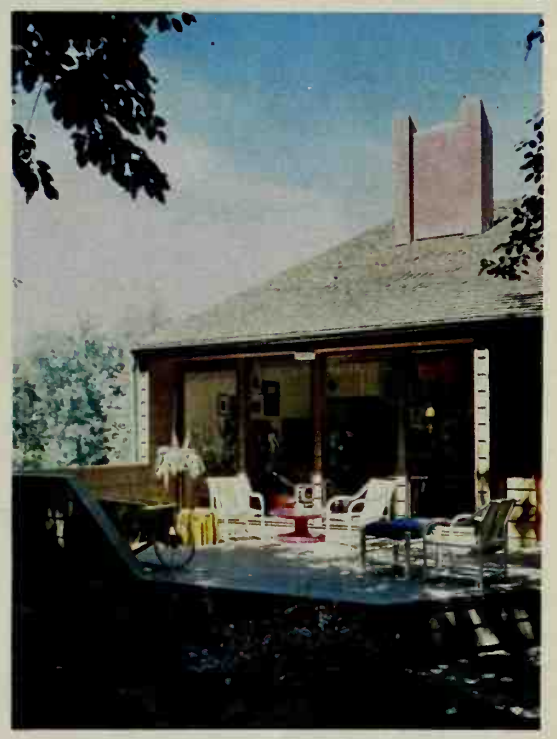


s a result, they skipped over a big stum-ing block. All too often, builders who are ccustomed only to production houses ve unrealistic bids on custom houses—ey fear unknown factors will eat into eir profits, so they inflate their bid.

Other tactics—being realistic about the ace they wanted, selecting materials at were easily available, and compro-ising when necessary—helped the ons get the house they really wanted, a rsonal house with contemporary flair. nd, they did it within the original budget.

The photographs on these two pages ow how the Lyons live. You'll see old ings mixed with new, since the Lyons firmly rejected the idea that choosing a contemporary house means that every-thing in it has to be chrome and glass.

The living room (left and below) is defi-nitely today, but a few old pieces add a warm touch. The study extends the space of the living room on the fireplace side (see plan) so that both rooms can function together when the occasion calls for it. On the other side, the large windows add to the living room's wide-open feeling. The deck on the back of the house takes advantage of the whole backyard. The floor level is the same as inside, and the door is placed so the deck is easily reach-ed from the living area and kitchen.



How to cope with burns

Burns can occur with horrifying swiftness any day of the year. A child is badly scalded when a kettle of hot water on the stove top is tipped over. A housewife suffers grease burns on her arms and hands when a deep-fat fryer spatters. A man sustains burns on his legs and thighs while trying to stamp out a grass fire. An accident victim is severely burned when his car bursts into flames.

Each case is an unexpected and frightening emergency—and the victim's life may well depend on the immediate first-aid treatment he gets.

Doctors and hospital personnel dread to see burn cases come into the hospital emergency room, for they know that the road back from a serious burn can be long, painful, and costly. Yet the pattern of recuperation can be set by the first steps taken at the scene of the accident, long before the victim reaches the hospital.

Everyone should know what to do, and what *not* to do, when a burn accident occurs. The following facts can help you take swift and knowledgeable first-aid measures.

How serious is it?

Everyone has experienced an occasional minor household burn—a small splash of hot grease, for instance, or a scorched fingertip. Such accidents (more annoyances than emergencies) require little more attention than cooling the injured area with cold running water and applying a light gauze bandage until the burn heals itself.

What's really significant, however, is the depth and severity of the damage done to the burned tissues. In a *first degree burn* only the outermost layers of the skin are damaged. There is reddening (or erythema) of the burned area, and perhaps some swelling of the underlying tissue, but no evidence of blister formation. A familiar example is a mild sunburn. Such a burn, in most cases, heals spontaneously in a few days with no more residual effect than peeling of the damaged outer skin layers.

A *second degree burn* is much more serious. Deeper skin layers are injured, and the burn area is blistered. Such burns are more painful than first degree burns and heal more slowly; there is always danger from infection, and from a loss of vital body fluids. With skillful medical treatment, however, these burns also will usually heal without scarring or other damage.

Most serious of all is the *third degree burn* in which the injury has penetrated through all the skin layers and destroyed (charred) most of the skin itself. Underlying muscle and other tissues may also have been damaged. This type of burn requires prolonged and painstaking medical attention. One gauge of the seriousness of this type of burn is the amount of skin area affected. Any burn involving ten percent of the total skin area is serious; a 30 percent burn is gravely dangerous; and a 50 percent burn will no doubt mean a prolonged struggle for the patient's life.

The victim of a third degree burn must be treated for pain and shock, and the body fluids and blood proteins lost through seepage from the denuded areas must be carefully replaced. All destroyed tissue must be removed by a surgeon, and a general anesthetic is usually required. Then the wounds must be kept covered with sterile dressings to help guard against the overwhelming threat of infection. The burned areas that were denuded of skin must be covered with skin grafts to help provide a new skin layer.

The sooner the grafts are applied, the better. Often it's done at the same time that the burned skin is removed by the surgeon. And if the patient doesn't have enough natural skin elsewhere to provide grafts for cover, experienced burn surgeons now use a temporary sterile skin from pigs or human cadavers. This skin will, of course, be shed by the burn victim's body eventually, but it may be life saving as an interim protector to reduce loss of fluids and blood electrolytes, and prevent bacterial invasion of the skin or bloodstream.

What should you do?

Obviously, the longer a burned area is exposed to heat, the deeper and more extensive the burn will be—and the longer and more difficult the treatment. Thus, the first and most vital first-aid step to take when a burn occurs is to *remove the source of heat and cool down the burned tissues as swiftly as possible.* The best and fastest way to accomplish this is to saturate the entire burn area with copious amounts of the coldest water immediately available. If total immersion of the burn is impossible, then soak down the entire area of the injury repeatedly with cold water until any smoldering clothing is completely damped out and the burned tissue thoroughly cooled. Because it is often impossible at first glance for you to judge the true extent or depth of a burn, this soaking procedure should be routinely followed in the case of *any* burn, large or small. Even a minor burn will feel much better for it.

Once the burn has been copiously soaked with cold water, wrap the injured area loosely (but securely) with a clean dry cloth (a torn-up piece of sheet is excellent) to keep out air and bacteria. The burn itself, however, should be *left strictly alone.* If clothing has adhered to the burn, cut away the loose clothing around the area but don't tamper with the burn in any way. Never smear butter, oil, or grease on any burn. Despite what you may have heard, such greasy applications *do no good at all,* and may seriously complicate the doctor's treatment of the burn later on.

With the injury dressed and protected, take simple measures to combat shock until a doctor can be summoned or the victim taken to a hospital. Keep the victim comfortably warm and as relaxed as possible, lying down with his feet elevated slightly above his head. Try to keep air away from the burn and reassure the victim that help is on the way. If necessary, you may give him two five-grain aspirin tablets with a very small sip of water. Aside from this, and perhaps moistening his lips with cool water, give him nothing to eat or drink. Food or fluids in the stomach could delay by hours the doctor's treatment of the burn later.

As soon as you've taken these simple first-aid measures (and they should take you only a few minutes), contact a doctor or arrange to get medical aid for the burn victim as quickly as possible. Minor burns can often be treated right in the doctor's office but any more extensive burn may require hospital care, at least at first.

(It's worth remembering, too, that anyone who has been trapped in a burning building or car may have sustained heat or smoke damage to his lungs, even if his burns are slight. He should be observed closely—hospital is best—to be sure his lungs have not been affected.)

With skillful modern treatment, the chances for complete recovery from a burn are better today than ever before in history—but the victim of a serious burn still has a difficult struggle ahead. The sooner expert medical treatment can be started, the shorter and easier that struggle will be. ■

First Aid For Serious Burns: Some Dos and Don'ts

DO . . . soak down the burn immediately with cold water
DO . . . dress the burn with clean dry cloth or gauze
DO . . . keep the victim at rest until help arrives
DO . . . call a doctor or arrange transport to a hospital immediately
DON'T . . . try to peel or tear away adherent clothing
DON'T . . . smear butter, oil, or ointment on a burn
DON'T . . . give food or fluids without a doctor's order
DON'T . . . panic! Remain calm and reassuring

Now, with the proper guidance, even the beginner can master the art of Chinese cooking

The Cooking of China

Your Introductory Volume To

TIME LIFE BOOKS *Foods of the World*

FREE, for 10 full days

You'll get *that proper guidance* in *The Cooking of China,* your introductory volume to TIME-LIFE BOOKS best-selling series, FOODS OF THE WORLD. It helps take the confusion out of Chinese dishes such as sour-and-hot soup, smoked chicken, pepper steak. You'll find easy-to-follow recipes, tested in our own kitchen. How-to illustrations and step-by-step instructions make the most exotic dish a pleasure to prepare. Examine the volume and its companion Recipe Booklet FREE for 10 days. Read them. Work with them. Here are some of the fascinating things you'll discover . . .

How To Plan a Perfect Chinese Meal

Don't worry about courses when you plan a Chinese dinner party. Every dish is served at once. Sample menus help you balance your choice of dishes so that preparation and cooking are simple and orderly. The book has "prepare early" dishes such as braised star anise beef . . . slow-cooked dishes such as barbecued spareribs. These leave you free for shrimp with peas or another favorite stir-fry dish.

A Sumptuous Meal with a Few Simple Rules

The Chinese make preparation and cooking two separate procedures. Most preparation means chopping and should be done in advance. If certain ingredients aren't available, don't worry. *The Cooking of China* will show you how to substitute spinach for cabbage, broccoli for bean sprouts. No need to invest in new equipment. You can cook "Chinese" with utensils right from your own kitchen.

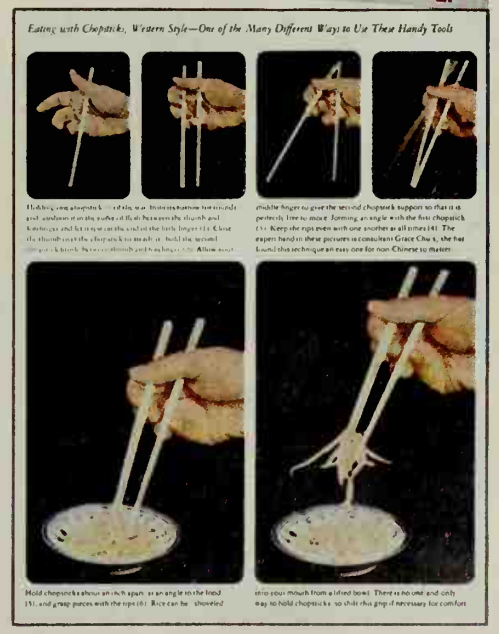
The Cooking of China — Free for 10 Days

Now you're invited to enjoy *The Cooking of China* for 10 days without cost or obligation. You'll find full details of this offer on the reply card. Do mail it, today.

- Book size: 8½" x 11" • 206 pages
- 87 pages of full-color illustrations
- More than 70 authentic Chinese recipes

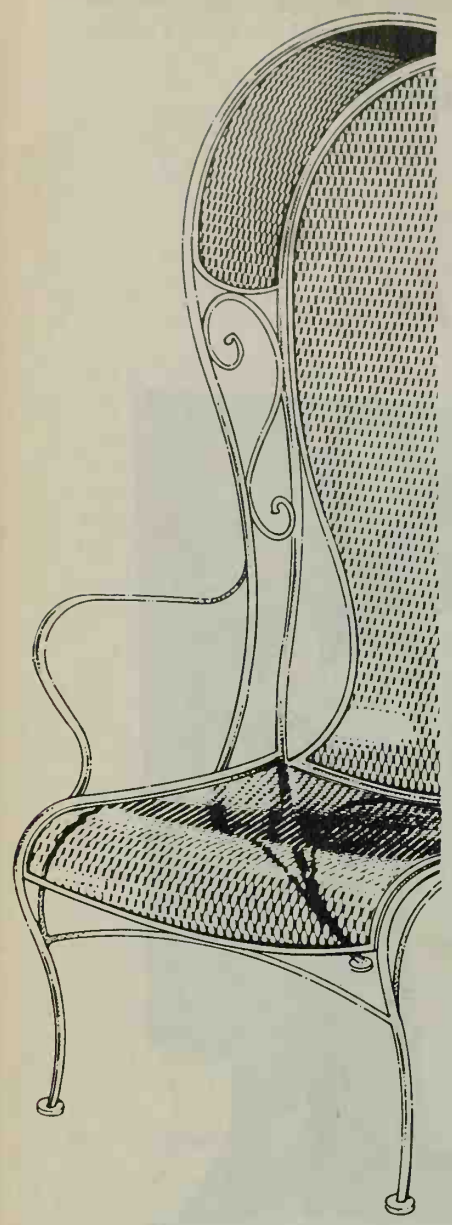
Two Simple Wrappers. *Wontons* and egg-rolls are easy to prepare. They are filled, shaped and cooked in a variety of ways. Shown above are basic techniques for folding and filling egg-rolls and several kinds of *wontons.*

Deep-Frying. The Chinese deep-fry everything from shrimp toast and *wontons* to beef and chicken. Deep-frying is done in several stages. Shown above is the step-by-step preparation of deep-fried shrimp balls.



Eating with Chopsticks. Illustrated above is the basic technique for using chopsticks. However, there's no one-and-only way to use chopsticks. Simply adjust this basic grip to one that is easy and comfortable for you.

If order card is missing, then please write: **TIME-LIFE BOOKS,** Dept. BKBD06, Time & Life Building, Chicago, Ill. 60611



Our charming new
Princess chair in fine iron mesh
may be purchased singly,
or as a part of our dramatic new
Ironwood Collection of
tables, chairs and settees.

For a closer look, send $1.00 to
Woodard, Dept. BHG-25,
Owosso, Mich. 48867. We'll
send you color catalogs,
decorating ideas, and the name
of the fine store near you
that carries our indoor and
outdoor collections.

Woodard. It's more
than furniture...it's a way of life.
Just ask Arnold Palmer.

Arnold Palmer

Woodard

Lee L. Woodard Sons, Inc., Owosso, Mich. 48867.

CARS Peter Stephano

SPECIAL SALES: do they save you money?

From late fall through early spring, prospective new car buyers are tempted by advertising that offers to throw in air conditioning, stereo tape players, or distinctive interiors with new cars purchased during special promotions. Are these promotions legitimate opportunities for a bargain?

In some cases, the answer is yes.

Special promotion car sales, called option sales by manufacturers and dealers, are designed to create showroom traffic during normally slow sales periods, such as the first three months of the year. These sales are legitimate, and you will be able to buy special options as advertised at bargain rates. What you do have to watch out for is the tendency to pay more money for the *total* car than you would through normal dickering at any other time. But if you know what you're doing, you should be able to buy *more* car for not any more money than you would normally spend. First of all, you need to understand how the sale works, from the dealers' point of view.

Option sales are of several types, differing by what is offered and with whom the special offer originates.

Introductory sales, sometimes referred to as "One Cent" sales, work like this: the buyer pays the dealer's asking price for the car (near suggested retail or sticker price), and for a penny the dealer throws in an expensive option or group of options (which may or may not have been discounted from the factory). For instance, you might decide to buy a $4,500 intermediate or full-size automobile and the dealer contributes air conditioning, a $450 extra-cost option. A good deal? What actually happens is that you receive a $450 discount on a $4,950 car. Through ordinary and expected bargaining with the salesman you might earn yourself a more substantial price reduction, perhaps as much as $1,000 off sticker price without any trade-in allowance. By hard bargaining you could save $550 over the $450 advantage gained from the sale. The sale actually represents a greater dealer profit.

Another sale of this type of fered by dealers comes with fac tory support—not from the ca manufacturer, but from the man ufacturer of the component. A example is the special sale of ti steering wheels as a new car op tion. The tilt steering whee manufacturer offers dealers a d rect cash rebate to stimulate th sale of the option. Rather tha lose the sale to a tightfisted cu tomer, the dealer is often mo than willing to discount the pric of the option or include it free charge. But not all option sales this type indicate a discount fro the manufacturer, and unle there is some informative adve tising by the dealer, there is n real way for you to know befo you start talking actual selli price.

Another form of bargain is t *Specially Equipped Car Sale.* this kind of sale, the manuf turer offers dealers the opp tunity to order cars fully equ ped with options at $200 to $3 less than normal dealer cost. T acts as an inducement for deal

continued on page 44

How to go in snow

To the driver in cold climes, winter is no wonderland. Snow, ice, and poor visibility can pose serious winter driving hazards. But with some preparation, changes in driving habits, and common sense, you can greatly reduce your chances of becoming impossibly stuck or of having an accident.

Changing road conditions brought on by winter make it especially important that your car's lights, defrosting system, and windshield washers and wipers are working properly. Winter wiper blades, which use a soft rubber "boot" to prevent build-ups of snow, sleet, and slush, are a good visibility investment. Carrying a durable scraper in the car is a must, to clean snow and ice from *all* the windows so your vision is clear in every direction. Be sure, too, that the window washing solution reservoir is kept adequately filled with an alcohol and water mixture.

By now you should be aware that properly inflated tires contribute to better gasoline economy. In winter, proper tire inflation gives better traction, too. Lower tire pressure *does not* increase traction, but allows heat buildup which can damage tires. Remember also that low winter temperatures affect tire inflation pressure—about one pound of air pressure is lost for every ten-degree drop in air temperature.

Snow treads are recommended for dealing with snow and ice, and these winter tires should be kept at the same inflation pressures as regular tires. When you switch to snow tires, store the conventional tires in a cool, dry place, away from furnaces or batteries which may produce ozone. Whitewalls should face each other when stored. Radial tires that have been removed and replaced with snow tires should be marked in the direction of tation so that they may be mounted on the same side of car they were on originally. A only radial snow tires should used with conventional tr radials, or you'll lose tract

Driving on snow or ice i difficult, nor should it be unn ing, if you practice the follow techniques:

- When starting on snow or don't accelerate as you would dry pavement. Put the car "drive" or second gear, m sure the wheels are poin straight ahead, then use a l touch on the accelerator peda
- Once you're moving, get feel of the road by trying steering, brakes, and accelera at slow speeds.
- Change lanes or turn cor with smooth, gradual ad ments of the wheel, being ca not to oversteer.

continued on page 44

Wizard packs a coupon for "free Tide" in every new washer. But that's not why you should use Tide.

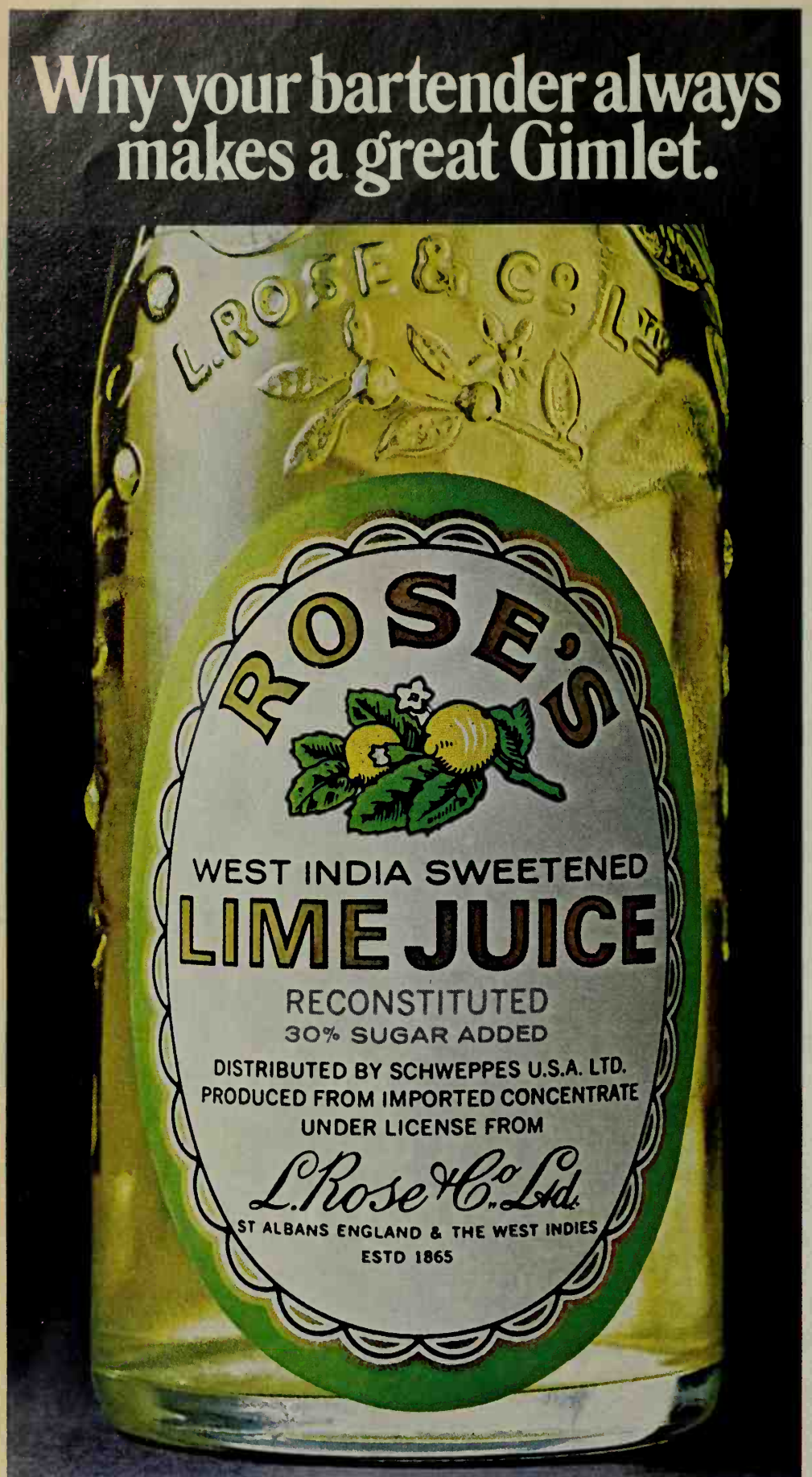
Your kids are. That coupon for a free box of Tide is a good reason for trying Tide. But the way it gets out the really tough dirt in your wash... like the dirt your kids grind into their clothes... is the reason you should stick with it. You can count on Tide to get your kids' clothes clean. The rest of your wash, too.

Permanent press gets special treatment in the Wizard Citation Imperial. The 18 pound-capacity wash basket gives these fabrics extra room to turn and flex, and a cold water spray cools clothes quickly to prevent wrinkles. The Imperial has eight cycles and a water level control.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 18 washers pack Tide coupons in every top-loading automatic.

Why your bartender always makes a great Gimlet.



Because he uses Rose's Lime Juice. As a matter of fact, practically every good bartender in the world does. So if you want your gimlet to taste as good as your bartender's, always use Rose's.

Here's how he does it: Stir together one part of Rose's Lime Juice and 4 to 5 parts gin, vodka or white Puerto Rican Rum. Serve ice cold, straight up or on the rocks.

Rose's Lime Juice. For great gimlets.

continued

Special sales

to put option-laden cars into demonstrator service—a very direct and inexpensive means of advertising. Manufacturers usually stipulate a minimum in-service period, in months or mileage, and once that requirement has been met, dealers can sell the demonstrator cars by means of a special equipment or "factory authorized" sale promotion. In effect, these promotions are option discount sales and present a chance for you to get a fully equipped car at a bargain price (the original discount plus depreciation), usually with some remaining factory warranty.

Special Model Sales. unlike either of the above types, feature unique care designed to appeal to the fashion-responsive, trend-setting buyer. They only rarely carry reduced prices when compared to standard model offerings. Special paint, pinstriping, racing type wheels, and usually a themed design, such as the official Indianapolis 500 pace car replica, are featured. Cars like these are limited production models that cost somewhat more to manufacture. As such, they represent smaller discounts to the prospective buyer during the stated promotional period. To get a better discount on these "one-of-a-kind" models, start looking for a dealer who still has them in stock 60 to 90 days after the promotion has ended. You can usually count on getting a bigger discount, at least as much as you'd expect on a standard model, and still have the distinction of owning a unique automobile.

Package sales are another type of option sale, but they seldom represent significant savings. Package sales serve to further stimulate the sale of popular models already in good supply. Routinely available options, such as vinyl roof, wheel covers, whitewalls, and carpeting, are combined in a package with a bright exterior paint color; thus it appears that a new series of popular car has been created. The catch is, the price is usually slightly higher than standard models with the same options or, at best, only around $100 below suggested retail.

The only real difference between a factory-sponsored special sale and one originating with the dealer is the price you end up paying. Since all dealers pay the same price for their cars (the only variable is the freight charge), in any given regional area their margin of profit is about the same. They aren't about to give anything away. Thus, dealer sales are less likely to offer as much of a bargain as factory-supported ones with a good dealer discount.

Obviously, in any option or special car sale deal, price is the key factor. If the savings on the special sale car is the same or even a little less than that of a similar model without the extra options, you've found a genuine bargain.

But are extra cost options that you don't really need ever a ba gain? They can be, if you plan trading in the car after a fe years. Options that contribute driving comfort, convenienc and safety also add to the ca used value. Air conditioning, F or stereo radio, power steerin power brakes, automatic tra mission, adjustable steeri wheel, and even "GT" equipme could return 50 percent or mo of their cost at trade-in time. A pearance items, like special tr and whitewalls, add nothing trade-in value, but they do p vent any deduction, since ev used car buyers are reluctant buy plain Jane models nowada and the dealer doesn't want to a cept a car he'll have a diffic time selling.

continued from page 42

How to go in snow

• When stopping, pump brakes gently. Sudden jamm of the brakes might send the into a skid. If your car does st to skid, take your foot off gas pedal and the brake, and t the steering wheel in the direct the rear end of the car is skiddi

• Slippery spots may appear expectedly, such as areas alon cleared highway where water flowed out and frozen before rest of the roadway. Learn recognize these danger spots.

• A good rule of thumb for w ter driving is that the safe sp on a snow-covered or icy hi way is about half the pos speed. By slowing down yo gain more control of the car.

Whether or not you'll e need to use it, a "snow kit" winter emergencies is essen equipment for your car. The should contain these items:

A bag of sand in the trunk add weight for traction as wel help in getting your car unstuc

A short-handled shovel;

An old blanket for warmth to crawl upon if you have to under the car;

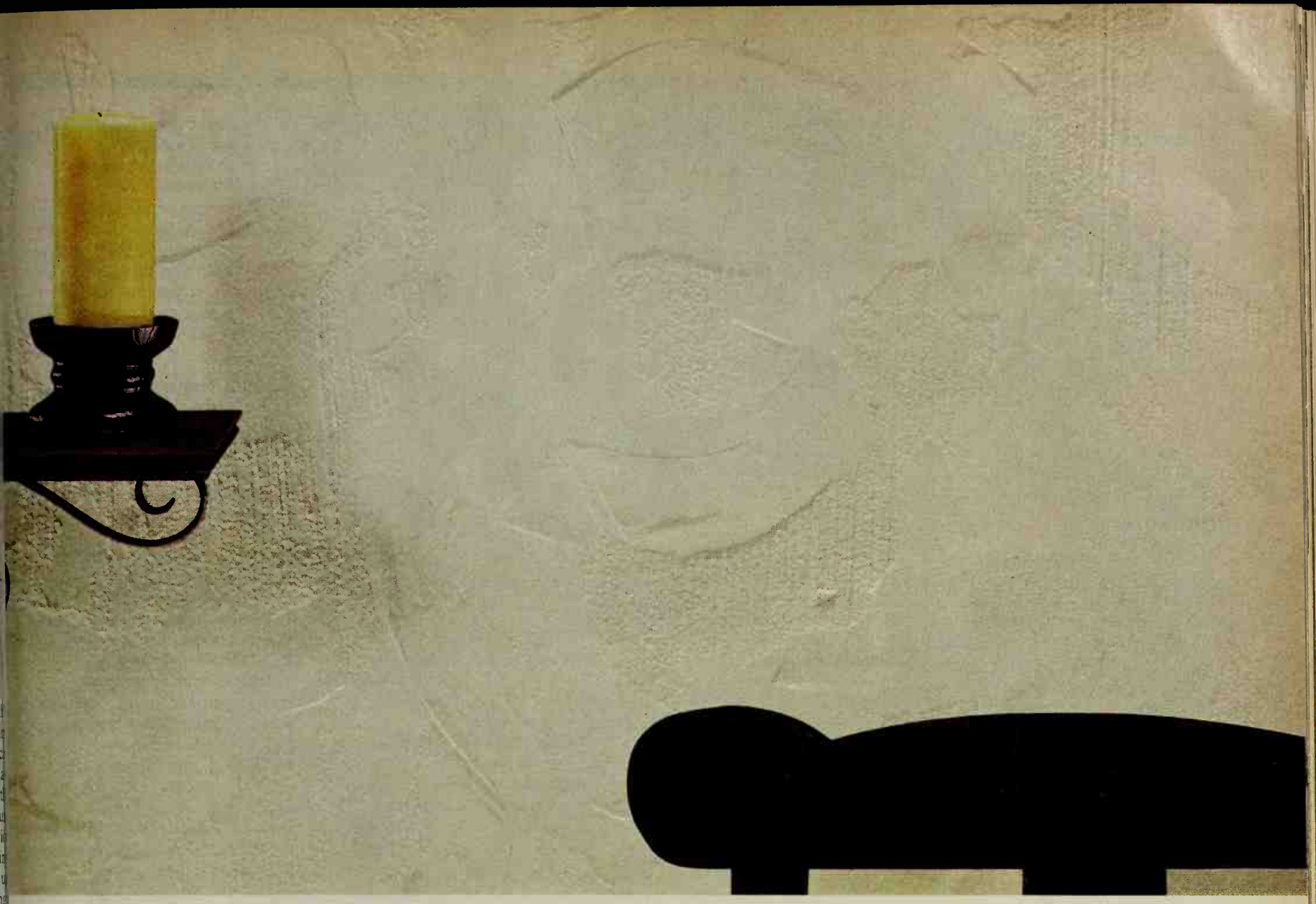
A reliable flashlight;

Heavy gloves, overshoes, warm headgear;

Tire chains if deep snows expected.

If you have to pull off the r for a flat tire or other emerger try to pick a spot where yo sure of the snow depth. Sn plows often cover road shoul with snow, sometimes hi ditches that are several feet d

If you should happen to caught in a blizzard while on road, don't abandon your Besides offering you protec from the elements, the car wil easier to spot by potential res units than you would be wan ing around on foot.



Your friends may think it's stucco. But it's really a put-up job.

Casa Blanca™.

rprise!

Somebody finally created rdboard paneling with the an, fresh look of skip-trow- d stucco.

So realistic you could fool ur friends, neighbors, and nt Martha.

So attractive you'll want it an accent wall or an entire m.

Casa Blanca! Another new lusive 4′ x 8′ paneling carry- the Masonite Brand.

If you want to add a little

of the outdoor look to your indoors, look to your Masonite dealer.

He's in the Yellow Pages under "Paneling." Or write for more information to Masonite Corporation, Dept. BHG-2, Box 777, Chicago, Illinois 60690.

The extraordinary difference.

Masonite is a registered trademark of Masonite Corporation.

Man-made finishes on real Masonite Brand hardboard.

MASONITE CORPORATION

By substituting soy flour for part of the all-purpose flour in most recipes, you can boost the protein value of your baked goods. Here we've used soy flour to make cookies and muffins that are extra nutritious as well as tasty. The macaroni in our salad is manufactured with some soy flour, too. Soy-enriched noodles are also available so you can give all your favorite pasta dishes a healthful bonus.

PEANUT BUTTER SANDWICH COOKIES

Peanut butter in the cookies plus more as the filling makes these double-deckers doubly good—

1 cup all-purpose flour
½ cup soy flour

Buying information, page 103

½ cup sugar
½ teaspoon baking soda
¼ teaspoon salt
½ cup shortening
½ cup peanut butter
¼ cup light corn syrup
1 tablespoon milk
Peanut butter

In bowl, stir together flours, sugar, baking soda, and salt. Cut in shortening and the ½ cup peanut butter till the mixture resembles coarse meal. Blend in syrup and milk. Shape into 8-inch-long roll about 2 inches in diameter; chill. Slice ⅛ inch thick. Place half the slices on ungreased cookie sheet. Spread each slice with ½ teaspoon peanut butter. Cover with remaining slices; seal edges with tines of fork. Bake in 350° oven for 10 to 12 minutes. Cool slightly; remove from cookie sheet. Makes about 2½ dozen cookies.

Photographs: Dieter

MACARONI SLAW SALAD

Tasty alternative to the traditional summer potato salad—

1 cup soy macaroni
2 cups shredded cabbage
1 6½- or 7-ounce can tuna, drained and flaked
2 hard-cooked eggs, chopped
¼ cup sliced pitted ripe olives
¾ cup mayonnaise or salad dressing
2 teaspoons prepared mustard
2 teaspoons vinegar
½ teaspoon salad seasoning
¼ teaspoon salt

Cook the macaroni according to package directions; drain. Combine macaroni with cabbage, tuna, eggs, and olives. In bowl, combine remaining ingredients; fold into macaroni mixture. Chill. Serve in lettuce cups. Makes 4 servings.

DATE-NUT MUFFINS

These tasty muffins accompany our Macaroni Slaw Salad—

1 cup soy flour
¼ cup all-purpose flour
⅔ cup nonfat dry milk powder
2 teaspoons baking powder
½ teaspoon salt
½ cup chopped pitted dates
¼ cup chopped nuts
2 slightly beaten eggs
1 teaspoon grated orange peel
¾ cup orange juice
2 tablespoons honey
2 tablespoons cooking oil

Stir together flours, dry milk powder, baking powder, and salt. Stir in dates and nuts. Combine remaining ingredients; stir into dry ingredients just till moistened. Fill well-greased muffin cups ⅔ full. Bake in 350° oven for 20 to 23 minutes. Makes 12 muffins.

Exciting, fun crafts you can make

from Better Homes and Gardens

Mushrooms and Apple Delight Two, sensational new pillows you'll love! Perfect for your home or as gifts to loved ones! Each kit comes complete with design printed on linen, pillow back, all yarns, nylon piping, zipper, needle and simple instructions. You supply 16" pillow form of your choice.

Quantity Please send me the following:

___ **No. 00507 Mushroom Pillow $7.49** } **2/$13.98**
___ **No. 00506 Apple Delight $7.49** }
___ **No. 00062 Perpetual Calendar $10.98, 2/$20.96**
___ **No. 00099 Calendar Frame 18" x 24" $8.49 each**
___ **No. 00064 Calendar and Frame $17.49, 2/$32.98**

Total of merchandise $_____
Postage and handling $_____
Residents of CA, IA, IL, and NY, please include sales tax here $_____
Total Enclosed $_____

Include postage and handling: for orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; $15.01 to $25 add $1.70; over $25 add $2.00.

If you wish to use your charge card, fill out appropriate boxes below:

Expiration Date Month/Year ____
Master Charge Interbank No. ____
Credit Card No. ____

your BANKAMERICARD
master charge THE INTERBANK CARD

Send order and remittance to:
Better Homes and Gardens, Dept. 2P4
Box 374, Des Moines, Iowa 50336

Name_____
Address_____
City_____
State_____ Zip_____

OUR GUARANTEE: Money back if not completely satisfied.

Embroider This Calendar and Use it Forever Beautiful and useful! Each flower of the is a different stitch. Months and dates, attached with a special nylon tape, are move re-attached in seconds keeping calendar up-to-date forever. Kit includes design prin linen, nylon tape for months and days, thread and easy instructions. Fits our 18"x24' walnut frame.

to hang or

...odeling projects can ...arge an impact on the ...ce of your home—with ...fort—as hanging a new ...r.

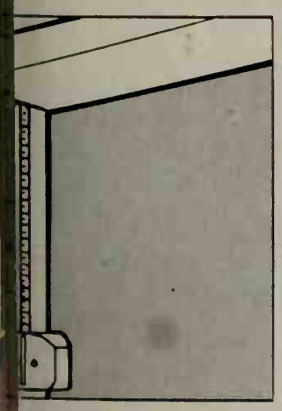
...g the right door is no ... There's a wide variety ...nd sizes on the market ...ou can choose a simple ... a 20-panel ponderosa ...el. Just make sure the ...ds in with the architec-... of your house.

...you choose the door, ... is a relatively easy job ...o-it-yourselfer. Most of ... was done when your ...oor was installed.

... you've removed the ...oor, only three jobs re-...e done: (1) fitting the ... to the opening by plan-...tting, (2) chiseling re-...ne edge to receive the ...nges, and (3) fitting the ...d knob.

...r cut the new door so ...ars the sill on the floor ...s about ⅛-inch clear-...either side and on the ... plane the lockset edge ...e a slight bevel so that ... corner will clear the ...e door is opened.

...e sure the door will be ... positioned on the ex-...ges, measure the dis-...n the top of the inside ...orframe to the existing



...then subtract ⅛ inch ...ce. Using the same method, continue to measure down from the top the distance for the other hinges. Then with a pencil, mark these measurements on the new door where the hinges should be placed. Next, chisel the recesses for the hinges from your pencil markings. (Or to speed up the process, use a router to clear away all but the corners of each recess.) When you are ready to screw the hinges in place, remove the hinge pins and fasten the half hinges to the jamb and door; then, put the door in position and reinstall the pins.

To install the lockset, follow the manufacturer's instructions.

Flavor of the Month

FRENCH

French... America's most popular flavor.

Kraft... America's most popular French.

Made with pure, 100% natural flavors. Kraft..."The All American French"

At KRAFT we think salads ought to be fun!

KRAFT

Creamy thick and mild!

KRAFT FRENCH DRESSING

8 FL OZS

Ice Cream Pudding Pie. It's two of your favorite desserts even before it's a pie.

If you love chocolate pudding, wait 'til you mix it with chocolate ice cream. Together they make an easy, double-rich chocolate cream pie—one with chocolate and more chocolate flavor in every delicious bite.

Ice Cream Pudding Pie

1½ cups milk
1 cup (½ pt.) chocolate ice cream
1 package (6-serving size) **JELL-O® Instant Pudding and Pie Filling**—Chocolate Flavor
1 baked 9-inch pie shell, cooled

Thoroughly blend milk and ice cream in a bowl. Add pie filling mix. Beat slowly with rotary beater or at low speed of electric mixer until blended—about 1 minute. Pour immediately into pie shell. Chill about 3 hours. Garnish with whipped topping and chocolate curls, if desired. Note: Pie may also be frozen for 3 hours.

Jell-O is a registered trademark of General Foods Corp.

begins on page 10

Houseplant how-to

A few carefree plants

At this time of year, you may be fretting because a lot of your houseplants look ragged. While you're waiting to see if they'll recover, come spring, why not get a new plant or two to cheer yourself up?

You have a good choice of plants, even now. They may not be glamorous, but they're green, decorative, and ask little in the way of attention.

Don't be scornful of sansevieria. It's the toughest of plants, whatever variety you choose: long blades, low rosettes, or tubular leaves. Pittosporum is a densely foliaged shrub, available mostly in the variegated form. If you pick and choose among the plants available, you can find interesting forms to begin with, or young ones you can train the way you like. Then you have something other than an ordinary woody plant. While pittosporum is slow growing, you can get more growth action from it by putting it outdoors in summer.

How to handle spiny plants

The easiest and safest way is to wrap a folded newspaper around the stem and hold the paper as shown. Do this also with cactus that have hairs rather than obvious spines. Hairs can get caugh in your skin and be harder to ge out than spines.

Usually the only time yo have to handle a spiny plant i when you're moving it from on pot to another. After transplant ing, wait a day or so before wa tering the plant.

Checking for standing water

Some plants grow only in wate (water lilies), some grow in eithe water or soil (Chinese evergreen) but no plant growing in soil in a pot will thrive standing in water Countless plants die because o this condition and it's so unnec essary. Just be more careful.

When you water thoroughly—as you should—the water drain through the hole in the botton of the pot. If the pot is standin in a shallow saucer, that's fine you're apt to note the excess wa ter and empty the saucer. But, i the clay pot is in a fancy con tainer or jardiniere, you don' notice the excess water until i builds up and you wonder wh your plant looks sick. Make it regular practice to lift out plan and clay pot to make sure th bottom of the jardiniere is dry.

Time to take cuttings

Now's the time for starting ne plants to increase your collec tions, to use outdoors in summe or to give as gifts. Take tip cu tings from plants that have bee growing luxuriantly.

Take three- or four-inch cu tings and remove lower leav from the part of the stem th will be inserted in the rootin medium. We show straight ve miculite, but use any mediu that has worked well for you.

A five-inch pot of vermiculi can hold a mixture of cutting We combined rosary vine, syng nium, peperomia, Chinese eve green, and coleus.

They don't all root at the sam time, but that doesn't matte After two or three weeks, sta testing: pull gently on a cuttin and if it resists it should be roo ed. Dig out with a small spoo and plant in a three-inch pot.

You use it once every four months.

Your plants use it every day.

If you love your plants, you're going to like this remarkably easy way to keep them well-fed and growing.

Easier to use. Simply spoonfeed "Precise" right from the bottle and work gently into the topsoil. That's it! You've fed your plants for 4 months . . . no more "every 10 to 14 days" feeding. No more mixing and messing with often-odorous liquids or powders. No more gallon containers or guesswork measuring. There's no plant food easier to use than "Precise."

A better way to feed your plants. Contact with normal soil moisture activates the timed release beads. A sure, steady stream of primary nutrition (12-6-6) is delivered to your plant roots every day. This controlled method of feeding virtually eliminates the danger of over-feeding and fertilizer burn. Your plants respond with well-developed roots, strong stems, and lush foliage.

Buy "Precise" at garden stores, florists, hardware stores, supermarkets . . . wherever you buy plant food.

Now available! "Precise" Timed Release AFRICAN VIOLET FOOD, with a special formulation (8-11-5) for full, flowering potential.

LIGHT, WATER AND

Precise®
BRAND
Timed Release Plant Food

3M COMPANY

®"Precise" is a registered trademark of 3M Company.

Give your dog something to smile about.

Hold up a "Say Cheese" treat in front of your dog and watch his ears perk up, his eyes light up, his tail start wagging. And watch him smile—smile for our crispy crunchiness—smile for our mouth-watering cheese flavor—smile because he loves you.

P.S. Try French's Doggie Donuts—crispy and crunchy fresh baked donuts.

Carol's illness prevented her from climbing these stairs like she used to. She could move to a one-story house, but she loves this house. A *Cheney Wecolator*™ solved Carol's problem by letting her ride from floor to floor quickly and comfortably. As the first stairway elevator to be UL-listed, it's completely safe, virtually maintenance-free, and can be installed in just a matter of hours. For a colorful brochure on *Cheney Wecolators*, or *Wheelchair Lifts* and *Wheelchair Van Lifts*, contact your local Cheney Representative or write: The Cheney Company, Dept. BG, 7611 N. 73rd Street, Milwaukee, Wisconsin 53223. (414) 354-8510.

Helping people help themselves.

CHENEY Wecolators.

STOP ANNOYING NOISES AND WASTING WATER

GET THE GENUINE

WATER MASTER

'Thrust-Back Collar'

TOILET TANK BALL

America's Largest Seller

The efficient Water Master Tank Ball instantly stops the flow of water after each flushing.

$1.00 AT HARDWARE STORES EVERYWHERE

Higher in Canada

peppermint stick ZINNIAS

Speckled and striped; a different type. Numerous combined colors. Thick, medium flowered heads. Send only 15c in coin for big packet, 2 for 25c

CATALOG FREE

R. H. SHUMWAY SEEDSMAN

Dept. 312 ROCKFORD, ILL. 61101

REPEL-O-ROPE

The quick, effective way to keep dogs and cats from damaging your plants. Just position the rope around trees, shrubs or plants. Can lay on the ground or be suspended. Patented formula repels dogs or cats. Inexpensive protection for your valuable landscaping.

No. 13949 $3.25; 2 for $5.95

Better Homes and Gardens, Dept. 2PK
Box 374, Des Moines, Iowa 50336

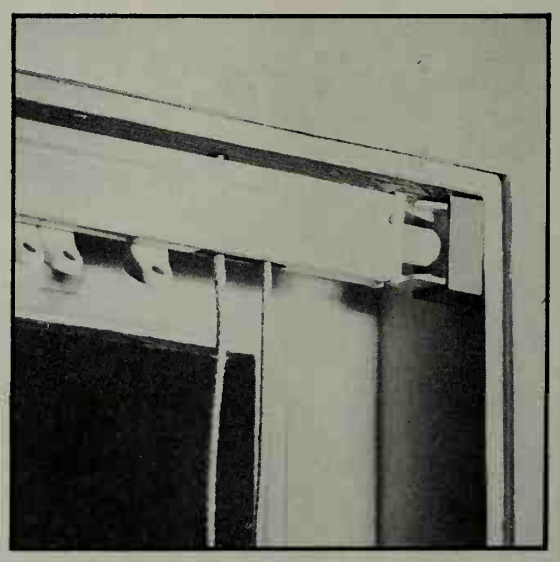
GOOD NEWS

Yesterday's news will warm your hearth when you recycle t papers into fireplace logs. This cast-metal log roller turns tightly rolled logs and, when not in use, looks right at hon next to your fireplace.

Rolled newspapers don't burn as newspapers do. They way real hardwood logs do, giving off very little smoke, dev bed of hot glowing embers, and when the fire is out, leaving ashes. What's more, newspaper logs don't pop and spit sp onto your floor.

Just feed your old papers into the roller and turn the cran a week's worth of newspapers makes a log. There are no c to add; just use two wire ties to keep the log from unrolling for later use.

Fireside Paperlog Roller, $29.98 with 200 wire ties. In equipment departments. Christen, Inc., 59 Branch St., St. L 63147.



Hanging draperies is a snap with a cord-operated traverse can install it yourself in minutes. There are no holes to dri won't mar walls or window trim surfaces.

A spring-loaded plunger on one end of the rod holds the u in place. Simply adjust the rod to one-half inch longer than dow width and press it into position. Metal extender arms on the ends of the rod allow the draperies to extend beyond dow casing, just as they would with conventional traverse ro

Spring pressure traverse rod, $7.49 in hardware and departments. Stanley Drapery Hardware, Dept. PID, Jud Wallingford, Conn. 06492.

continued on page 55

Give us one day.

metime soon, take a day
t for you . . . and express
urself, enjoy yourself
you create a whole new
k in a room. With
ll-Tex® fabric-backed
llcovering. So nice. So
sy on the budget. So many
terns to choose from.
ere's certainly a design,
olor, a style that says:
es, that's really me." And
t's when you stop looking.
ll-Tex. A practical side,
: durable, scrubbable,
ppable . . . easy to put up.
yourself. Or have it done.
oom in a day. (A really
one may take two.)
w beauty. Yours, for years
ome. Now . . . at your
ll-Tex dealers.

T OR PERFORMANCE DEFECTIVE
★
od Housekeeping
GUARANTEES
ENT OR REFUND TO CONSUMER

BORDEN

Wall-Tex®

Fabric-backed Wallcovering

Crafts for the Indoor Season

from Better Homes and Gardens

Give Us This Day Our Daily Bread What a beautiful thought! This inspiring design is a perfect reminder of the blessings we enjoy. Done in rich earth-tone colors, it's something you'll be proud of no matter where you display it. And you'll receive many compliments on its beauty and thoughtfulness. Kit includes design stamped on superb linen fabric, embroidery threads, and complete easy-to-follow instructions. Sampler fits our 10″x22″ walnut finish wood frame. Make one for yourself and one for a gift.

Winter Morn Now you can capture the crisp beauty of a winter morning in the country. You're literally painting with embroidery floss as you work this lovely landscape. And with our handy kit it's both quick and easy to create this distinctive decorator piece for your home. Kit includes everything you need: stamped, permanent press decorator fabric, six-strand cotton floss, and complete instructions. Fits our 22″x28″ walnut finish wood frame.

Weaving Loom Make pillows, placemats, wall hangings, handbags, af shawls—and more! You can create almost anything with this loom— your own family plaid. And weaving is fast and easy—a useful and sati hobby! This is a professional quality loom that will last for years. crafted and finished like fine furniture, it's also a great decorator piece. able in 2 sizes, 15″ and 20″ widths; kit comes complete with loom, h shuttle, all necessary hardware, and complete easy-to-follow instru

New Velvet Patchwork Pillows Have you ever seen such striking patch And it's so easy! Just sew the patches together and create your own de or one of ours. Luxurious, durable decorator velvet lasts for years. And far below what you'd pay in a store. Perfect for family room, bedroom ing room, chair cushions—dozens of uses. Each kit contains complete in tions and a variety of 32 various colored patches—enough to make as m 8—9″x9″ pillows, 2—18″x18″ pillows or any one of 3 other sizes. C your own backing or have patchwork on both sides. Kits also availab making terrific bedspreads, sizes and prices shown below.

Please send me the following:
Quantity

_____No. 11035 Loom 15″ $17.99
_____No. 11036 Loom 20″ $19.99
_____No. 00562 Winter Morn $7.99, 2/$14.98
_____No. 00080 Frame 22x28 $7.49
_____No. 00563 Kit & Frame $14.48, 2/$26.98
_____No. 00327 Give Us This Day $3.49, 2/$6.48
_____No. 00095 Frame 10″x22″ $7.49
_____No. 00007 Kit & Frame $9.98, 2/$18.96
_____No. 00631 Velvet Patchwork Pillow Kit $6.99
_____No. 00632 Twin Size Bedspread (Approx. 81″ x 108″), 14 pkgs., $79.99
_____No. 00633 Full Size Bedspread (Approx. 99″x108″), 17 pkgs., $99.99
_____No. 00634 Queen Size Bedspread (Approx. 103″x117″), 19 pkgs., $109.99

Please include payment for postage and handling: For orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

We guarantee your satisfaction, or return your purchase in 10 days for a full refund.

If you use your charge card, either fill out boxes below or **call in your order toll free:** 800-325-6400 (in Missouri, 800-342-6600).

Total of Merchandise $_____
Postage and Handling $_____
TOTAL $_____

Better Homes and Gardens, Dept. 2PG, Box 374, Des Moines, Iowa 50336

Expiration Date Month/Year
Master Charge Interbank No.
Credit Card No.

Name_____
Address_____
City_____State_____Zip_____

GOOD NEWS

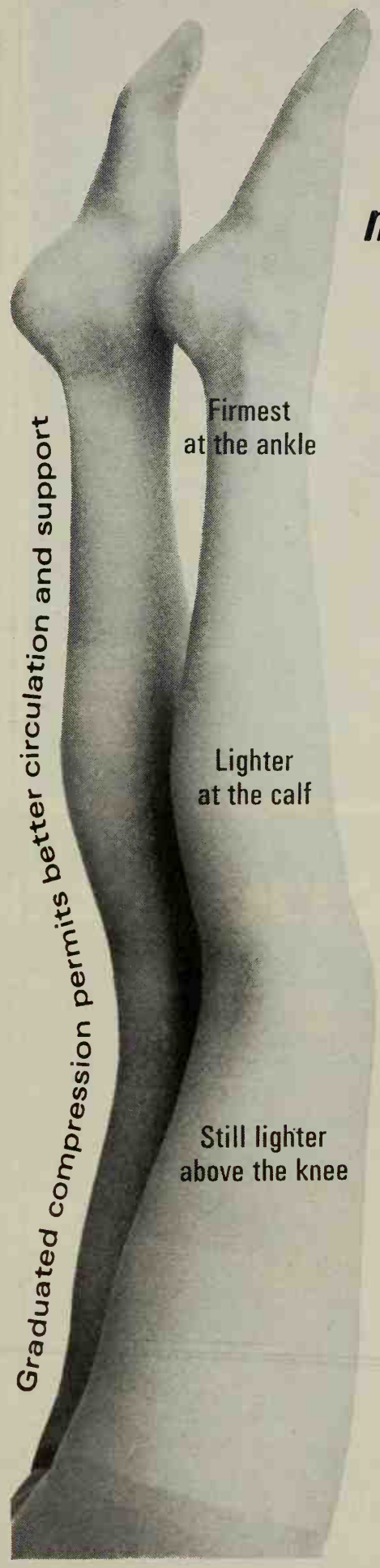
eep-cool gas range features an automatic ignition system that nates pilot lights. The top burners are ignited by each of the urner knobs. When you turn the knob to the "HI" setting, the module releases two to three sparks per second to light the gas. roiler/oven igniter is activated by a glow bar when the oven/ ontrol is turned on.

pilot light means no fuel consumed to keep pilots burning. mounts to a savings of about 30 percent of the total range ing costs. The pilot-less feature also eliminates service calls for utage—estimated by the gas industry to be more than 50 per- f all service calls.

ric Ranges with pilot-less ignition in appliance stores. Caloric, sion of Raytheon Company, Topton, Pa. 19562.

ued

Now...true elastic panty hose help ease the pain of varicose veins



Proper compression therapy makes legs feel better and look better

When the discomfort of varicose veins calls for compression therapy, you need more than support panty hose. You need Bauer & Black® true Elastic Panty Hose. You get up to twice the compression of support panty hose.

More important, it's *graduated compression*—firmest at the ankles where most leg troubles start, lighter at the calf, and still lighter above the knee. This permits better circulation which in turn helps reduce the accumulation of stagnant blood which can lead to swelling and unsightly discoloration.

Now Bauer & Black lays circles of Spandex Elastomer into a frame of special nylon yarns that can be twisted under high heat to give you this extra compression that squeezes your legs the right way in the right places in sleek, smooth fitting elastic panty hose and stockings.

See them at leading drug stores.

FREE: For your illustrated copy of "Therapy for Varicose Veins," write: Bauer & Black, Dept. BH-25, Box 5007, Chicago, Illinois 60606.

BAUER & BLACK
Division of The Kendall Company

Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 103 for this shopping information.

16 pages that un-complicate window buying and simplify your life.

FREE

"Pella Window and Door Ideas" book contains a guide to different window types, and how each works. Distinctive examples of window treatments in various architectural styles. A section on things to consider in window placement. Plus detailed information on how you can eliminate screen and storm window chores. How you can reduce maintenance and fuel costs. And a number of other things that can simplify your life.

I would like to know more about:
☐ Double-Hung Windows, ☐ Casement Windows, ☐ Awning Windows, ☐ Sliding Glass Doors, ☐ Wood Folding Doors.
☐ I plan to build. ☐ I plan to remodel.

Name_____

Address_____

City_____

State_____ ZIP_____

Telephone_____

Mail to:
Pella Windows & Doors, Dept. C01B5
100 Main St., Pella, Iowa 50219

Pella

IMPORTANT NOTICE CONCERNING CERTAIN CELLULAR PLASTICS PRODUCTS

The Federal Trade Commission believes that certain cellular plastic products may present serious hazards in case of fire. If improperly used or allowed to remain exposed or unprotected, these products may burn rapidly in a fire and produce dense smoke and toxic gas. Some of these products are polyurethane foam, polystyrene foam, polyvinyl chloride foam, ABS foam, cellulose acetate foam, epoxy foam, phenolic foam, polyethylene foam, polypropylene foam, urea foam, ionomer foam, silicone foam, and foamed latex. These products are sometimes used in building construction, particularly as insulation, and flexible foamed plastics of this type are sometimes used in furniture.

The Federal Trade Commission believes that terms such as "non-burning," "self-extinguishing" or "non-combustible" do not accurately reflect the hazards that may be presented by such products since in fires such products are not self-extinguishing and will burn rapidly if not properly protected.

You may have purchased these products from a building supply store or from a contractor or applicator, or they may have been installed in the original construction of your home. If you are uncertain how to minimize risks that may result from the improper use of these products you should consult The Society of the Plastics Industry, Inc., or the manufacturer. This Notice is distributed by The Society of the Plastics Industry, Inc., 250 Park Avenue, New York, New York 10017.

(Advertisement)

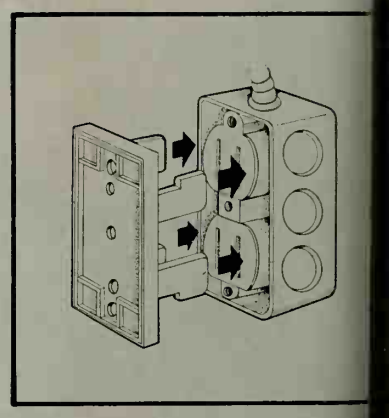
GOOD NEWS

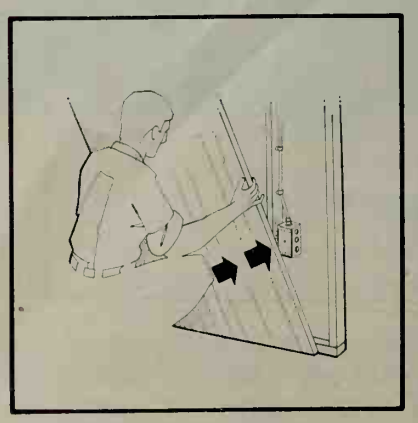
This quiet electric lawnmower has no cord to run over. Its powerf compact motor is driven by a deep-discharge battery that delivers f power for about 45 minutes—enough time for you to mow a 7,0 square-foot lawn.

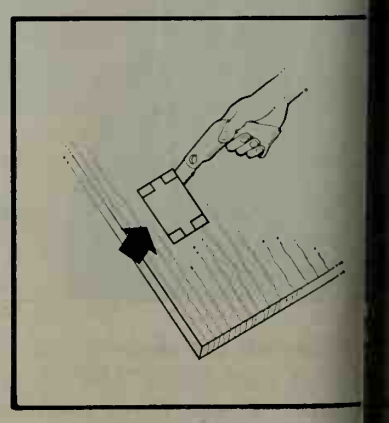
The mower is safe for both operator and bystanders. The saf squeeze handle must be held in a closed position for the mower to r Release the handle and the blade stops almost instantly. The mo is almost vibration-free, and it's so quiet your neighbors won't h you mowing your lawn.

Charging the discharged battery is simple. Just lift the mo shroud and disconnect the motor wiring harness from the batte Connect the charger plug to the battery plug and set the timer the desired charging time. Full charge takes just 12 hours.

Toro Carefree Electric 16 Lawnmower complete with batt charger, $169.95. Toro Company, Bloomington, Minn. 55420.







Making accurate cutouts in drywall or paneling is a cinch with plastic cutout guide.

Press the guide into an inked stamp pad or rub the raised lines the surface with carpenter's chalk. Then push the guide into electrical outlet or switch box. Position the panel and press it fir against the inked surface of the cutout guide. The pattern will transferred to the back of the panel. Remove the panel and m the necessary cuts.

Panel Marker and Cutout Guide, $1.95 in hardware departme Panel Mark, 24 Hunt Avenue, Trenton, N.J. 08610.

Oysters Lafitte

Photographs: Harr, Hedrich-Blessing; Dieter

Buying information, page 103

Joseph Peczi, a free-lance graphic artist in Nashville, Tennessee, is as creative in the kitchen as he is in the studio. Take his recipe for Oysters Lafitte, for example. It's an inspired adaptation of a specialty from New Orleans, where fresh seafood is plentiful.

Joseph particularly enjoys cooking dinner for friends, and reserves Oysters Lafitte exclusively for company. So that he can spend more time with his guests, he chops the shrimp and vegetables a day ahead, then refrigerates them, covered.

To round out the meal, he serves French bread, fresh garden salad (leaf spinach, chopped egg, bacon, cherry tomatoes), and a dry white wine.

OYSTERS LAFITTE

Serve six individual oyster shells for each entrée or one coquille shell for an appetizer—

4 tablespoons butter or margarine
2 cups chopped fresh mushrooms
1 cup chopped cooked shrimp
¼ cup chopped green onion
¼ cup snipped parsley
1 clove garlic, minced
2 dozen fresh oysters, shucked or 2 8-ounce cans oysters
½ cup dry white wine
½ teaspoon salt
Dash cayenne
1 cup cream
¼ cup all-purpose flour
24 oyster shells or 8 coquille shells
Rock salt
⅓ cup fine dry bread crumbs
2 tablespoons butter or margarine, melted
⅛ teaspoon paprika

In skillet, melt the 4 tablespoons butter or margarine. Add mushrooms, shrimp, onion, parsley, and garlic. Cook 1 minute. Drain oysters, reserving liquid (add water if needed, to make ¾ cup). Add oyster liquid, salt, and cayenne to skillet. Bring to boiling; simmer for 1 minute. Combine cream and flour. Stir into wine mixture; cook and stir till thickened and bubbly. Arrange oyster shells (or coquille shells) on bed of rock salt in shallow baking pan. Place 1 oyster in each oyster shell; spoon about 2 tablespoons sauce over each oyster (use 3 oysters and ⅓ cup sauce for coquilles). Combine bread crumbs and melted butter. Sprinkle over shells. Bake in 450° oven for 10 to 12 minutes. Makes 4 main dish servings or 8 appetizer servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

"If a kernel of my Gourmet Popping Corn fails to pop, put it back in the jar and give it another chance."

Every kernel of my Orville Redenbacher's® Gourmet Popping Corn ought to pop up light and fluffy. You are probably accustomed to finding unpoppable "old maids" in batches of less choice popping corns, but they should not turn up in mine.

More likely it is a "shy fellow" which was crowded and pushed away from the heat by the others, and it will explode on the next try.

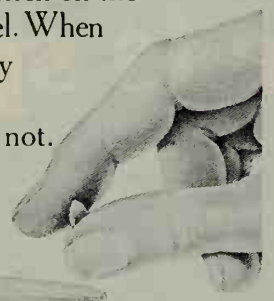
ORVILLE REDENBACHER
THE POPCORN KING

"Shy Fellow"

at the store. I believe that when you try it you will agree I have given value for the money.

Every kernel should explode into a great big, fluffy, tender, tasty mouthful, if you follow the directions I have written on the label. When you do find a "shy fellow," save it. Waste not, want not.

Thank you.



Many things can make corn unpopworthy: poor breeding, alien pollenation, rough handling during harvest or shelling, packages that let the moisture escape from the kernel's heart. My Gourmet Popping Corn is protected carefully from all of these hazards. You simply cannot put out a truly great popping corn if you are willing to tolerate such carelessness.

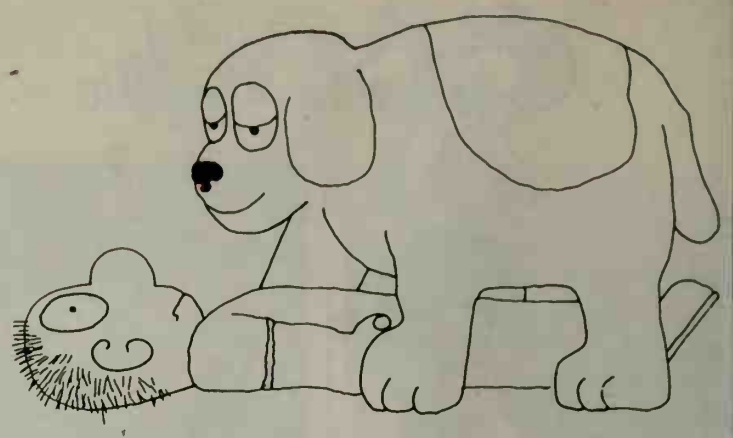
From the hybridization of the seed crop until we clean the corn and put it up in jars right here in Valparaiso, I try to make certain that you will get the world's finest popping corn in perfect popping condition. You can be assured of that.

You will notice that my Gourmet Popping Corn is a little more expensive than the other kinds

© 1974 Hunt Wesson Foods, Inc.

PROJECT PLANS CATALOG

Choose from 168 of our readers' favorite home carpentry plans. Contains pictures and description of each plan. Select the projects you want and order plans. No. 04214, 50c Better Homes and Gardens, Dept. 910 Box 374, Des Moines, Iowa 50336.



How to keep your pet out of people's hair

Dog haters are made, not born. If you don't have your dog under control, there is a good chance that he has contributed to the making of a dog hater.

Control means having your dog on a leash when you take him out, and more important, knowing where he is when you leave him. Even the most peaceable, well-trained dog can become a nuisance, a menace, and a liability if allowed to roam. At the very least he may dig up gardens, defecate on lawns, chase cars and bicycles, or go through somebody's trash. If this seems a minor nuisance, put yourself on the receiving end, and see how kindly *you'd* feel toward the dog—and his owners.

Outdoor confinement

The most healthful place to confine a dog is in a fenced yard. To make sure yours will block breakouts, check the fence with a "dog's eye." Look for loose boards, depressions or holes under the fence, or even stacked boxes or boards that could help him climb over. Then, rectify the situation. Burying chicken wire to a depth of at least a foot will discourage digging. Tack the chicken wire to the bottom of the fence and then weight it down with bricks or stones. Although a waist-high fence can hold a small or inactive dog, a really determined one can scale a six-foot fence with room to spare. If it isn't feasible to make the fence higher, you'll have to find another way to confine an indomitable dog.

Tethering is one possibility. Rather than simply tying your dog to a tree, get a metal stake (available at pet and hardware stores) that can be screwed into the lawn. Place the stake in an open spot so that your dog can't wrap the line around plants, but make certain shade is available, too. The tether should be light- weight and ten 30 feet long. If y yard has no c space to put stake, you might tach a short from the dog to overhead wire (a clothesline). T he can run length of the v without gett plants and hin hopelessly tan in the tether.

For escape-p confinement, a chain-link can't be beat. If it includes a s ter, it can be used throughout year. Such a run is easy to c and will last forever; unfortun ly, it is also expensive.

You can build a less expen run in your yard by nailing inch wire mesh (used for r forcing concrete) to four-by- posts. Be sure the wire is on inside (dog's side) of the fra If you have a narrow spot in yard, like the space between house and garage, half your will already be "fenced": fence what's left. The run nee be elaborate as long as the d comfortable and can't get (Refer to Better Homes and G dens, May, 1972, for "A Da Dog Run." Plans are availabl

For temporary or occasi confinement, collapsible pens are available at pet suppl These work best for small or puppies (or cats if you pro a top). The advantage is that can move the pen wherever want and fold it away for sto when it isn't in use. Some are available in sections, so you can make a pen as large small as you need. Or, mai portable pen yourself with and wood. Either make the tions separate and add hinge build a non-collapsible box can be put over the pet. Jus sure to put any portable pe the patio or thick sod law your pet can't dig out.

Indoor confinement

There will be times when

continued

"I laughed when they set down the bowl of new, improved Gaines·burgers®."

Then they said, these are the moistest Gaines·burgers ever. And the meatiest Gaines·burgers ever. And the best-tasting Gaines·burgers ever.

I said that was marvelous, but he wouldn't eat them.

Well, he ate them.

I mean, he *demolished* them.

So now my dog demolishes them regularly. The Beefy Gaines·burgers and the Cheese-flavored Gaines·burgers and the Gaines·burgers with Egg. He likes the variety, and I found that I don't really miss having those cans of half-eaten dog food all over my refrigerator.

I'm not laughing anymore.

GF GENERAL FOODS

New moist and meaty Gaines·burgers.

e won't eat them, I said.

I mean, all he ever eats is canned g food. It's got to be moist and meaty, he just stares at you and walks away. if it doesn't come from a can, forget it.

But these are new, improved ines·burgers®, they said.

I said that was very nice, but my dog uldn't eat them.

The canned dog food without the can®

A nutritious combination of meat by-products and meat, vegetables, vitamins and minerals.

In a recent survey of Sunsweet® Prune Juice users, 74% said **they drink Sunsweet to help keep regular.***

*Based on a survey of 1,379 Sunsweet users of whom 74% indicated that they drink Sunsweet Prune Juice to help keep regular, among other reasons. Write for more details.

© 1974 Duffy-Mott Company, Inc.
370 Lexington Avenue, N.Y., N.Y. 10017

THESE BETTER HOMES AND GARDEN BOOKLETS SOLVE 10 MOST COMMON HOME PROBLEMS

Over 500 pages of easy-to-follow solutions. Each book is packed full of descriptive photos, hundreds of fresh new ideas, and tips for making your home more practical and beautiful. You'll find a booklet for almost every home improvement need.

Buy all 10—you save 40% of the individnal price.

☐ 02222	All 10 Guides	☐ 02209	Bookshelves
☐ 02204	Add-A-Room	☐ 02210	Painting and Finishing
☐ 02205	Patios/Decks/Fences	☐ 02211	Bathrooms
☐ 02206	Kitchen Planning	☐ 02218	Gardening/Landscaping
☐ 02207	Storage	☐ 02219	Fireplaces
☐ 02208	Rec. Rooms/Basements		

Only $1 each, 3 for $2, 7 for $4, all 10 only $6.

OUR GUARANTEE
Your money back if not completely satisfied.

Send order and remittance to:
BETTER HOMES AND GARDENS, DEPT. 2P3, BOX 374, DES MOINES, IOWA 50336

Name_____
Address_____
City_____
State_____ Zip_____

continued

How to keep your pet under control

need to keep the dog inside without actually giving him the run of the house. Unless your dog has already proven that he won't chew everything in sight, put him in a room where he can't do much damage: a screened porch, utility room, spare room, or even a large bathroom. Remove rugs, clothing, shoes, or furniture that could be ruined by chewing or soiling, and make certain there are no appliances with wires he could chew on. To protect the door, you might cover it with a plastic or plywood sheet.

If your dog divides his time between indoors and outdoors, install a pet door ($10 to $20) that he can use himself. Not only will it save you shoe leather, it will stop him from clawing or whining at the door to be let in or out.

Making confinement comfortable

However you choose to confine your dog, and this includes tethering, try to make the area comfortable. Shade should be available throughout the day. Shaded concrete, which is deliciously cool on hot days, is ideal. If he's to stay out in cold weather or at night, provide a shelter that is small enough to be warmed by his body heat. Indoors and out, provide a soft bed for napping and something for amusement—like a chew toy or ball. The area should be at least five times the dog's length so that he can walk around or take a nap without being too close to the area he has chosen to use as his toilet. Don't forget to leave water!

From the first day you get your dog, you should teach him that there will be times when he must stay put, as well as times when he will be included in family activities. At night, he should be confined to sleeping quarters. If he whines or yaps, correct him with a stern "NO," and then *leave him alone*. Don't immediately make friends with him again, as this only teaches him that making a racket will get attention.

Repeat this training at *quiet* times during the day by placing him in his box (or wherever he sleeps) for a half hour or so. Do this when you are alone with him so that he won't be distracted, and be sure to praise him when you let him out. Let the pup know that "his place" is inviolable; don't let children pester him and don't scold him when he's there (unless he begins yapping). And, if the pup misbehaves, don't punish him by confining him to sleeping quarters. He should quickly learn what you expect of him and accept going into confinement matter-of-factly.

Getting a mature dog to accept confinement will present more of a problem. It will help to let him get used to the run or pen slowly. You might put his food and a bed inside, and leave the door open so that he can come and go as he pleases. He can then be taught to stay in the run for short periods of time. (Just be sure you are within earshot at first, so that you can discourage barking.) If your dog hasn't had obedience training previously, it might help to begin now—with an emphasis on the command "stay."

A confirmed barker is difficult to cure. Obedience training will not help if he barks when you aren't around to scold him. A companion for the dog may help, but may not reduce the barking. If nothing seems to work, you might be smart getting the advice of a professional dog trainer.

Confinement in the car

Most dogs learn to love riding in the car. Many behave better while waiting in the car while you run errands than they would if left home alone. You can encourage good traveling manners early by taking your dog on pleasure outings—like a family picnic—rather than waiting for that inevitable first trip to the veterinarian's office.

To keep the car ride safe, designate a place for the dog and make him stay there. If he is trained to follow your orders, tether him to an armrest in the back seat or keep him in a portable carrier.

When you do stop, always park in the shade and leave at least two windows open so air can circulate freely through the car. Even on cloudy summer days or some winter days, the heat inside a closed car can be fatal to a dog.

To be fair to the dog, remember that a confinement area is not a substitute for exercise and human companionship; these you must supply daily. A dog left locked up day and night, with little human contact (other than being fed), quickly becomes unmanageable, perhaps neurotic, and in some cases dangerous. Plan to devote time each day to a walk, grooming, training, or a romp. If your daily schedule won't allow this out, let him spend the evenings just being with the family or take him along for a ride in the car with you on an occasional errand. Your dog will accept confinement better if he can be with you at least part of every day. He'll be happy he doesn't need "freedom"; he needs your companionship. ■

ne safety: anti-burglary that works

communities across the the incidence of home s has dropped dramatiecent years, thanks to an s crime-prevention methw in cost and can be set in your own area.

lea is simple: Permanente an identifying number ms of value, such as TV nographs, bicycles, camd typewriters. Then let thieves know—through on your windows and s well as general pubut the plan in the com--that your valuables can y identified by police.

home-protection plan work for several rear one thing, crooks no n trade in their booty cash, since fences find ed goods too hot to hananother, burglars know ey are caught with an has the owner's identitched on it they'll have ble difficulty in claimm as their own. In addi- have a much better recovering stolen prope it can easily be traced you. Finally, you'll be g personal safety by dis- burglars from entering e.

'Operation Identificanique began in 1963 in Park, California, as nchild of then-Police erett F. Holladay. His nt loaned etching tools wners and distributed r windows and doors to ves away. Since then, of households that have to Operation ID in Park, only 25 were hile about 2,100 of the es who had not signed it by thieves.

roups and professional ons have since spread hroughout many com- with superb success. *nal Association of In- Agents,* for example, s available through its membership. They'll n etching tool, provide nd show you how to plan a community or more information, *nsumer Information pt. B, 120 Broadway, . N.Y. 10005.*

onal ID system

st engraver-identifica-

What every corn oil user should know about Kraft Safflower Oil.

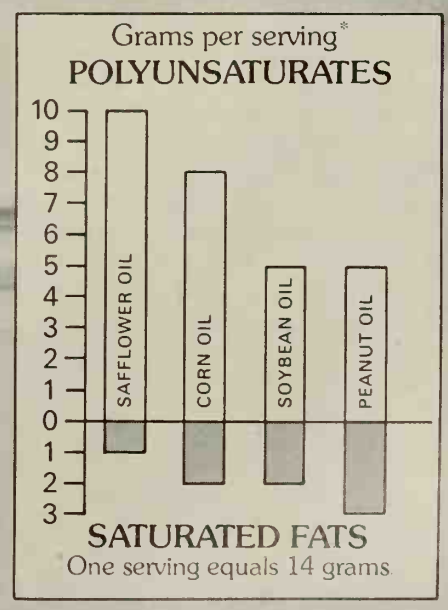
Yes, corn oil is high in polyunsaturates. But Kraft Safflower Oil is even higher. Up to 25% higher.

In fact, Kraft Safflower Oil is higher in polyunsaturates than any leading vegetable oil. Peanut. Soybean. Or corn.

Kraft Safflower Oil is great for cooking and brings out the delicate flavors in salads.

You may have to pay a little more for this precious oil, but think of what you're getting.

Kraft Safflower Oil.



You get what you pay for.

Discover How to Look as Young as You Live

Sometimes a woman who *feels* and *acts* young and vital can *look* older than her true age. She's so active with her family and other absorbing interests that she may overlook (or even think she's too busy for) her own essential skin care. Then she probably doesn't look as young as she should. Or could.

If you happen to be one of these women, share now in the secret of Oil of Olay beauty lotion, a secret known to knowledgeable younger-looking women in many parts of the world. Beauty connoisseurs discovered Oil of Olay and its remarkable ability to create a radiant and more youthful appearance by easing away dryness . . . the dryness that makes aging little lines and wrinkles too noticeable. Gentle on Oil of Olay. Notice your skin begin to grow softer and more supple from the very first days. You'll scarcely believe how quickly and completely Oil of Olay penetrates, taking almost no time from your active day. And it never leaves your skin feeling greasy.

The complexion-cherishing liquid works along with nature to help maintain the balance of oil and moisture needed if you are to look as young as only you can. Oil of Olay, containing an abundance of pure moisture, with tropical oils and other emollients, is compatible with the skin. The lovely liquid helps retain your skin's own natural moisture, an invaluable beauty benefit as the years pass.

Devoted users insist on Oil of Olay at least twice each day. In the morning, to bring a fresh radiance to bare skin or as an excellent makeup base that lets your cosmetics stay fresh for hours. Again at bedtime each night, so that the precious fluid continues to do its beautiful work during silent hours of sleep.

Just a few moments a day with Oil of Olay (you'll find it at your drugstore) can do so much so quickly for your appearance. No matter how full your life, discover for yourself how young you can really look. No woman is too busy to treat herself beautifully, when a younger look is the highly desirable reward.

Beauty Secrets

On the days you spend at home, without makeup, apply Oil of Olay whenever the thought occurs. Your skin will respond quite noticeably to this additional pampering.

* * *

You shouldn't waste a precious drop of Oil of Olay®. Each time you do your face and throat, use the beauty lotion that remains on your fingertips to massage on knuckles, elbows or other such areas that would welcome the extra attention.

Home safety

tion programs, there were sometimes problems about intercommunity identification of stolen items. Different plans suggested different methods, and the inconsistency of identification numbers sometimes made return of goods difficult. Social security numbers generally were discouraged, since federal law prohibits their use for tracing people. Driver's license or phone numbers with area code helped identify locale to some extent, but these numbers might change when the owner moved.

To overcome such problems, the Listfax Corporation has set up a nationwide computer system called *Identifax* for identifying and tracing stolen goods. The company provides you with an engraving tool and your own permanent identification number on a stencil, as well as warning stickers. Once you mark your valuables and make a list of all marked items (a good idea for plan), you send your registra card back to Identifax and an er card to the local police, te them you have enrolled in plan. Your personal Ident number is then put into a nati data bank computer system cessible to the police all over country 24 hours a day throu toll-free phone. If you are glarized, just notify your p department. Any goods of y that turn up anywhere in country can be traced right t to you.

Law enforcement perso throughout the country are le ing to recognize the partic configurations of the Ident numbers. You also may sav homeowners insurance: s companies now give discoun people who participate in id lication plans such as Ident or Operation Identification.

To enroll in the Identifax gram, see the coupon below:

PROTECT YOUR HOME AGAINST BURGLARS:

Please send me the complete Burglary Prevention Kit, whic includes my own personal identification number and stenci carbide tip engraver to etch any surface, eight stickers for wi dows, doors, and also for the car, instruction book, key tag an luggage IDs, all registration forms for Police and Identifax, an complete instructions. Enroll me for the following period.

- ☐ No. 13984 Kit and One Year Enrollment $14.95
- ☐ No. 13985 Kit and Two Years Enrollment $19.95
- ☐ No. 13986 Kit and Five Years Enrollment $29.95

I include $.50 for postage and handling.

Send order and remittance to:
Better Homes and Gardens, Department 2PF
P.O. Box 374, Des Moines, Iowa 50336

master charge

your BANKAMERICARD

If you wish to use your charge card, please fill out appropriate boxes below:

Exp. Date Month/Year ☐☐☐☐ Master Charge Interbank No. ☐☐☐☐

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Name_____

Address_____

City_____

State_____ Zip_____

Our Guarantee: Money back if not completely satisfied.

How Fisher-Price lets the sun shine in, even on a rainy day.

As every mother knows, rainy days can make you feel all cooped up. Or they can turn out to be the kind of cozy, giggly get-togethers you remember fondly. It all depends on what the children are up to.

That's why Fisher-Price toys are so right for a long rainy day.

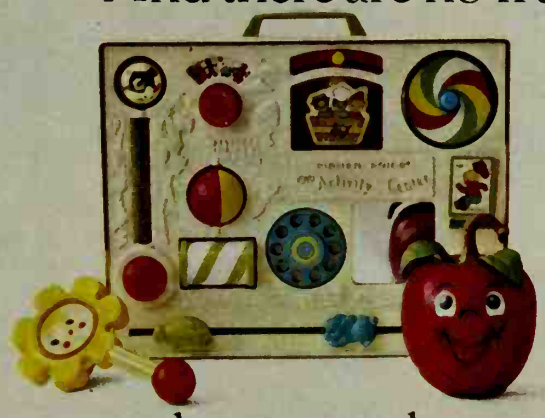
Realistic toys like our three big new Fisher-Price Construction Trucks can load up marbles and dump blocks indoors, when they're not permitted outside.

Imaginative toys like our Play Family Castle spark hours of fascinating make-believe.

Then there are puzzles to puzzle over. Bowling and Basketball games to channel that young energy.

A fat little Tug-A-Bug pull toy to toddle down the hall. Crib & Playpen Toys to fascinate the most curious baby. And cuddly dolls to dress and comb and chat with.

Fisher-Price toys have no batteries to run out at the wrong time. And there are no frustrations for little hands to struggle with. Just lots and lots of interesting things to do. Because with rain on the roof, it's more important than ever to keep everything sunny.



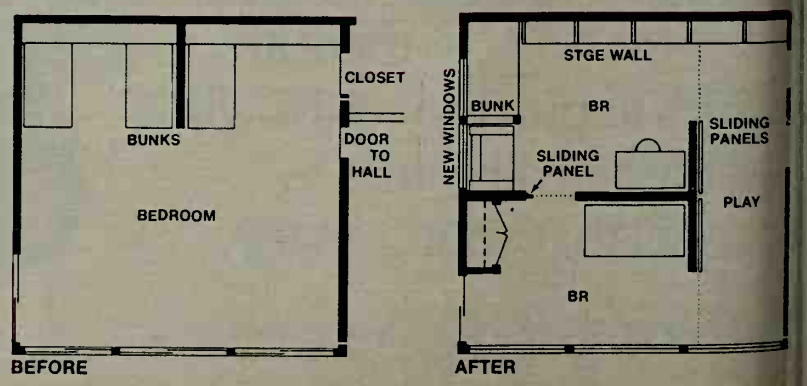
©'75 Fisher-Price Toys, East Aurora, N.Y. 14052. Division of The Quaker Oats Company.

HOW TO UN-CRAMP A CHILD'S ROOM

Richard W. Jones and Pamela Wilson Cullison

If your child's bedroom is suffering from a space-shortage problem of one kind or another, you've come to the right place to find solutions. On these six pages we're offering a variety of ideas to help you get the most mileage from the space you have—through the use of built-ins.

Since children, just like adults, are sensitive to their surroundings, we've carefully avoided the "child's room" cliches. Instead, we focus on ideas that are fun and functional rather than merely decorative, and we reject themed schemes that children quickly outgrow. To learn more about these flexible, functional, space-making environments—and how you can adapt their components to your child's special needs—read on.



Very young children don't mind sharing the same bedroom, but there comes a time when they want privacy and space to create worlds of their own. When Jenny and Willa, ages eight and nine, began to express a desire for separate rooms, a problem arose: there wasn't an extra room. The solution for the Baker family was to divide the existing 20x21-foot room into three separate spaces—a bedroom for each girl, and a common play area. Sliding "barn doors" (below) effectively close off the sleep and play areas when the girls want privacy or quiet, and a smaller sliding door provides access between the two bedrooms.

Because unfinished Douglas fir paneling is both good-looking and practical, the Bakers used it extensively. Willa wanted her share of the three-room suite (left and below left) to be cozy and snug —and that's what it is. Her quilt-covered bed (with drawers beneath) is tucked into a corner and raised several feet from the floor. A built-in nook next to the bed provides a perfect spot for curling up

Photographs: Fred Lyon. Architect: Charles D. Hanf. Source: Barbara East Cathcart

with a book, and sharing secrets with a friend. Along the expansive built-in storage wall there's another nook that's now used to display a collection of miniature horses and toys. When Willa gets older, the slipper/shoe storage ledge beneath the nook will be removed so that she can pull up a chair and use the counter as a dressing table.

Jenny's room (partially shown top and above,has lots of windows with shelves built beneath them for books and toys. Like Willa's, her bed is modeled on a ship bunk—high off the floor with a storage drawer for sweaters and fold-up clothes.

The newly created play area (above right) measures 8x19 feet. It's used by the girls for dance practice, games, and get-togethers.

HOW TO UN-CRAMP A CHILD'S ROOM

At the grand old age of 11, Nathan Crone felt his childish room cramped his style. He claimed that the toy storage units and the carnival-motif curtains and bedspread made him "look like a three-year-old." Other complaints: not enough room for an overnight guest, not enough space in his overstuffed closet, and no desk. Agreeing that Nathan had cause for complaint, the Crones decided to refurbish his room with a clean, contemporary, built-in look.

The key to the successful face-lift is organization. The built-in bed and desk are tied together in one neat package, giving the room the sense of unity that it lacked. A floor-to-ceiling plywood panel separates the study and sleeping areas, and another portholed panel provides an interesting treatment for a hard-to-decorate corner window. The cork wall next to the desk is used by Nathan for his certificates and autographed photos of ballplayers. The desk drawer is extra deep, providing plenty of space for "things."

Photographs: Michael Hayes. Designer: Robert E. Dittmer. Source: Bonnie Crone

Buying information page 103

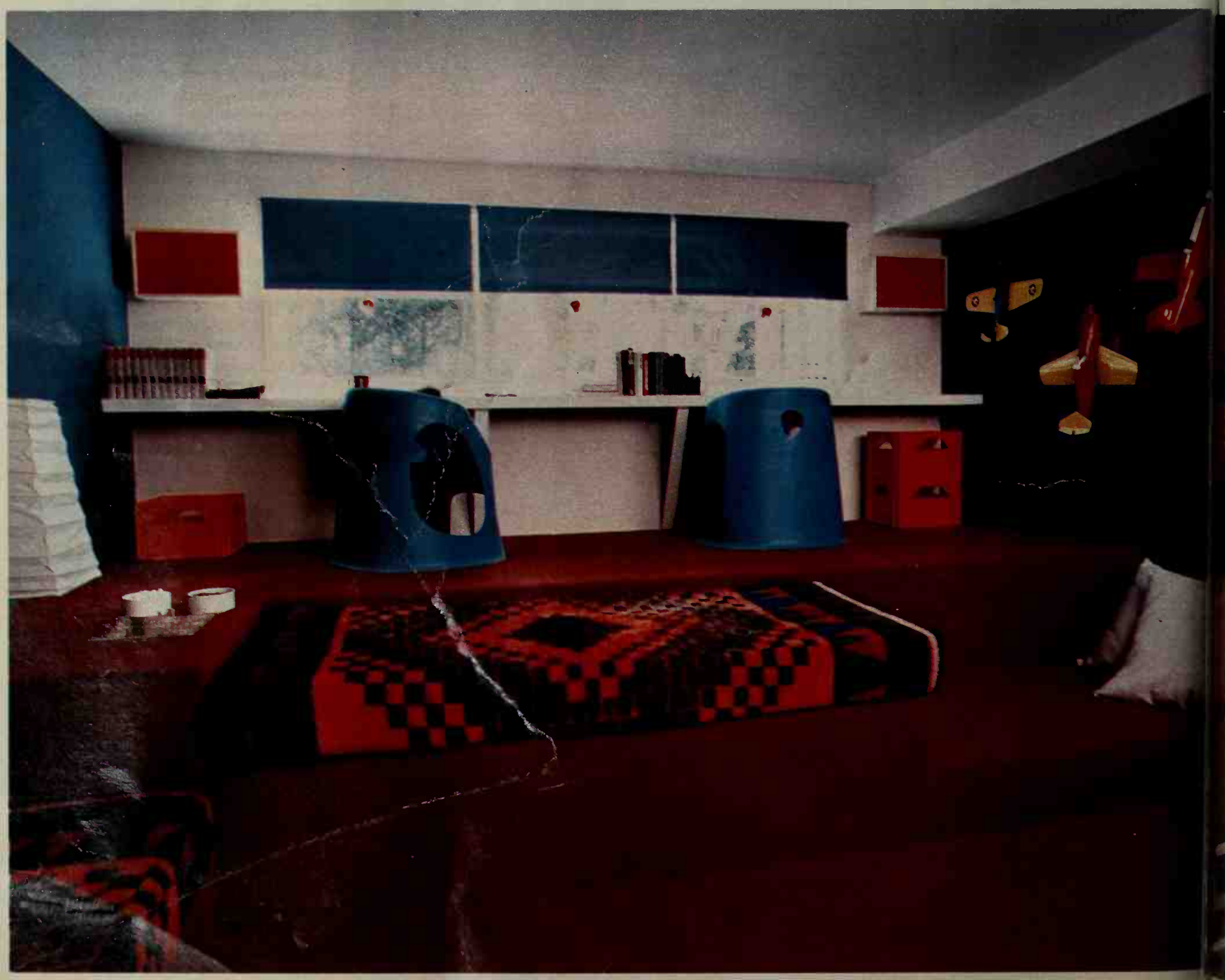
Thanks to a marvelous chair that flips open into a bed, Nathan now can have a friend spend the night. Not only is the chair space-saving, comfortable, and good-looking, it's practical, too; the denim cover unzips for cleaning. At far left and below, you can see the chair/bed open and closed.

What was an ordinary cramped closet is now an open dressing room that includes built-in drawers and space for hanging clothes. Removing the door and covering the walls with mirrors gave the room another dimension.

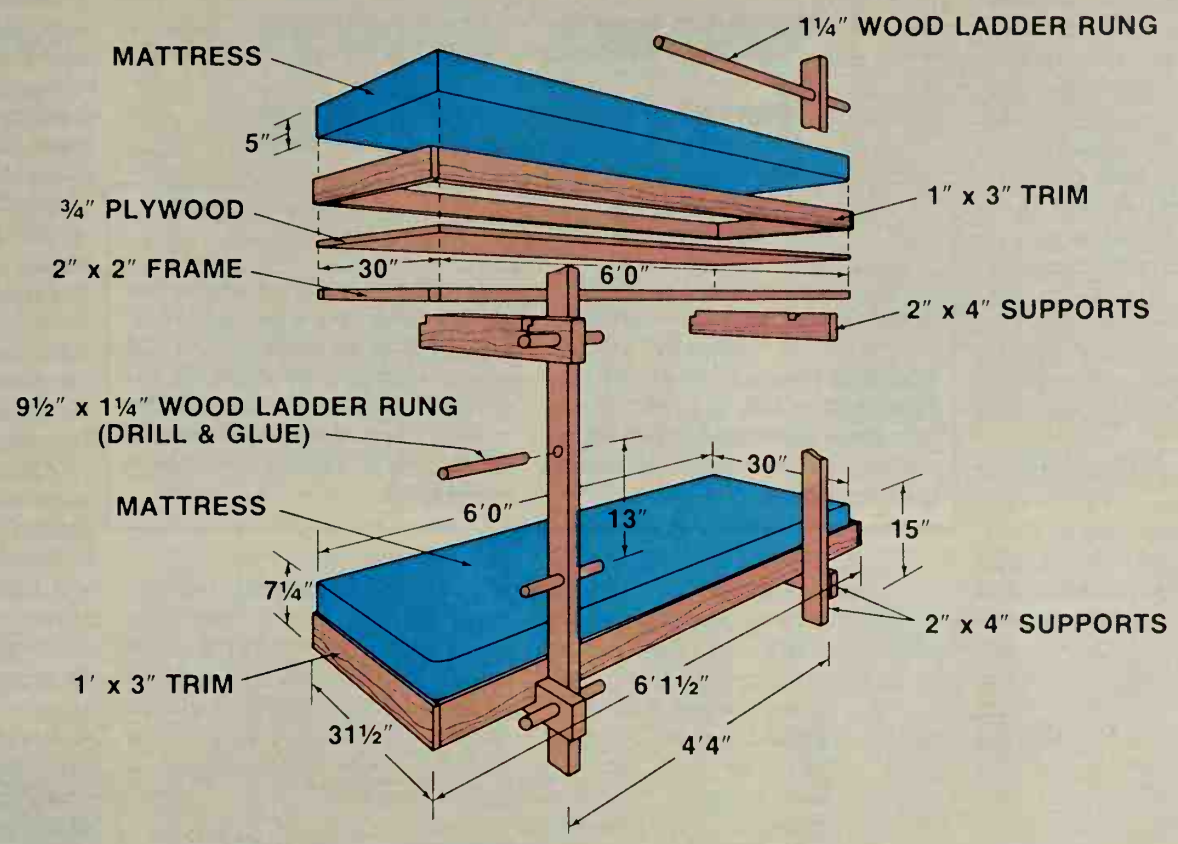
That classic space-saver, the shelved storage wall, unifies the windows with the walls *and* encourages neatness. The wall-to-wall carpeting looks custom-made, but it's not. The red carpet was laid first, then a circular pattern was cut out, and a remnant piece of orange carpeting was installed. The effect is colorful and bold, and it echoes the portholed scheme of the bed enclosure.

HOW TO UN-CRAMP A CHILD'S ROOM

A multi-level platform turned a small, everyday bedroom into a unique and inviting sleep/study/play center for two pre-teen boys. The concept is especially effective for a room like this one, with high-from-the-floor windows that only a giant can see out of. Now, only 5½ feet from the ceiling, the new study level provides a view to the outside world, and a wall-to-wall desk made from a piece of plywood. Simple blue shades were used instead of curtains to keep the windows uncluttered. The apple pulls that hang from the shades are old Christmas decorations. Mattresses placed on the two lower levels serve as beds by night, and as soft "landing pads" when the boys are at play. (Pillows are stored in a closet) You don't have to be a carpentry expert to build a platformed room. Using construction-grade lumber a plywood, you build the platforms as you would a raised floor, then cover all surfaces with indoor/outdoo carpeting. This idea could make most any modest-size room do triple duty.



Photograph: Harry Hartman. Designer: Emily Malino Associates, Inc. Source: Eileen Leubecker



John Whaley Jr.'s pocket-size room was barely big enough for one bed, let alone two—and two was what he definitely wanted. A standard-size store-bought bunk bed was out of the question because it would have eaten up too much space. The small-scale solution came from an architect friend of the Whaleys who designed this simple, streamlined bed to fit the space.

The bed is made of fir, plywood, and an assortment of dowels—you might substitute pine or spruce for the fir. To construct a similar bed, follow the guidelines on the drawing above. The two small chests were built by John's father, but you could achieve a similar look with store-bought unfinished chests. Canvas-covered deck chairs, wood-paneled walls, and a beamed ceiling all work with the bunks to make the room as cozy as a cabin on a sailing ship.

Buying information page 103

Photograph: William Maris. Designer of bunk bed: James R. Grieves, A.I.A. Source: Kit Tyson. Drawing: Hellman Design Associates

Growing your own groceries

By Hamilton Mason and Beverly Garrett

With food prices escalating, there's more and more incentive to "grow it yourself." Every pound of produce raised will cut your grocery bill, and you can expect these supermarket savings to continue over a long six-month growing season.

So start now. Plot places for garden food crops, do your planning, and order seeds. By the end of spring, you'll be enjoying super-fresh vegetables and a fatter wallet. These tips should provide all the food raising know-how you'll need.

1 What comes first?

The starting step is to find growing room. Vegetables need at least six hours of sunshine a day, so look for unshaded locations on your lot. If you have space for a typical square plot, great, but don't get discouraged if you don't. A lot of food can be grown in a skinny strip of soil by a garage, a pocket of land at the side of the house, and in pots on the patio. Even if you have room for a standard garden, consider boosting total production by farming now idle bits of your lot with container-grown cherry tomatoes, peppers, eggplant, and leaf lettuces.

If you have a chain-link or woven-wire fence, put it to work supporting an early crop of Fordhook Wonder peas, then a later crop of Kentucky Wonder pole beans or a standard-size cucumber like Straight Eight. Another space-stretching trick is to grow pole beans on tepees made from bamboo stakes set into the ground and tied together at the tops. Use three stakes per tepee, and plant beans by each. Or, stake the beans on tall bamboo poles. Stakes combined with chicken-wire work too.

2 Plan for bumper yields

To get big crops in small space, it's important to plant at the right time, and keep every row in production all of the growing season.

Timing. Vegetables fall into two groups. One set likes to start when the weather is cool, before the last killing frost. The other group is tender to frost.

Call your extension service to learn specific dates of the last frost in your area—these can vary even within states.

Beets, cabbage, carrots, lettuces, chives, onions, peas, radishes, spinaches, broccoli, Brussels sprouts, cauliflower, kohlrabi, leeks, Swiss chard, parsnips, potatoes, rutabagas, and turnips can be planted one month *before* the last frost.

The warm-weather vegetables are beans, squash, cucumbers, tomatoes, peppers, corn, eggplant, okra, pumpkins, melons. Plant these *after* the frost-free date in your area.

Interplanting for two crops. The idea is to use the same space simultaneously for two crops. One of these should be fast-growing, one slow-growing. Radishes, onions, spinach, and lettuces grow quickly so they can be planted between slow growers such as cabbage, corn, Brussels sprouts, and broccoli.

Succession plantings. Don't let space stand empty. When a cool-weather crop (lettuce, spinach, radishes, peas) is done, replant the row with fast-growing green or wax beans, or beets, turnips, Chinese cabbage.

Short rows and row replacements. The best way to waste space is to plant more of one crop than you need. Don't plant a long row of leaf lettuce and end up with a huge surplus you can't use. Instead, sow short rows at one-week intervals.

Space rows of small crops eight to ten inches apart—radishes, onions, leaf lettuces, and spinach all qualify for this close spacing. Also, there's no need to leave more than ten inches between rows of kale or beets you grow for greens. If you want beets and kale to grow to maturity, space the rows about 12 inches apart.

3 Get ready and plant

If the soil you plan to use for vegetables is already cultivated, you're one step ahead of the game. But even if you've successfully grown flowers there in previous years, check to see if the soil is loose and workable to a depth of eight or nine inches. If not, spade or till it again. Break up all clods, as many of the vegetable seeds are fine and easily "lost" in a cloddy soil.

If you want to garden a spot now covered by grass, your best bet is to rent a rotary tiller. Action of the tiller will help pulverize sod—you just need to pick up the remaining tufts. If you spade a sodded area, remove all of the big grass chunks.

Evenly spread over the garden a balanced plant food made for vegetables or an all-purpose fertilizer. Rake it in.

Tomatoes, peppers, cabbage, cauliflower, broccoli, and eggplant take a long time to mature—it's best to start with young plants. Buy them at a nursery, or, if you have growing space in a sunny window, start your own indoors two months before the outdoor planting time in your area. Although onions can be grown from seed, you get an earlier crop by using nursery-grown sets or transplants.

All other common vegetables start easily from seed sown directly in the garden.

Setting out plants. Dig individual holes for each plant with a trowel. Set all plants *except* tomatoes at the depth they formerly grew in the nursery. Plant tomatoes so as much of the stem is buried as possible. Firm soil around plants and water thoroughly. Add tomato stakes or wire cages at planting time.

Sowing seeds. Mark rows with taut twine tied to two stakes; open furrows with a hoe. Furrows should be shallow (¼ to ½ inch deep) for small seeds like carrots, radishes, lettuces; deeper (1 to 1½ inches) for big seeds like peas, beans, cucumbers, squash, and melons. For the vine crops, group six seeds in a cluster or hill—later thin the plants to four strong ones per hill.

Thin root crops and greens after the plants are an inch or two high. Follow the directions on individual seed packages for distances to leave between the plants. You can use beet and lettuce thinnings in salads. Disturb the adjoining plants as little as possible when you are pulling out extras. Or, use small scissors and cut out the extras.

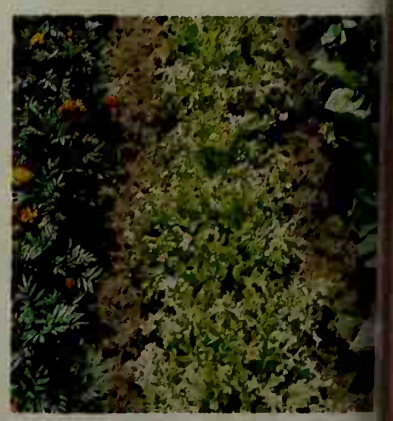
4 Care is important

Water. Vegetables need one inch of water each week. If you don't get an inch of rain, soak plants with hose.

Mulch. For low care, add a four-inch layer of grass clippings or straw between rows after the plants are a few inches high.

Lettuce and young asparagus

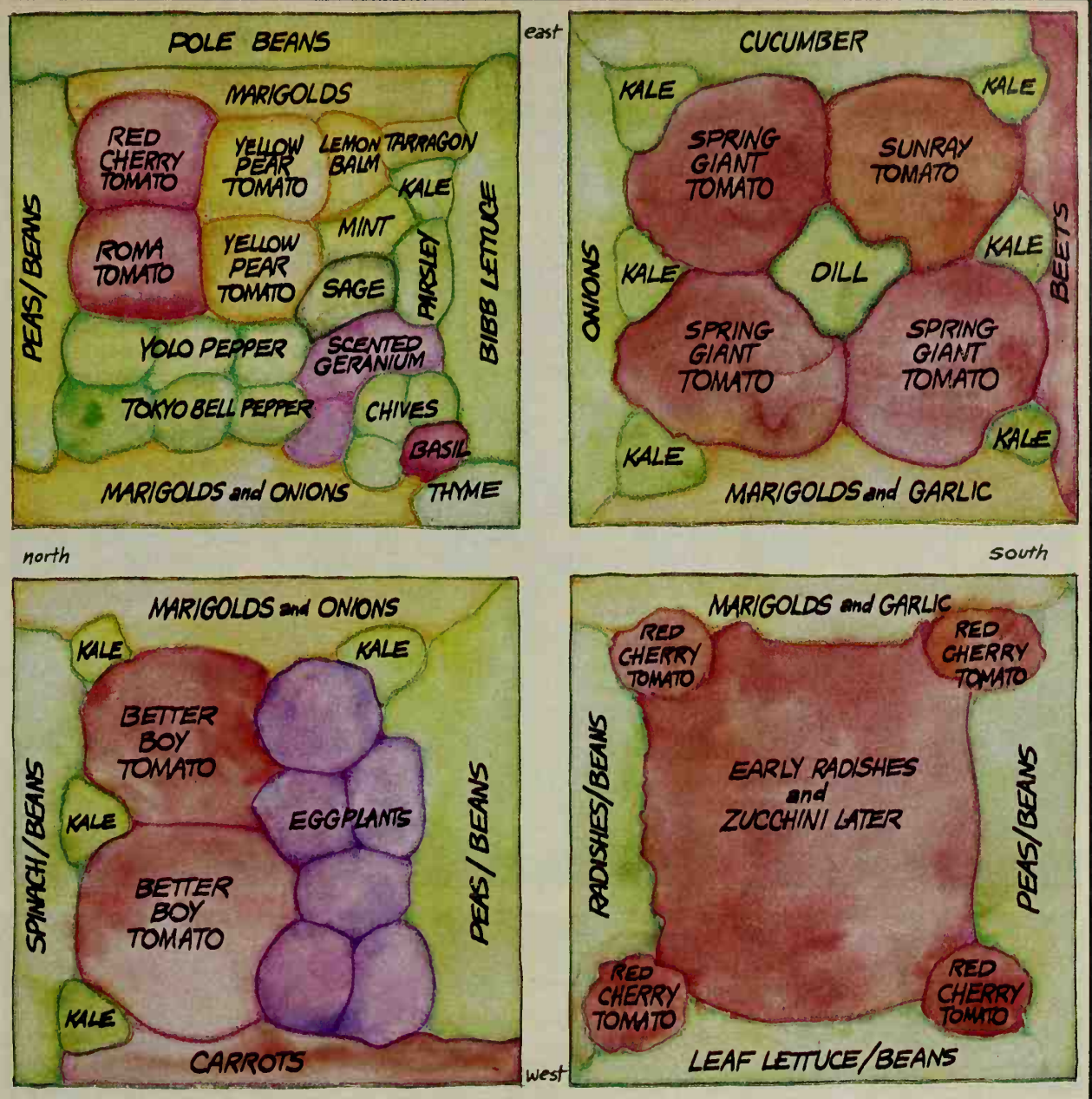
A woven-wire fence at back of garden holds a big crop of cucumbers.



Grass clippings between rows

Productive plots by the kitchen door

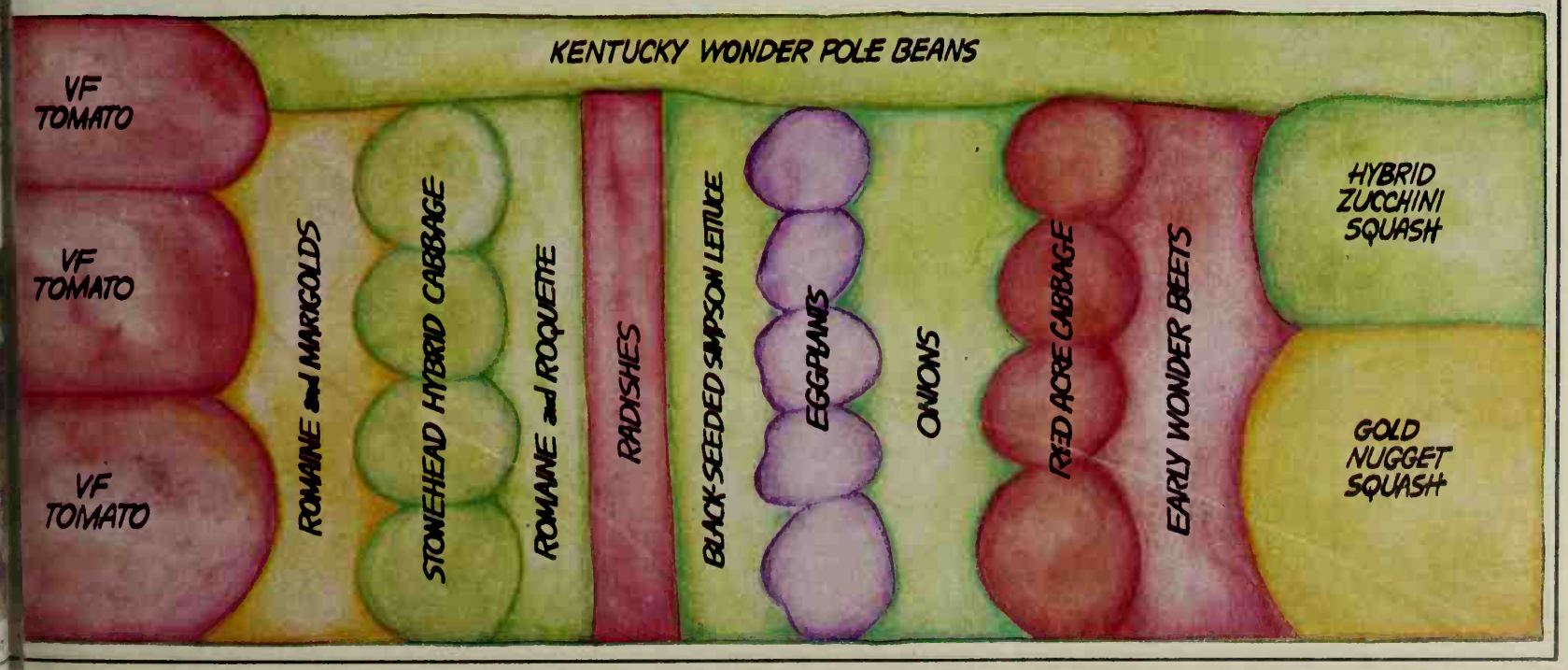
Four 10x10-foot beds, located close to the back door, produce a steady supply of fresh vegetables and herbs throughout late spring, summer, and fall. Inexpensive concrete paving blocks, laid on strips of black plastic, crisscross the space between plots. The blocks form an all-weather path that simplifies care and harvesting jobs, keeps the garden neatly defined and attractive. Note on the plan that much of the space is used twice; the early crops of lettuce, radishes, peas, and spinach are followed by mid-season plantings of bush beans. Jenelle and Julie Malena do much of the planting, routine care, and the all-important harvesting of this big-yielding family food garden.



A standard lot-line garden

This 10x25-foot space at the back of the lot gives steady yields of the foods the family likes best. Standard-crop tomatoes grow staged in cylinders of concrete-reinforcing wire; the large plants take less room this way, and the fruit ripens unblemished since it's off the ground. Pole beans grow along the fenceline, freeing growing space for additional row crops. Tall crops (tomatoes, pole beans, and the squash) take the north, east, and west exposures, while the shorter crops are set so they get full benefit from the hot southern sun. Cabbages are set in two groups—this division helps foil cabbage-eating insects. Marigolds, with their pungent leaves and flowers, are interspersed among the vegetables; marigolds, too, deter pests.

To adapt this plan to fit your own family, change some of the vegetables, selecting your favorites for the bulk of the space. In other words, if you want more tomatoes, set out a double row, taking the space from eggplants, squash, or any other vegetable your family uses less frequently. Don't grow what you won't eat.

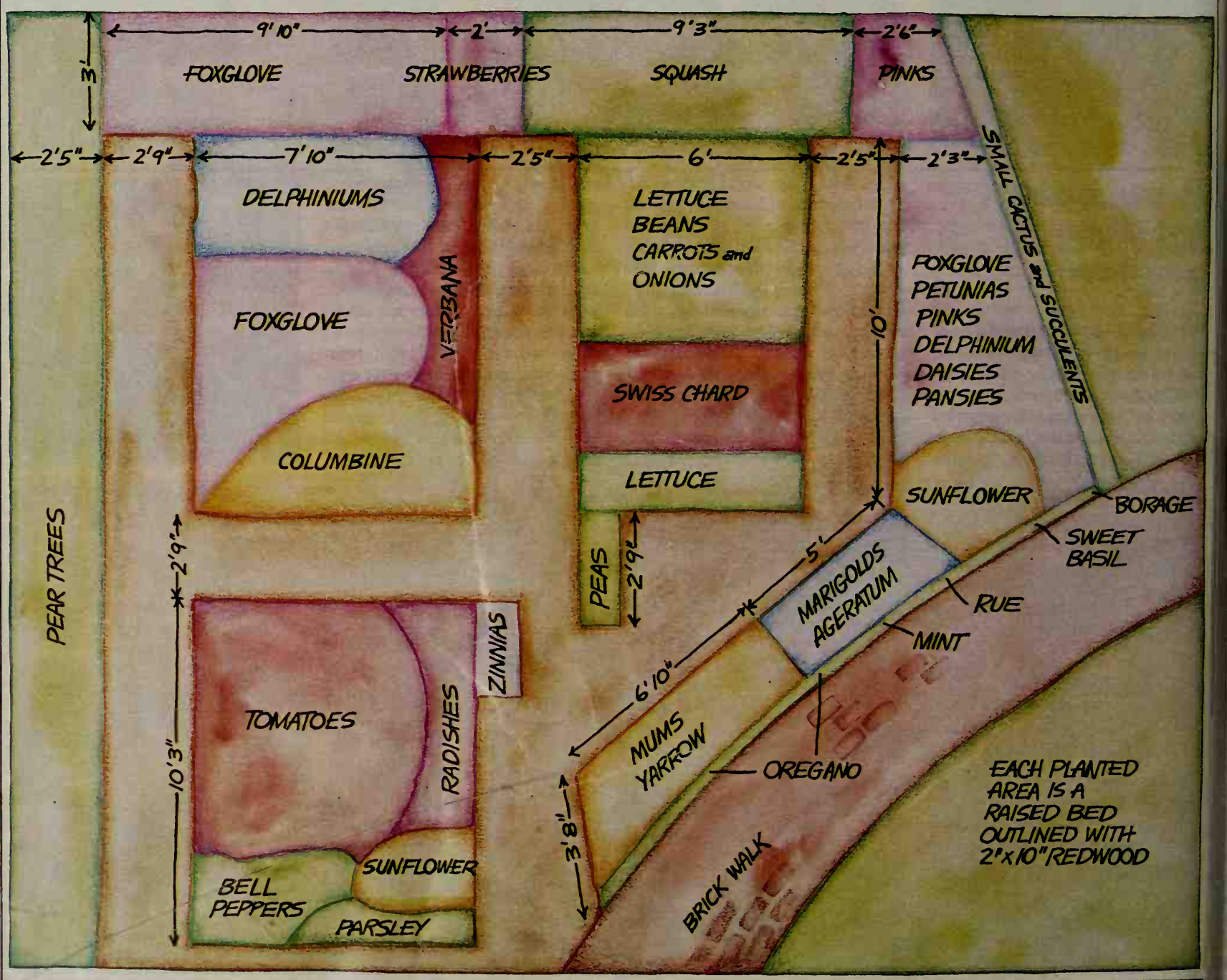


A combination garden in a corner of a lot

The sunniest part of their lot already was landscaped into a series of raised planting beds, but that didn't deter this family when they decided to grow vegetables. They simply recycled part of the flower space into food.

In one of the beds, rhubarb-like chard grows with beans, lettuce, carrots, and onions. (The Swiss chard shown here, *center below*, is variety Rhubarb; varieties Lucullus and Fordhook Giant have delicious white stalks. Use the chard leaves like spinach, the stalks like asparagus.) Peas grow in their own little box; after the crop is finished, box is replanted with bedding annuals. Tomatoes, peppers, and radishes find space in a large bed set aside primarily for vegetables. Strawberries and squash are interspersed with flowers. Stinflowers, *left below*, are favorites of the birds, and foxglove, *right below*, sends up spires of beauty throughout the garden; tender leaf lettuce, *right*, is ready to harvest.

To order your Better Homes and Gardens vegetable garden seed kit, see page 94.



Flavor-enhancing herbs

Plant herbs and you'll have flavor and fragrance at your fingertips. You can cut what herbs you want to use fresh this summer, then harvest the surplus.

Herbs grow easily and seldom fall prey to insects and diseases. These plants aren't fussy about soil, and, once established, need little care other than watering in dry spells. Most of the common herbs like a sunny location (many are natives of the hot Mediterranean region). The exceptions that will take shade are chervil, cicely, lemon balm, mints, parsley, catnip, bee balm (monarda), and sweet woodruff.

You don't need much space to grow a variety of herbs for your family. Three or four plants of each of your favorites will do. Small herbs, like creeping thyme, should be spaced six inches apart. Leave ten to 15 inches between larger plants.

Fit your choices into your vegetable plot, rock garden, or flower border. Or, plan a grouping of potted herbs close to the kitchen door. Start with the plants you know you'll use, then experiment with others to learn their charms.

In the fall, harvest herbs to store. Choose a sunny, dry morning and cut leaves or stems. Spread clipped leaves on wire trays and hang stems in bunches. Put in an airy place out of direct sun until leaves are crackly dry. Store in airtight jars. Harvest seed heads of herbs like dill when seeds are greenish brown. Dry two weeks, then put them in airtight jars for storage.

Tarragon, chives, parsley, dill foliage, and basil can be frozen. Tie in bunches and then blanch *or* steam for a minute. Let them cool, put them in sealed plastic bags and then freeze.

Easy from seed

Anise	Fennel
Basil	Parsley
Caraway	Summer savory
Chervil	Sweet marjoram
Coriander	
Dill	

Favorite perennials

Chives	Oregano
Garlic	Sage
Lemon balm	Thyme
Mints	Winter savory

Great for fragrance

Bee balm	Lemon verbena
Costmary	Scented geraniums
Chamomile	Southernwood
Citrus mints	Sweet woodruff
Lavender	
Lemon thyme	

Herbs—great with flowers
Chives and thyme do more than their share in making this sundial setting charming. The rosy-pink puffs of chive flower heads, *left background*, set the June color scheme, while mats of pungent woolly thyme bloom around the base of the garden ornament. The completely compatible non-herbs along the fences are the large *Allium albopilosum* and the yellow *Allium moly*—both are near kin of the edible chives.

Natural growing partners
One of the best places to plant herbs is the vegetable garden—these two groups of plants grow happily together, and, the herbs often are credited with distracting or repelling pests. Here, graceful stalks of yellow-blooming fennel back up a short row of Ruby Ball cabbage; the color combination is as striking as any you'd see in a flower bed. Small clumps of sage and parsley grow along the brick path, too, between cabbage and the white-flowering garlic chives, *far right*. Dill is another practical choice for vegetable-garden growing; like fennel, it's tall and feathery. For an outstanding flavor and color combination, set purple basil at bases of your cherry tomatoes.

A hanging bounty
In this pantry window, cake-cooling racks hung with jute twine work as low-cost herb trays. The open-wire network supports drying leaves and lets air circulate freely. When not needed for drying, the racks are covered with cork mats, then used to hold lightweight pots of herb plants. Flats on the counter top are starting places for vegetable seedlings to be set outdoors later when the weather is warm.

PICK A STYLE--

CREATE A KITCHEN

By JOAN McCLOSKEY and ROBERT E. DITTMER

EARLY AMERICAN

This country-fresh kitchen glows with the friendly, gather-round feeling characteristic of Early American styling. The white-washed standard sink and base cabinets let you see the wood grain underneath, reminiscent o the furniture of our forefathers. Notice the vari-width boards and the rugged black strap hinges and pull handles. T underscore our colonial kitchen we chose a plank floor, but you might prefer pegged hardwood or resilient tile resembling boards. Our table is 1975 vintage but its timeless shape looks right at home in this traditional setting. The chair is an armless version of the classic ladder-back chair.

Once you've chosen the basics, you'll have fun adding the smaller touches that make a country kitchen come alive. Our particular treasures include wooden scoops, a kerosine lantern, coffee grinder, simple white crocks. Then throw down the welcome mat, preferably a rag rug, ar share the warmth of your Early American kitchen.

CONTEMPORARY

Contemporary styling gives you the freedom to break out of the standard kitchen mold and shape a kitchen to fit the way you live. The simple beauty of simple lines is expressed here in hard-edge cabinets, sleek hardware, crisply styled furniture, and sculptured light fixture.

While everything is geared to efficiency, the kitchen brilliantly escapes the cold laboratory look. Undiluted color is the key—in wall base and sink cabinets. Solid black flooring and stark white counters give the color added impact.

For a modern-art kitchen like this one, you want furniture that's equally clean-cut and uncluttered. We paired a neat round table with a vinyl chair, both chosen with easy care in mind. The lightweight serving pieces are equally practical; they stack inside each other to save storage space. For speedy service at party time, there's a freewheeling beverage cart.

Buying information page 103

Photographs: Dieter

COUNTRY FRENCH

Take your cue from rural France if you want an honest, working kitchen brimming with charm. The classic French country kitchen is devoid of pretensions. It exists to meet cooking and cleanup needs in the most practical way possible.

In the typical country French kitchen you'd probably find rich wood sink, base, and wall cabinets and wood or quarry flooring. We capitalized on modern technology to duplicate the mellow look. As you can see, the rural look marries well with today's easy-to-clean materials. Our brick floor is vinyl tile, our counter top is plastic laminate, our table comes clean with a swipe of a sponge, yet the look is war

No space is wasted in a real working French kitchen, and ours follows suit. Notice the handsome molds that parade across the soffit, and the canist that dot the counter top. And, if your cooking smacks of France too, you'll w to show off some specialty items such as wine cruets, bright copper stockpot fondue pots, and French coffee makers. Part of the charm of a French kitchen is the casual display of the cook's prized "tools of the trade."

For a Bastille Day color scheme choose crisp blue and white checks where you need the softness of fabric.

HOW TO CHOOSE THE RIGHT CABINET FOR YOUR KITCHEN

Just as you would carefully plot your vacation route, a large investment of money, or your child's education, you should put your noggin to work when you plan your kitchen styling. Since cabinets will make the biggest dent in your remodeling budget and last the longest, you should study all the options available to you.

WHICH STYLE SAYS "YOU"?

Choose the style, finish, and assembly of sink, base, and wall cabinets that you think you can live with happily. If yours is a family that enjoys suppers in the kitchen and invites guests to help dish up the lasagna, you'll probably want a warm, woody look. If you're a clean-counter cook, one who prefers to entertain guests in the dining room, sleek white or subdued colored cabinets might be more your speed. If you're a casual kind of person, who likes a kitchen open to the living quarters and enjoys showing off cooking pots and pans, you probably want a combination of closed base and sink cabinets with open upper shelves for your more colorful dishes. You might even attach a utensil rack to an open beamed ceiling to display specialty cooking pans.

Whatever your preference, here are some step-by-step suggestions to help you purchase wisely.

HOW MUCH IS ENOUGH?

Storage is essential to every kitchen, even if you like to hang out a good deal of what you own. You need cabinets, and lots of them, to store food, pots and pans, dishes, silverware, portable appliances, and linens. This means kitchen cabinets of the right size and number.

The FHA minimum for a three-bedroom home is 15½ feet of both base and wall cabinets. Only easy-to-reach shelves (no higher than 75 inches from the floor) should be considered in evaluating cabinet space. While lofty shelves are useful for stashing away seldom-used items, they're best suited for seasonal storage only. Ample counter space is essential on either side of the sink, range, refrigerator.

Your first step should be a shopping expedition through as many kitchen shops as your feet will tolerate. Look at kitchens in model homes. Scout your friends' kitchens for good ideas.

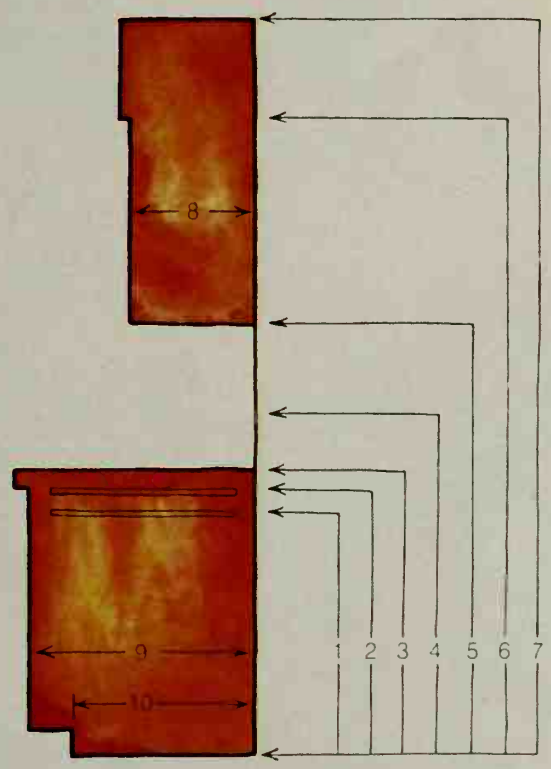
CABINET CONFIGURATIONS

You can buy kitchen cabinets in two ways: stock or custom-made. Today's stock cabinets are a far cry from early versions. In many cases, they look like custom units, made especially for your kitchen, thanks to improved assembly production coupled with quality control in both construction and finishing. Custom-made cabinets are precisely tailored to your needs.

Once you select the style, you'll begin choosing your wall, base, sink, and specialized cabinets. Base cabinets include both storage and work counter surfaces and because of this dual use, good solid construction is essential. These cabinets are usually 24 inches deep and 34½ inches high. With a 1½-inch counter top, the height totals 36 inches (the general height of most dishwashers and freestanding stoves).

Choosing cabinets in standard sizes saves money and time. Wall cabinets can range from 12 to 15 inches deep and from 12 to 33 inches high. Adjustable shelves are particularly desirable. For overhead storage, choose 42- to 48-inch-tall wall cabinets.

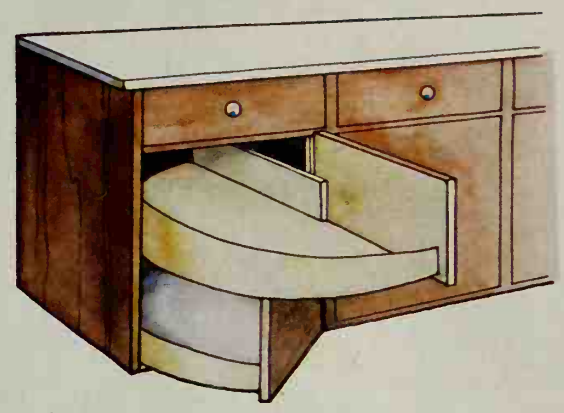
The diagram below summarizes these structural relationships in a typical kitchen.



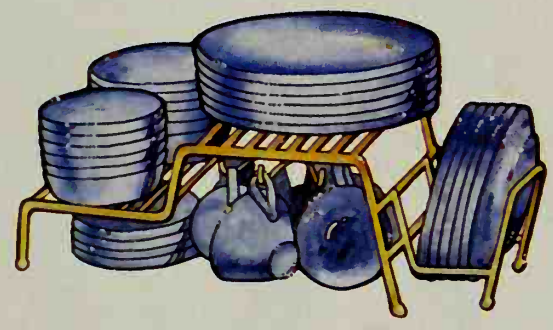
1. Pullout counter, 30". 2. Mixing counter, 32". 3. Standard counter top, 36". 4. Switches and outlets, 44". 5. Bottom of cabinet, 55". 6. Top of cabinet, 87". 7. Ceiling. 8. Depth of wall unit, 13". 9. Depth of base cabinet, 24". 10. Depth with toe space out, 21".

SPECIAL CABINETS

Specialized cabinets, while helpful to meal preparation and cleanup, add more to the total cost of installation. The interior fittings of these cabinets can range from the lazy Susan to pullout fruit and vegetable bins, slide-out trays for pots and pans, and divided vertical partitions for trays and platters.



If you're pinching pennies, you can still enjoy the features of specialized storage. Simply use the handy kitchen organizers offered by a variety of manufacturers.



WHICH IS RIGHT FOR YOU?

You can't always judge a cabinet at first glance. Less expensive stock cabinets are often particle board with a photographed veneer or lacquer toner finish.

In the moderate to higher range cabinets, look for selected hardwoods or softwoods with hardwood veneer.

When you judge finish, look for a smooth surface. A mellow semigloss is more desirable than a shiny surface since the latter reveals fingerprints and smudges more readily.

Cabinet finishes of plastic laminate are easy to clean and come in a color wheel of hues.

CHECK BEFORE YOU BUY

*Pull out drawers to see how easily they glide. When the drawer is all the way open, does it sag?
*If cabinet doors are of the inset type, do they swing freely without catching?
*Is the hardware to your taste?
*Look for the National Kitchen Cabinet Association's seal on prefinished, factory-engineered cabinets.

PRIZE WINNING RECIPES FROM THRIFTY COOKS

by Doris Eby

Our Budget Recipe Contest brought in an avalanche of excellent entries—a gratifying response but tough on the judges who had to pick the ten top prizewinners and 100 honorable mentions. Once you try the ten top recipes, we think you'll give them your dinner-bell-ringing endorsement.

Buying Information, page 103

$1000 Prizewinner

BORSCH-STYLE CASSEROLE

Mrs. Huguette Griffith, of Charlotte, North Carolina, our first prize winner, recommended Borsch-style Casserole as a real man-pleaser—and we agree! Economical short ribs simmer in a superlative broth with lots of vitamin-packed vegetables—the sometimes forgotten ones like turnips, beets, and cabbage that always used to find their way into grandmother's stewpot. A little sugar and vinegar give the stew tang.

To make this blue-ribbon winner company special, top each serving with a dollop of sour cream and accompany with black bread and frosty mugs of cold beer.

- 2 pounds beef short ribs, cut up
- 1 tablespoon cooking oil
- 2 cups sliced carrots (4 carrots)
- 1½ cups turnip strips (3 turnips)
- 1 cup sliced celery (3 stalks celery)
- 1 cup sliced onion (1 onion)
- 4 cups water
- 1 6-ounce can tomato paste
- 1 tablespoon salt
- ¼ teaspoon pepper
- 1 cup water
- 1 tablespoon sugar
- 1 tablespoon vinegar
- 2 cups fresh beet strips (2 beets)
- 1 small head cabbage, cut in 6 wedges
- Dairy sour cream

In 4½-quart Dutch oven, brown ribs in hot oil. Drain off excess fat. Add carrot, turnip, celer and onion. Blend together the cups water, the tomato past salt, and pepper; pour over ve etables in Dutch oven. Cover a bake in 350° oven for 2 hou Skim off fat. Combine remainin 1 cup water, the sugar, and vin gar; add to meat mixture. A beet strips and place cabba wedges atop mixture, pushi partially into liquid. Cover a continue baking 1½ hours mo Pass sour cream to spoon at each serving. Makes 6 servin

MONEY-STRETCHING IDEAS

We asked you to enter our Budget Recipe Contest and tell us how *you* are beating the high cost of food. Here are some of the money-stretching ideas that you shared with us.

- Buy several whole chickens, cut them up yourself, then freeze the wings, backs, necks, and giblets together. These would do nicely for a robust soup or stew. The thighs, drumsticks, and breasts can be frozen separately—the thighs and drumsticks for family casseroles and fried chicken; the chicken breasts for company dishes.
- Buy a large beef chuck and grind part for burgers, meat loaves, and casseroles; cube some for soups and stews; and marinate and broil the remainder as a substitute for steak.
- Stockpile leftover vegetables, cooking juices, meat scraps and bones in separate freezer containers till there's enough to make a hearty soup. Potato and carrot peelings, celery leaves and bottoms, broccoli and asparagus stems, and the outer leaves and centers of cauliflower and cabbage all go into the economical stockpot before straining. Make the soup extra special with homemade dumplings or pasta.
- Feature your abundant garden vegetables such as zucchini, eggplant, tomatoes, and cabbage. Sportman's game and fish can play an important role in meal plans, too.

Photographs: Maselli Food Stylist: Fran Paulson

$500 Prizewinner

OSTADO PIZZA

d Shinn of Grand Junction, olorado, captured our second ze with Tostado Pizza. It's a an's idea of the best of two linary worlds—Italian and exican. First comes the crust t's a snap with packaged bisit mix—then a layer of refried ans, ground beef laced with o seasoning mix and chilies, d finally shredded cheese. Let eryone add the colorful toppings of lettuce, tomato, onion, and taco sauce at the table—and be prepared to serve extra wedges of this winner.

- 2 tablespoons yellow cornmeal
- 2 cups packaged biscuit mix
- ½ cup cold water
- 1 pound ground beef
- ¾ cup water
- 3 tablespoons chopped, seeded canned green chilies
- 1 envelope taco seasoning mix
- 1 15½-ounce can refried beans
- 1 cup shredded sharp process American cheese
- 1 cup shredded lettuce
- 1 tomato, chopped (1 cup)
- ½ cup chopped onion
- Taco sauce

Generously grease a 12-inch pizza pan. Sprinkle with cornmeal. In bowl, combine biscuit mix and the ½ cup cold water. Stir with fork till dough follows fork around bowl. Turn out on lightly floured surface; knead 5 or 6 times. Roll to 14-inch circle; pat into prepared pizza pan. Crimp edges. In skillet, brown meat; drain off excess fat. Add the ¾ cup water, the chilies, and taco seasoning mix; bring to boiling. Reduce heat and simmer, uncovered, 15 minutes or till thick. Spread beans on dough. Top with meat mixture. Bake in 450° oven for 18 to 20 minutes. Top with cheese. Return to oven to melt cheese, about 4 minutes. Cut in 6 wedges. Garnish with fresh green chili peppers, if desired. Pass lettuce, tomato, and onion. Drizzle with taco sauce, if desired. Makes 6 servings.

$250 Prizewinner

CHEESY HASH-SPINACH PIE

This scrumptious double-decker pie can be the star attraction at your next brunch or late-evening supper. Only you need know the pie is not only economical but easy. The flaky pastry shell is layered with corned beef hash revved up with horseradish and mustard. Then comes a layer of spinach, mushroom soup, and egg topped off with shredded cheese and pimiento. Popeye would be proud of Lorraine Osborne in Monroe, Connecticut.

- 2 10-ounce packages frozen chopped spinach
- 2 beaten eggs
- 1 can condensed cream of mushroom soup
- ¼ cup all-purpose flour
- 1 teaspoon prepared mustard
- 1 tablespoon prepared horseradish
- 1 15-ounce can corned beef hash
- 1 9-inch baked pastry shell (crimp edges high)
- 1 cup (4 ounces) shredded process American cheese
- 2 tablespoons chopped pimiento

Cook spinach according to package directions *except* omit salt. Drain spinach very well, pressing out excess water. Combine eggs, soup, flour, mustard, and horseradish; stir in spinach. Spread hash in baked shell; spoon spinach mixture over. Bake in 350° oven for 45 minutes. Combine cheese and pimiento; sprinkle atop pie. Bake 2 to 3 minutes. Let stand 5 minutes. Makes 6 servings.

Buying information, page 103

$250 Prizewinner

FESTIVE TAMALE LOAVES

Mrs. Sue Haughawout of Carthage, Missouri, came up with this innovative budget-stretcher. Individual meat loaves bake with an outside "jacket" of economical and quick-cooking grits.

- 4 cups water
- 1 cup quick-cooking grits
- ½ teaspoon salt
- 2 tablespoons snipped parsley
- ¾ pound soy/ground beef mix
- ¼ cup chopped onion
- 1 10-ounce can tomatoes and green chilies
- 1 8-ounce can tomato sauce
- 1 7-ounce can whole kernel corn, drained
- ½ cup coarsely crushed corn chips
- 1 slightly beaten egg
- 1½ teaspoons chili powder
- ½ teaspoon dried oregano, crushed
- 2 cups (8 ounces) shredded sharp process American cheese

Combine water, grits, salt, and parsley. Bring to boiling. Cook, stirring occasionally, 8 to 10 minutes or till very thick. Cool slightly. Thoroughly grease six 4-inch fluted tube pans or 6-ounce custard cups. Turn grits into pans, spreading up sides and center with back of spoon. With greased hand, press evenly to completely line molds. When cool, cover and refrigerate. Cook beef mixture and onion till meat is browned and onion is tender. Drain off excess fat. Stir in ¼ cup of the tomato and chilies, the tomato sauce, corn, corn chips, egg, chili powder, and oregano. Spoon into shells. Bake in 350° oven for minutes. Immediately invert to baking sheet; remove pa Place meat molds on serv platter; keep warm.

In small saucepan, combi the remaining tomatoes a chilies and the cheese. Heat a stir till cheese melts. Spo sauce over mold; pass rema ing. Makes 6 servings.

$250 Prizewinner

NY SANDWICH ARES

J. David Hines of St. Jo-, Missouri, counts leftover t beef a blue-chip asset—use it's the makings for y Sandwich Squares. m-style corn plus cheese es the corn bread doubly l. The jazzy filling combines beef with pickle relish and up. Canned stewed toma- that already have onion, green pepper, and celery added, form the base of the sauce.

1 10-ounce package corn bread mix
1 8¾-ounce can cream-style corn
2 eggs
2 tablespoons milk
¾ cup (3 ounces) shredded process American cheese
2 cups (11 ounces) diced cooked roast beef
¼ cup catsup
2 tablespoons sweet pickle relish
½ cup (2 ounces) shredded process American cheese
¼ cup (1 ounce) grated parmesan cheese

• • •

¼ cup cold water
1 tablespoon cornstarch
1 16-ounce can stewed tomatoes, cut up
1 teaspoon worchestershire sauce

In bowl, combine corn bread mix, corn, eggs, milk, and the ¾ cup cheese; stir till blended. Spread half of batter in greased 8x8x2-inch baking pan. Combine beef, catsup, and relish. Spread over batter. Sprinkle with the ½ cup American cheese and the parmesan. Top with remaining batter. Bake in 350° oven for 35 minutes. Let stand 5 minutes before cutting in squares.

Meanwhile, prepare sauce. In saucepan, combine water and cornstarch. Stir in tomatoes and worcestershire sauce. Cook and stir till mixture thickens and bubbles. Serve over corn bread squares. Makes 6 servings.

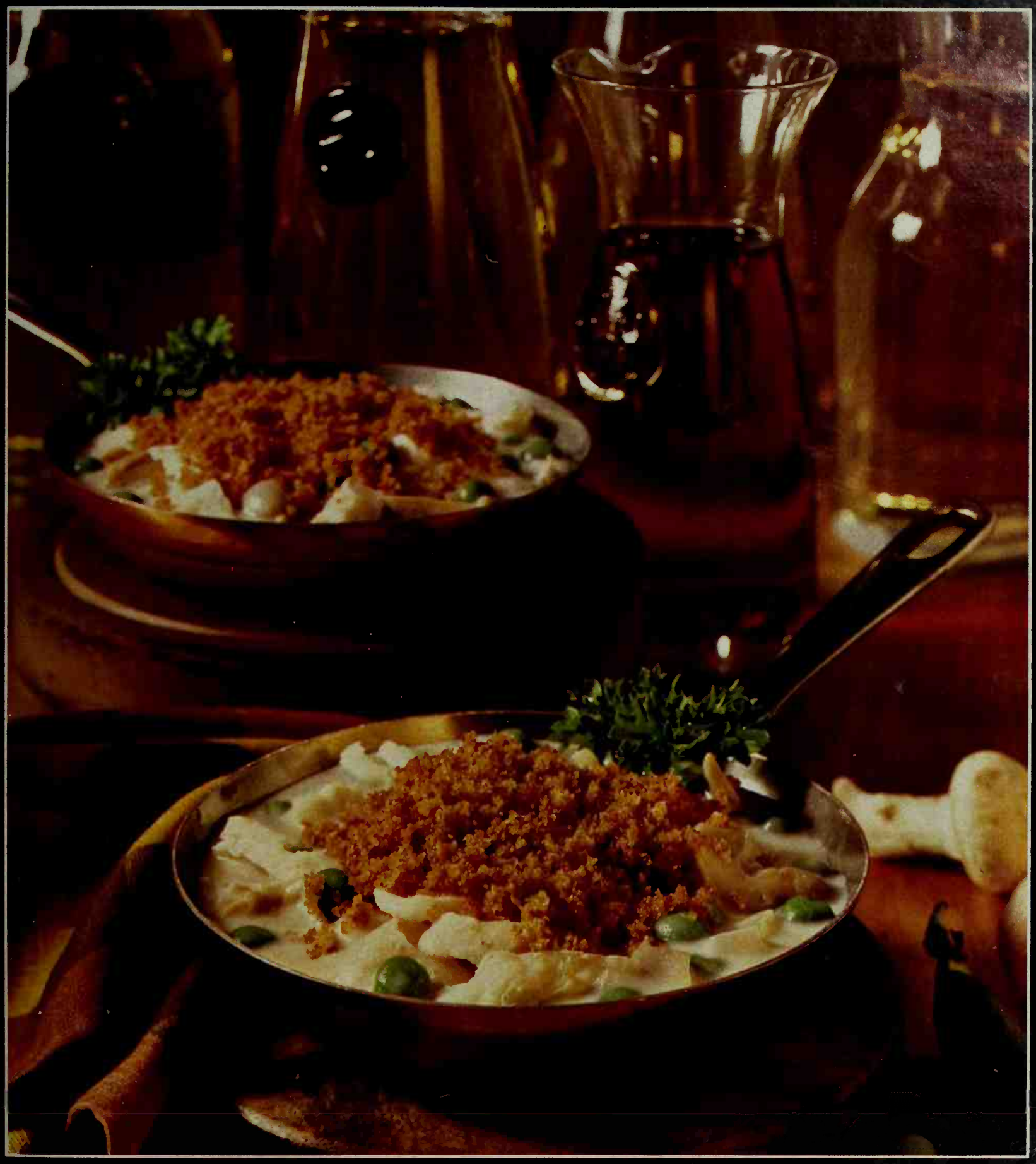
$250 Prizewinner

BAKED BEAN CASSOULET

Baked Bean Cassoulet is a first cousin to the classic French dish. Well-seasoned navy beans are complemented with tiny sausage balls and chicken pieces. Accompany this hearty dish with toasted French bread and a fresh vegetable relish tray for a satisfying midwinter meal. This stick-to-the-ribs winner comes from Mrs. Karen Rowell of Berne, Indiana.

1 pound (2 cups) dry navy beans
8 cups water
1 cup chopped celery
1 cup diced carrot
2 beef bouillon cubes
1 teaspoon salt
2½- to 3-pound broiler-fryer with giblets, cut up
½ pound bulk pork sausage
1 cup chopped onion
1½ cups tomato juice
1 tablespoon worcestershire sauce
½ teaspoon paprika

In large kettle, combine beans and 8 cups water. Bring to boiling; boil 2 minutes. Remove from heat. Cover; let stand 1 hour. Do not drain. To beans, add celery, carrot, bouillon cubes, salt, and neck and giblets from chicken. (Refrigerate remaining chicken.) Bring to boiling; reduce heat. Simmer, covered, 1 hour. Shape sausage into small balls; brown in large skillet. Remove sausage and set aside, reserving drippings in skillet. Sprinkle chicken pieces liberally with salt and pepper. Brown chicken in reserved drippings. Remove chicken; s aside. In same skillet, cook onio till tender. Stir in tomato juic and worcestershire. Drain be mixture, reserving liquid. Co bine bean mixture, sausage, a tomato mixture. Turn into quart Dutch oven. Top w chicken pieces; pour 1½ cu reserved liquid over. Sprink with paprika. Cover; bake 325° oven for 1 hour, add more bean liquid, if necessa Makes 8 servings.



$250 Prizewinner

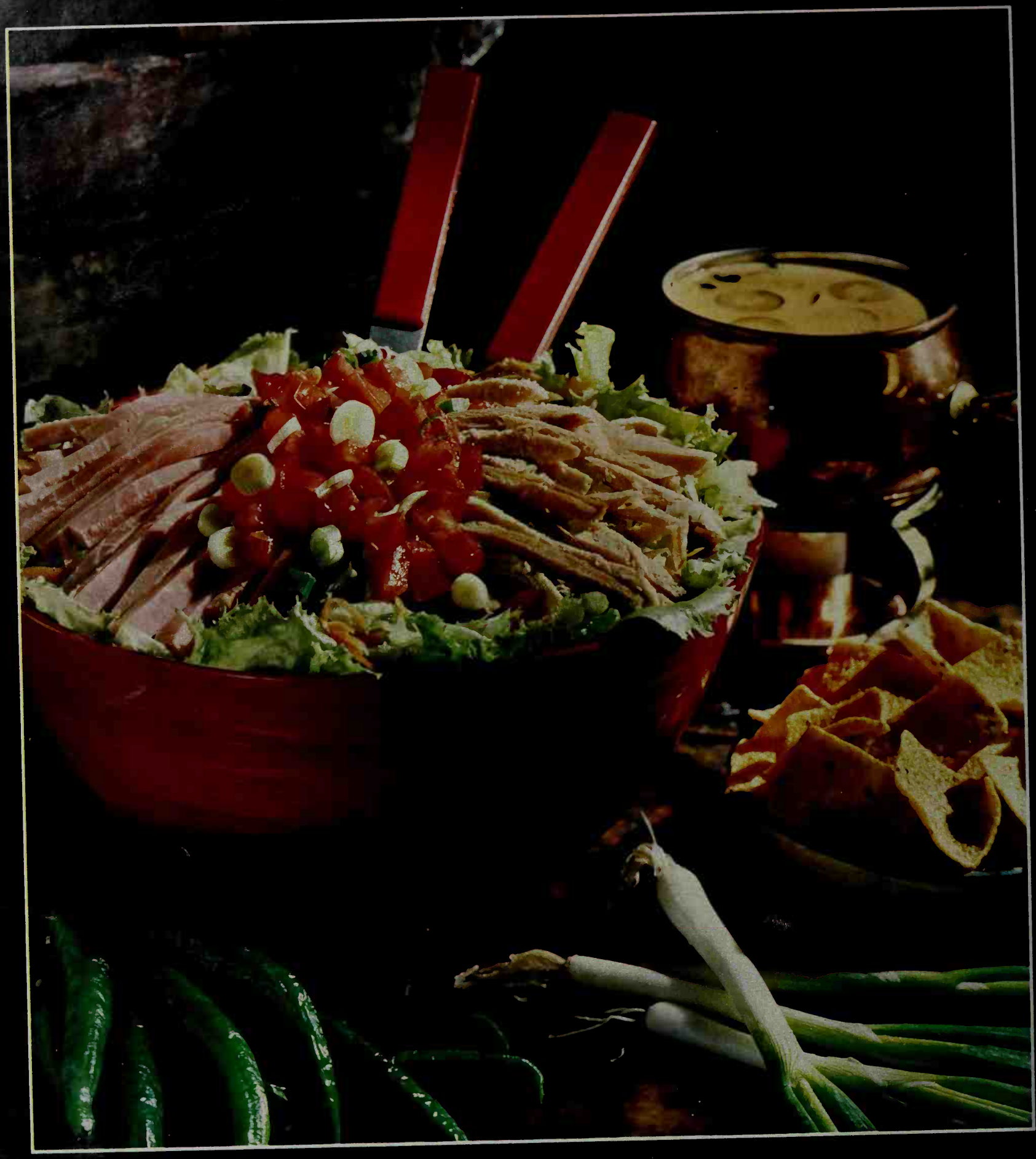
NEIGHBROW HADDOCK

Mrs. Howard E. Conklin of Sacramento, California, concocted this thrifty winner. Try it when you want to turn a pound block of frozen fish into an elegant entree for six. Chunks of fish, green peas, and mushrooms bake in a cheesy sour cream sauce with golden crumbs atop. A delicate white wine is a good partner.

1 pound frozen haddock fillets
1 cup finely chopped onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
¼ teaspoon salt
⅛ teaspoon pepper
1 cup milk
1 cup (4 ounces) shredded sharp process American cheese
½ cup milk
1 envelope sour cream sauce mix
1 4-ounce can mushroom stems and pieces, drained
1 cup frozen peas, thawed
1 cup soft bread crumbs
2 tablespoons butter or margarine, melted

In large skillet, barely cover haddock with water. Simmer gently 12 to 15 minutes or till fish flakes with a fork; drain. Break fish into large chunks; set aside. Meanwhile, in large saucepan, cook onion in the 2 tablespoons butter or margarine till tender but not brown. Blend in flour, salt, and pepper. Add the 1 cup milk all at once. Cook, stirring constantly, till mixture thickens and bubbles. Remove from heat. Add cheese; stir till melted. Using the ½ cup milk, prepare sour cream sauce mix according to package directions. Combine cheese sauce, sour cream sauce, fish, mushrooms, and peas. Spoon into 6 individual 1-cup bakers. Combine crumbs and remaining 2 tablespoons butter; sprinkle atop bakers. Bake in 400° oven for 15 to 20 minutes. Garnish with paprika and parsley. Makes 6 servings.

Buying information, page 103



$250 Prizewinner

MEXICAN CHEF'S SALAD

Mexican Chef's Salad, created by Mrs. Vonna Reynolds from Arlington, Texas, makes a refreshing—and attractive—dinner in a dish. For starters, heap your prettiest salad bowl with crisp lettuce, carrot, and celery. Then arrange a kaleidoscope of ham strips, chicken strips, sliced green onion, and chopped fresh tomato atop. Next, drizzle each serving with the unusual dressing—it's a thick hot cheese sauce with a flavor wallop from chilies and olives. Pass corn chips to sprinkle atop and olé! You have a new south-of-the-border treat.

- 6 cups torn lettuce
- 1 cup shredded carrot (2 carrots)
- 1 cup diced celery (2 stalks celery)
- 1 cup cooked ham cut in julienne strips
- 1 cup cooked chicken cut in julienne strips
- 2 tomatoes, diced
- 3 tablespoons sliced green onion with tops

• • •

- 2 cups (8 ounces) shredded sharp process American cheese
- ⅔ cup milk
- 3 tablespoons chopped, seeded canned green chilies
- 3 tablespoon sliced pitted ripe olives
- 2 cups corn chips

In large salad bowl, combine lettuce, carrot, and celery. Arrange ham, chicken, tomatoes, a green onion atop. In hea saucepan, combine cheese a milk. Cook and stir over l heat till cheese is melted a mixture is smooth. Stir in chil and olives. Just before servi pour sauce over salad. To lightly. Serve at once. Pass co chips to sprinkle atop each se ing. Makes 6 servings.

Note: If desired, cheese sau may be made ahead and serv cold. Increase milk in sau to 1 cup. Chill till serving time

$250 Prizewinner

ILI MANICOTTI

dred Ballinger of South Bend, liana, gave her winning recipe stern flair. She took a popular lian dish, added a spicy Mexi- n influence, and came up with ili Manicotti. Inside each shell u'll find a creamy cheese fill- with a generous spike of jala- no peppers. Seasoned chili beef soup makes an easy pasta sauce.

¼ cup chopped onion
1 clove garlic, minced
1 tablespoon cooking oil
2 cans condensed chili beef soup
½ cup water
12 manicotti shells
2 beaten eggs
2½ cups cream-style cottage cheese, drained
1½ cups (6 ounces) shredded sharp process American cheese
1 or 2 pickled jalapeno peppers, seeded and finely chopped

Cook onion and garlic in hot oil till tender. Stir in soup and water; heat through. Cook manicotti in boiling salted water for 8 to 10 minutes; drain. Combine eggs, cottage cheese, 1 cup of the American cheese, and the pepper; mix well. Spoon about ¼ cup cheese mixture into each manicotti shell. Pour half the soup mixture into 12x7½x2-inch baking dish. Top with manicotti. Pour remaining soup over all, being sure manicotti are coated. Cover; bake in 350° oven 40 to 45 minutes. Uncover; sprinkle with remaining cheese. Bake 2 to 3 minutes. Let stand 5 minutes. Makes 6 servings.

$250 rizewinner

AND POTATO SEROLE

what's happened to pedes- scalloped potatoes! This winning recipe from Bever- Human of Escondido, Cali- a, turns them into a com- ent-catching main dish. Lots hredded cheese and sour m give a saucy flavor boost. there' s a surprise layer ed in the center—slices of tomatoes and hard-cooked eggs for extra taste and eye appeal. Complete this delicious meatless meal with a green vegetable, fruit salad, and hot crusty rolls.

¼ cup chopped onion
1 tablespoon butter or margarine
3 tablespoons all-purpose flour
1 cup dairy sour cream
½ cup milk
¾ cup (3 ounces) shredded sharp process American cheese
2 tablespoons snipped parsley
½ teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon pepper
3 cups cooked, pared, sliced potatoes (1¼ pounds)
4 hard-cooked eggs, sliced
2 tomatoes, peeled and thinly sliced
¾ cup soft bread crumbs (1 slice bread)
1 tablespoon butter or margarine, melted

In saucepan, cook onion in the 1 tablespoon butter or margarine till tender. Blend in flour. Stir in sour cream, milk, cheese, parsley, salt, paprika, and pepper. Stir over low heat till cheese melts. Combine sauce and potatoes. In 1½-quart casserole, spread half the potato mixture. Top with egg and tomato slices. Spoon remaining potato mixture atop. Combine bread crumbs and remaining 1 tablespoon butter; sprinkle atop casserole. Bake in 350° oven for 40 to 45 minutes. Garnish with egg and tomato wedges. Makes 4 servings. Buying Information, page 103

Sewing Special

Spring sleepwear

BODY MEASUREMENT CHART

Size	6	8	10
Chest	25½	27	28½
Waist	22	23½	24½
Hip	26	28	30
Back waist lengths	10½	12	12¾
Height	45	49½	54½

Delight your favorite young lady with some of the prettiest sleepwear around. Designed exclusively for Better Homes and Gardens readers by Burda Moden of Germany, our February pattern selection offers two versions of the ever-popular granny gown. The long-sleeved nightgown is graced by ruffles at neck and cuffs, and a deep, romantic ruffle at the hem. The short-sleeved version features crisp eyelet inset around the yoke.

Included in the same pattern is the charming smock-topped pajama set pictured above left.

Pattern 01312, is available in sizes 6, 8, 10. To order, see the coupon at right. For back views and fabric suggestions, see page 93.

Before ordering, measure your child carefully and compare resu with our chart.

Send order to: Better Homes & Gardens
Dept. 2P1, Box 374
Des Moines, Iowa 50336

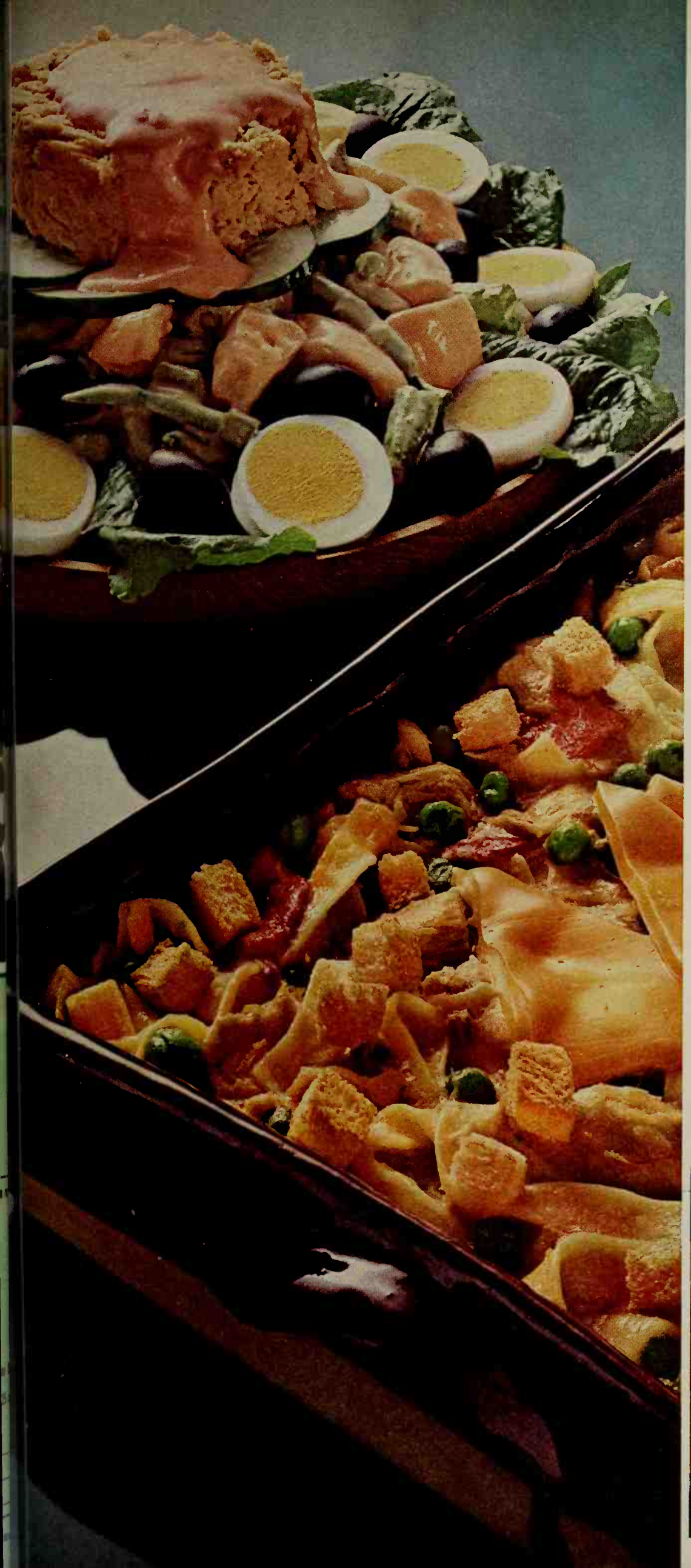
Pattern 01312: Girl's Sleepwear
- ☐ Size 6 Each $1.50
- ☐ Size 8 Each $1.50
- ☐ Size 10 Each $1.50

Special offer: any two patterns for $2.50, any three for $3. any four for $4.25.
Postage and handling: for one to three patterns, add 25 ce for four or more patterns, add 50 cents.

Name_____

Address_____

City_____ **State**_____ **Zip**_____



Here are 2 of the souper recipes in Campbell's FREE Tuna Handbook. Send for your copy!

You'll love all 12 quick and easy kitchen-tested recipes in Campbell's new colorfully illustrated Souper Tuna Handbook. To get a FREE copy, send name, address and zip code to SOUPER TUNA HANDBOOK, Box 515, Maple Plain, Minn. 55359.

SOUPER TUNA SALAD LAMAZE

- 1 can (10¾ ounces) Campbell's Tomato Soup
- 1 cup mayonnaise
- ¼ cup sweet pickle relish
- 1 tablespoon lemon juice
- ½ teaspoon grated onion
- ½ teaspoon prepared mustard
- 2 cups cubed cooked potatoes
- 1 package (9 ounces) frozen cut green beans, cooked and drained
- Sliced cucumber
- 1 can (about 7 ounces) tuna, drained and flaked

Combine soup, mayonnaise, pickle, lemon, onion, and mustard. Mix 1 cup soup mixture with potatoes and beans. Chill 1 hour or more. Arrange potato mixture on crisp salad greens; top with cucumber and tuna. Garnish with hard-cooked eggs and ripe olives if desired. Serve with remaining dressing. Makes 4 servings.

SOUPER TUNA NOODLE BAKE

- ½ cup chopped onion
- 2 tablespoons butter or margarine
- 1 can Campbell's Cream of Mushroom Soup
- ½ cup milk
- ½ cup drained chopped canned tomatoes
- 2 cups cooked medium noodles
- 1 cup cooked peas
- 2 cans (about 7 ounces each) tuna, drained and flaked

In saucepan, cook onion in butter until tender; stir in remaining ingredients. Pour into 2-quart shallow baking dish (12"x8"x2"). Bake at 400° F. for 20 minutes or until hot; stir. Top with sliced cheese and croutons if desired. Bake until cheese melts. Makes about 5½ cups.

Campbell's makes your cooking M'm! M'm! Good!

To make exciting desserts on a budget, start with Jell-O® BRAND GELATIN

1. Drain pear halves, reserving syrup. Add water to syrup to make 1 cup. Dissolve gelatin in boiling water; add measured liquid. Chill until thickened—about 1½ hours. Dice pears; set aside.

2. Fold ½ cup thickened gelatin into whipped topping. If necessary, chill again until mixture will mound.

3. Carefully line serving bowl with the gelatin-whipped topping mixture, mounding high at edges to form a shell.

4. Add pears to remaining gelatin; carefully spoon into bowl. Chill until set—about 2 hours. Makes 5½ cups or 8 to 10 servings.

Ingredients

1 can (16 oz.) pear halves
1 package (3 oz.) Jell-O® Gelatin, cherry flavor
1 cup boiling water
1 container (4½ oz.) Birds Eye® Cool Whip® Non-Dairy Whipped Topping, thawed (or 2 cups prepared Dream Whip® Whipped Topping)

Start with Jell-O®.

GENERAL FOODS KITCHENS

STORE COUPON

15¢ OFF WHEN YOU BUY FOUR 3-OZ. PACKAGES OR TWO 6-OZ. PACKAGES OF JELL-O® BRAND GELATIN. MR. GROCER: General Foods Corporation will redeem this coupon for 15¢ plus 3¢ for handling if you receive it on the sale of Jell-O® Gelatin and if, upon request, you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: GENERAL FOODS CORPORATION, COUPON REDEMPTION OFFICE, P.O. BOX 103, Kankakee, Illinois 60901.

OFFER LIMITED TO ONLY ONE COUPON PER PURCHASE. EXPIRES MARCH 1, 1976. Good only upon presentation to grocer on purchase of Jell-O® Gelatin. Any other use constitutes fraud.

GENERAL FOODS CORPORATION

15¢ OFF

cherry JELL-O gelatin dessert

BHO 2110-5

BHO 2110-5

Buying information, page 103

FILE UNDER CAKES

START-FROM-SCRATCH CAKES

Chocolate Cream Cheese Cake

The frosting comes from part of the batter in this top scratch-cake winner—

- 2 3-ounce packages cream cheese, softened
- ½ cup butter or margarine, softened
- 1 teaspoon vanilla
- 6½ cups (1½ pounds) sifted powdered sugar
- ⅓ cup milk, at room temperature
- 4 squares (4 ounces) unsweetened chocolate, melted and cooled
- 4 tablespoons butter or margarine, softened
- 3 eggs
- 2¼ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1¼ cups milk

Cream together cheese, the ½ cup butter or margarine, and the vanilla. Alternately beat in sugar and the ⅓ cup milk. Blend in chocolate. Remove 2 cups for frosting; cover and refrigerate. Cream together remaining chocolate mixture and butter. Add eggs; beat well. Stir together dry ingredients Beat into creamed mixture alternately with the remaining milk. Turn into two greased and floured 9x1½-inch cake pans. Bake in 350° oven for 30 minutes. Cool in pans 10 minutes. Remove; cool on racks. Remove frosting from refrigerator 15 minutes before frosting cake.

Mrs. Jody A. Cate, Sun Prairie, Wis.

Photographs: Dieter

FILE UNDER MEATS

HAM MAIN DISHES

Ham and Egg Bake

This super-quick ham casserole runs away with first prize—

- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 2 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1 can condensed chicken and rice soup
- 1 cup milk
- 2 hard-cooked eggs, sliced
- 2 cups (12 ounces) cubed cooked ham
- 1 package refrigerated biscuits, (6 biscuits cut in half)

In 10-inch skillet, cook onion and green pepper in butter or margarine till tender but not brown. Stir in flour till blended; add chicken and rice soup and milk. Cook, stirring constantly, till thickened and bubbly. Set aside a few egg slices for garnish; stir remaining egg slices and cooked ham into soup mixture. Bring to boiling. Pour ham mixture into a 10x6x2-inch baking dish; arrange reserved egg slices and biscuit halves on top of hot mixture. Bake in 450° oven for 10 to 12 minutes or till biscuits are golden. Makes 4 to 5 servings.

Mrs. Mildred C. Fortner, Montgomery, Ala.

Cut along dotted line

PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $7.95

Mandarin Ham Rolls

1 11-ounce can mandarin orange sections, drained
1½ cups cooked long-grain rice
⅓ cup mayonnaise or salad dressing
2 tablespoons chopped pecans
2 tablespoons snipped parsley
1 tablespoon sliced green onion
8 large thin slices (8 ounces) boiled ham
¼ cup orange marmalade
1 tablespoon lemon juice
¼ teaspoon ground ginger

Reserve 8 orange sections; chop remainder and combine with cooked rice, mayonnaise, pecans, parsley, and onion. Divide mixture among ham slices. Roll up ham around filling and place, seam side down, in 10x6x2-inch baking dish. Combine marmalade, lemon juice, and ginger; brush some atop rolls. Bake in 350° oven for 25 to 30 minutes, brushing occasionally with remaining sauce. Garnish with reserved oranges. Makes 4 servings.

Barbara Schreier, Bethlehem, Pa.

Barbecue Ham and Pineapple

3-pound canned ham
1 20-ounce can sliced pineapple
½ cup chili sauce
¼ cup sugar
2 tablespoons lemon juice
2 teaspoons worcestershire sauce
½ teaspoon chili powder
1 tablespoon cornstarch
2 tablespoons cold water

Cut ham crosswise in ½-inch slices, cutting to, but not through, the bottom. Tie slices in place with string. Drain pineapple, reserving ¼ cup syrup. Combine the syrup with chili sauce, sugar, lemon juice, worcestershire, and chili powder. Place ham on rack in 13x9x2-inch baking pan. Arrange pineapple slices around ham. Pour sauce over all. Bake in 325° oven for 1½ hours, basting frequently with sauce. Remove ham and pineapple to serving platter. Remove string. Measure pan juices. Add water to make 1¼ cups. Combine the cornstarch and cold water. Add pan juices. Cook and stir till thickened and bubbly. Serves 8 to 10.

Mrs. JoAnn Stultz, Stoneville, N.C.

Banana Split Cake

Strawberry and chocolate batters marble with the basic banana—

In mixer bowl, beat together *1½ cups sugar* and *1 cup butter or margarine.* Add *4 eggs,* one at a time, beating well after each addition. Combine *½ cup mashed banana* (1 large banana), *½ cup dairy sour cream, ½ cup milk,* and *1 teaspoon vanilla.* Thoroughly stir together *3 cups all-purpose flour, 2 teaspoons baking powder, 1 teaspoon salt,* and *¼ teaspoon baking soda;* add to creamed mixture alternately with banana mixture, beating till well-blended. Into *1 cup* of the batter, stir *½ cup strawberry preserves* and a *few drops red food coloring.* Into another *1 cup* of the batter, stir *½ cup ready-to-use cocoa powder.* Spoon *half* the remaining plain batter into a well-greased and floured 10-inch fluted tube pan. Spoon strawberry batter over. Top with remaining plain, then chocolate batters. Bake in 350° oven for 1 hour 10 minutes or till done. Cool in pan 10 minutes; remove from pan. Cool on rack. Sift powdered sugar over cooled cake. Serve with ice cream topped with additional strawberry preserves, if desired.

Mrs. Milton Brooks, Chelsea, Okla.

Milk 'n Honey Cake

In mixer bowl, beat together *½ cup sugar* and *½ cup shortening.* Add *2 eggs,* one at a time, beating well after each addition. Thoroughly stir together *2 cups all-purpose flour, 2½ teaspoons baking powder,* and *½ teaspoon salt.* Combine *1 cup milk, ½ cup honey,* and *½ teaspoon vanilla.* Add flour mixture to creamed mixture alternately with milk mixture, beating till well-blended. Spread batter evenly in greased and floured 9x9x2-inch baking pan. Bake in 350° oven for 30 to 35 minutes or till done. Cool. Frost with *Maple Frosting:* In saucepan, combine *⅓ cup milk, ¼ cup packed brown sugar,* and *1 tablespoon butter or margarine;* bring to boiling, stirring constantly. Cool; stir in *¼ teaspoon maple flavoring* and *3¼ cups sifted powdered sugar.* Sprinkle top with *⅓ cup chopped pecans.*

Mrs. Gordon Ward, Mankato, Minn.

The can that thinks it's a wedge of cheese.

But it's really a special cheese sauce that melts a rich cheddary flavor all through the golden elbow macaroni. Kraft Macaroni and Cheese Deluxe Dinner. The good kind you cook up fresh.

KRAFT

Division of **Kraftco Corporation**

Banana Split Cake

GOOD COOKING GUIDES FOR BUSY HOSTESS

Shortcut Cooking—195 recipes from snacks to main dishes. Table Settings—Simple, inexpensive ways to add glamour. Cooking with Herbs and Spices—Helpful tips for seasoning. Order all three booklets for only $1. Better Homes and Gardens, Dept. 910, P.O. Box 374, Des Moines, Iowa 50336.

A 7¢ invitation to bigger tasting, better tasting breakfasts.

Ordinary tasting cereal flakes can make breakfast a real bore. Wake up your breakfasts with BUC*WHEATS®!

Only BUC*WHEATS gives you the big taste of natural, stoneground buckwheat...in crunchy flakes with a touch of pancake syrup. With toast, milk and juice it's a complete breakfast. How about tomorrow?

R.S.V.P.

N76 STORE COUPON

Save 7¢

on your next purchase of

Buc Wheats®

Only one coupon may be redeemed per purchase.

MR. GROCER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 3¢ handling charge. Mail this coupon to General Mills, Inc., Dept. 400, Minneapolis, Minn. 55440 for redemption. This offer void in any state or locality prohibiting, licensing, or regulating these coupons. The consumer must pay any sales tax included. Good only in U.S.A.

FRAUD CLAUSE. Any attempt to redeem this coupon otherwise than as provided herein shall constitute fraud. Invoices proving purchase, within the last 90 days, of sufficient stock to cover coupons presented for redemption must be made available upon request.

7¢ General Mills CASH VALUE 1/100 CENT N76

Win money for your recipes

POTATO CASSEROLES—EASY SOUPS

Have you an unusual potato casserole that catches compliment If so, we'd like to know about it. Or maybe there's a step-sav soup specialty that you'd like to share? Send your recipe to for either or both categories and you could be a winner next S tember. Two Cooks-of-the-Month recipes receive $50 each. F Runners-up receive $25 each and 12 Honor Roll winners get $ each. The selected winning recipes will be pictured on the P Tested Recipes pages next September. All 18 winners receiv framed Better Homes and Gardens Certificate of Endorsem and six copies of the endorsed recipe.

Hints to Help You

Potato casseroles can begin with fresh, frozen, canned, or packaged potatoes. Do you shred, dice, slice, or mash, then stir, toss, or blend potatoes with seasonings or other vegetables? Maybe you create a fruit and potato combo. Pointers:

pecan-potato puff
hash-brown and bacon bake
tangy sweet potato ring
spiced spud squares
potato-cottage casserole

Easy soups may cut prepara time by starting with a dry s mix, or with a canned favo Maybe you float a crusty slic bread or dollop of sour cr atop a flavorful broth. Is specialty a speedy chowder, c easy vichyssoise? Hints:

blender borsch
meatball gumbo
beefy herb consomme
broccoli chowder
speedy shrimp soup

THIS MONTH'S WINNERS

(See recipes on pages 89 and 90.)

Cooks-of-the-Month

Mrs. Jody A. Cate, Sun Prairie, Wis.
Mrs. Mildred C. Fortner, Montgomery, Ala.

Runners-up

Mrs. Milton Brooks, Chelsea, Okla.
Barbara Schreier, Bethlehem, Pa.
Mrs. JoAnn Stultz, Stoneville, N.C.
Mrs. Gordon Ward, Mankato, Minn.

Honor Roll

Mrs. Albert M. Bennett, Canton, Ill.
Mrs. Gregg Buchanan, El Dorado, Ark.
Mrs. Richard J. Coombs, Banning, Calif.
Mrs. Ethel Bard Crook, Osceola, Mo.
Mrs. Susan W. Ellis, Centerville, Mass.
Mrs. Particia A. Evans, San Antonio, Tex.
Mrs. Jerry Lane, Tampa, Fla.
Mrs. Karl F. Lauenstein, Springfield, Va.
Mrs. L. Churchill Matthews, St. Louis, Mo.
Mrs. Barbara Payne, Wrightwood, Calif.
Mrs. Beverly A. Sebastian, Fort Worth, Tex.
Mrs. Zane Witty, Mont Vernon, N.H.

CONTEST RULES

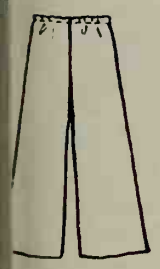
1. Write or type your recipe clearly on one side of the paper and it "Potato Casseroles" or "Easy Soups." If you wish, send a r for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the nationally known food products yo as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, February 28. In cases duplicate recipes are submitted, the one with the earliest pos will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7502 Test Kitchen, Better Home Gardens, Des Moines, Iowa 50336.

t rn

hes below show the
of this month's selec-
tter Homes and Gar-
en's patterns.
arming collection of
has been designed ex-
or our readers by Bur-
of Germany. All three
nightgowns and a pa-
re included in the same
Pattern 01312, avail-
l's sizes 6, 8, and 10.
photos of front views
page 86, along with
art and a handy order

undoubtedly want to
everal versions of this
tern for your favorite
. We suggest you use
nels for winter-weight
and easy-care poly-
on/cotton blends for
summer versions.

nber: 01312



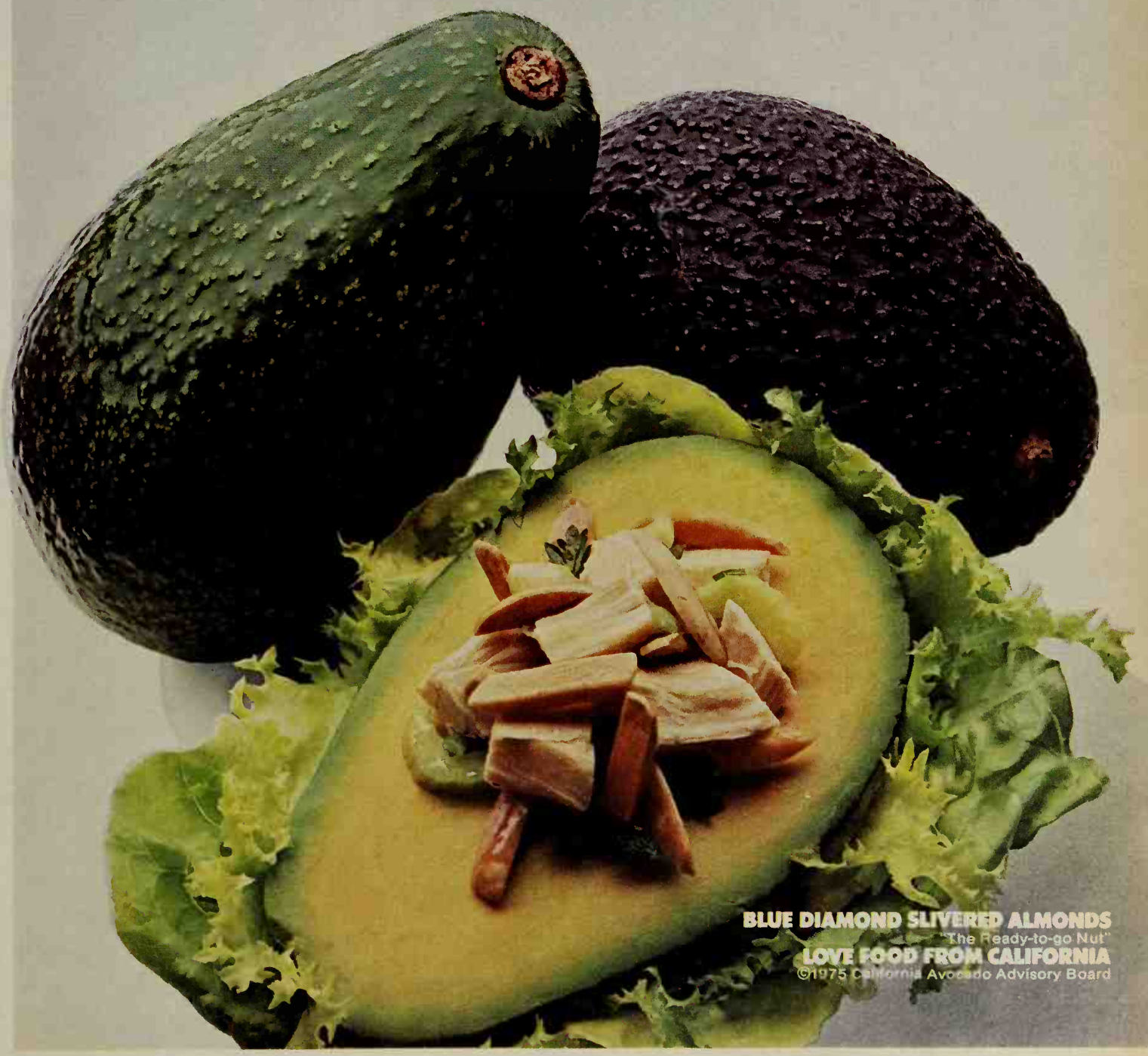
Who put the chic in chicken? Almonds and Avocado.©

Our unique combination of textures elevates chicken salad out of the everyday. The crisp, crunchy quality of Blue Diamond Slivered Almonds. The luxurious smoothness of California Avocados. Each is essential. Otherwise it's just chicken salad.

AVOCADO-CHICKEN SALAD ALMONDINE

1½ cups diced cooked chicken
¼ cup thinly sliced celery
¼ cup sliced green onions with tops
¼ cup toasted slivered Almonds
2 tablespoons minced parsley
Your favorite clear dressing
2 California Avocados

Combine ingredients. Cut peeled Avocados into halves and arrange on salad greens; spoon Chicken Almondine into Avocado. Garnish with more almonds. Makes 4 salads.

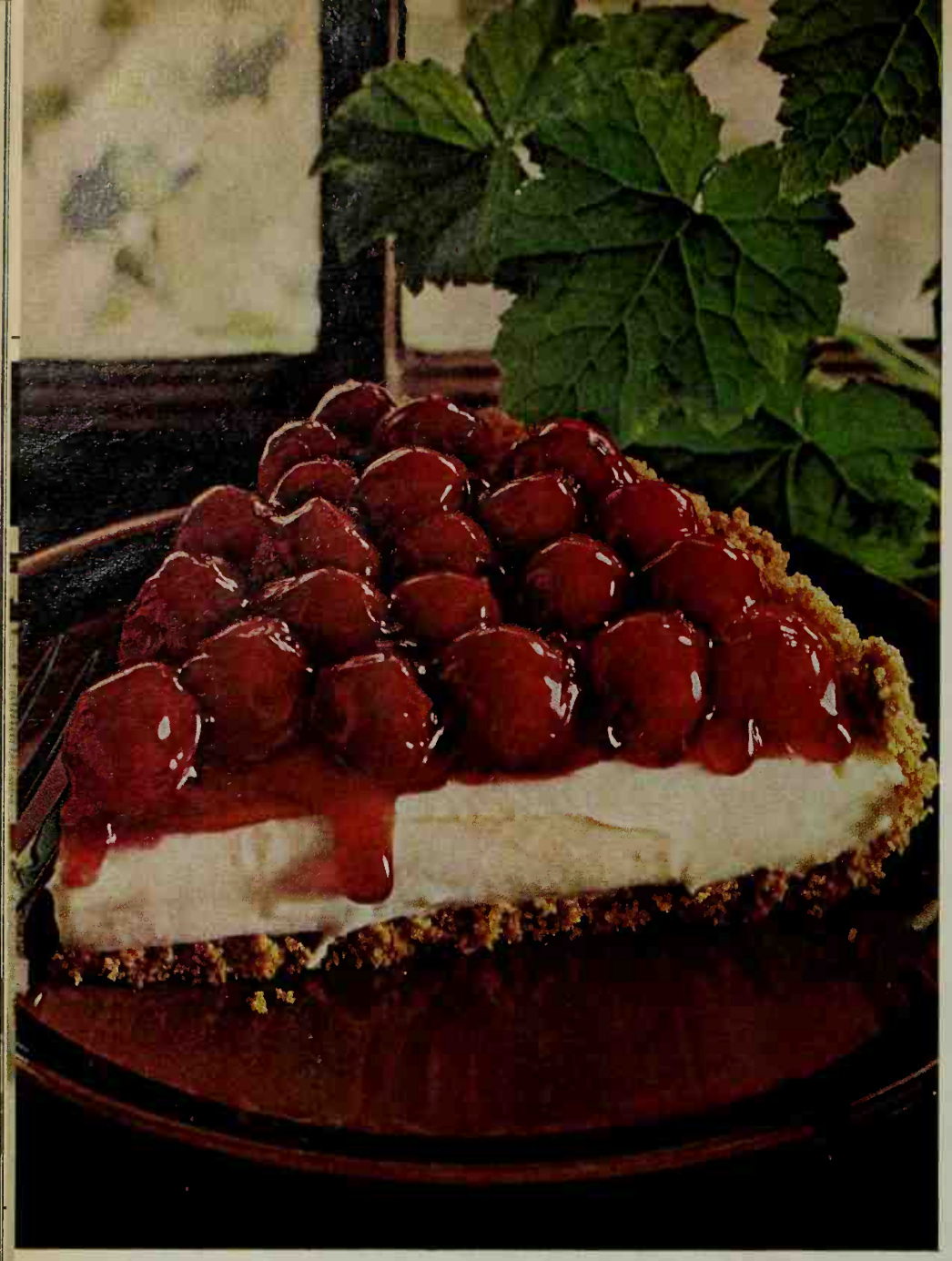


EASY-TO-BUILD HOME CARPENTRY PLANS

TOY CHEST
Big enough for lots of toys, small enough to fit anywhere. 39″ long, 18½″ deep, 27½″ high. Keeps toys hidden. Plan No. 3611-2

TWIN BUNKS
If space is limited, this project is an inexpensive solution. Two beds and a storage closet; takes a day to build. Plan No. 3607-1

Plans are $2 each plus 50c first class postage and handling.
Better Homes and Gardens, Dept. 910, Box 374, Des Moines, Ia. 50336



The shortcut way to cherry cream cheese pie.

Imagine a filling that "sets-up" by just blending and chilling. And a crisp crust that's made without baking. Only Eagle Brand, ReaLemon and Kellogg's Corn Flake Crumbs can make it happen. Here's the shortcut recipe.

CHERRY BREEZE

- ⅓ cup regular margarine or butter, melted
- ¼ cup sugar
- 1 cup Kellogg's® Corn Flake Crumbs
- 1 pkg. (8 oz.) cream cheese, softened
- 1 can Eagle® Brand Sweetened Condensed Milk* (not evaporated milk)
- ½ cup ReaLemon® Reconstituted Lemon Juice (measure accurately)
- 1 teaspoon vanilla flavoring
- 1 can (1 lb. 5 oz.) cherry pie filling, chilled

*Magnolia or Dime Brands may be used

1. Cook margarine and sugar over low heat, stirring constantly, until mixture boils. Remove from heat. Mix in Corn Flake Crumbs. Press evenly and firmly in 9" pie pan to form crust. Chill.

2. Beat cream cheese until smooth. Gradually mix in Sweetened Condensed Milk. Stir in lemon juice and vanilla. Spread in crust. Refrigerate 3-4 hours or until firm.

3. Top with chilled cherry pie filling. To remove pie pieces easily, place hot, wet towel around sides and bottom of pan before cutting. Serves 8.

© 1975, Borden, Inc.

How to order material from the magazine

BH&G vegetable garder

Here's a great way to whittle your food bill and gain a satisfy new hobby. The Better Homes and Gardens Vegetable Seed G den was developed especially for our readers by the world's l est seed grower. It's designed to help you grow the most vegeta with the least amount of work, and in little space. And what c be more rewarding than growing your own garden-fresh foo

Here's what you get: Enough seeds for a garden approxima 15x20 feet in size, complete planting instructions and a diag showing how and where to plant each vegetable, and seeds for following 15 vegetables.

- Green Beans
- Beets
- Cabbage
- Carrots
- Chives
- Cucumber
- Lettuce
- Onions
- Parsley
- Peas
- Pepper
- Radish
- Spinach
- Squash
- Tomato

Send order and remittance to:
Better Homes and Gardens,
Dept. 2P2, Box 374,
Des Moines, Iowa 50336.

OUR GUARANTEE:
Complete satisfaction or return your purchase within ten days for full refund

Please send me the following:
Quantity:

_____ No. 13865 Vegetable Garden, $3.49 plus 50c postage a handling; 2 for $6.49 plus 75c postage and handling.

Total of merchandise $_____
Postage and handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
Total $_____

If you use your charge card, fill out boxes below:
master charge
Expiration Date Month/Year
Master Charge Interbank No.
your BANKAMERICARD welcome
Credit Card No.

Name _____

Address _____

City _____ State _____ Zip ____

The only difference between the cake on the left and the cake on the right is what's in the box below.

Cake lovers of the world, this is new Frost 'n Swirl™ frosting mix. The easy way to make an everyday cake fancy.

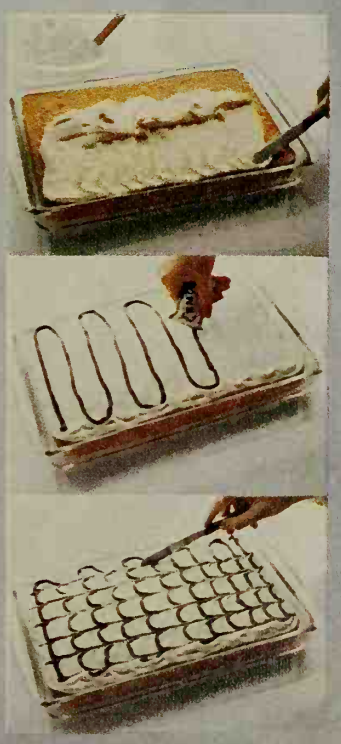
Inside is a package of rich frosting mix and a pouch of special Smucker's® topping. There's Vanilla with chocolate topping, Cherry on a creamy vanilla frosting, and Fudge with vanilla topping.

First, frost. Then, with the Smucker's® topping, make any of our simple design suggestions.

Finally, pull a knife through the topping, creating your own special design.

It doesn't matter what kind of cake it is. Layer cakes, square cakes, 13" by 9" cakes, or cupcakes.

They're all going to be beautiful.



New Frost 'n Swirl™ Frosting Mix from Pillsbury.

©THE PILLSBURY COMPANY, 1975

CHEDDAR-FILLED BEEF ROLLS

1½ lbs. ground beef
¼ c. dry bread crumbs
2 Tbs. Kraft Barbecue Sauce
1 egg
½ tsp. salt
1 c. (4 ozs.) shredded Cracker Barrel Br… Sharp Natural Cheddar Cheese
¼ c. dry bread crumbs
¼ c. chopped green pe…
2 Tbs. water

* * * *

Combine meat, bread crumbs, barb… sauce, egg and salt; mix well. Pat … mixture in 14 x 8-inch rectangle on al… num foil or waxed paper.

Combine cheese, bread crumbs, green … per and water; pat over meat mixture. R… jelly roll fashion, starting at narrow end. … several hours or overnight. Heat oven to 350°. … meat mixture into 6 servings. Bake in shallow p… 350°, 25 to 30 minutes or … done. 6 servings.

WINTER WARMERS

Chase the chill away with meals that are both hearty and delicious. These serving suggestions from Kraft will help you keep your family buttoned-up against the weather.

APRICOT CRUMBLE CAKE

8-oz. pkg. Philadelphia Brand Cream Cheese
½ c. Parkay Margarine
1¼ c. sugar
¼ c. milk
2 eggs
1 tsp. vanilla
2 c. sifted cake flour
1 tsp. baking powder
½ tsp. soda
¼ tsp. salt
10-oz. jar Kraft Pure Apric… or Peach Preserves

* * * *

2 c. shredded coconut
⅔ c. brown sugar, packed
1 tsp. cinnamon
⅓ c. Parkay Margarine, m…

Heat oven to 350° Combine softened cream c… margarine and sugar, mixing until well blend…

IMPROMPTU FONI…

16-oz. jar Cheez Whiz Pasteurized Process Cheese Spread
½ c. Parkay Margarine
2 Tbs. chopped pimiento
2 Tbs. chopped green peppe…
2 Tbs. chopped onion
French bread chunks

Heat Cheez Whiz, mar… pimiento, green pepp… onion in fondue pot or saucepan, stirr… casionally. Serve hot with bread. 2 cup…

Sausage & Mushrooms Variation: Sub… a 4-ounce can of Vienna sausage, ch… and a small jar of sliced mushrooms, d… for the pimiento, green pepper and…

N BEAN BARBECUE BAKE

nd beef
pork and beans
Barbecue Sauce
ped onion
Velveeta Pasteurized Process Cheese Spread
8-oz. can Pillsbury Refrigerated Buttermilk or Country Style Biscuits

en to 375°. Brown meat; dd pork and beans, barbecue nion and salt; simmer 5 . Stir in ¼-lb. Velveeta cubes. o a 11¾ x 7½-inch baking dish. Cut in half, forming half circle. Place, cut-wn, around edge of casserole. Bake at minutes. Top with al Velveeta turn to oven lveeta melts. gs.

KRAFT
Division of Kraftco Corporation

ly add milk. Blend in eggs illa. Sift together dry nts. Add to cream cheese ; mix well. Pour half of batter ased and floured 13 x 9-inch pan. Dot with preserves; cover maining batter. Bake at 350°, 35 to 40 minutes or oden pick inserted in center comes out clean. ine coconut, brown sugar, cinnamon and ane, mixing until well blended. Spread on cake; til golden brown. 8 to 10 servings.

SAN CORN CHOWDER

water
ed potatoes
rt slices
y slices
ed onion
1½ tsp. salt
¼ tsp. pepper
¼ c. Parkay Margarine
¼ c. flour
2 c. milk
1 c. (4 ozs.) Kraft Grated Parmesan Cheese
17-oz. can cream style corn

Add water to potatoes, carrots, celery, onion, salt and pepper. Cover; simmer 10 minutes. Do not drain. Make a white sauce with margarine, flour and milk. Add cheese, stirring until melted. Add corn and undrained vegetables. Heat; do not boil. Garnish with chopped parsley, if desired. 6 to 8 servings.

What's Kuchen?

Kuchen (kook'n) is a delicious German dessert. Begin with an all-American Betty Crocker® cake mix and follow this simple recipe. It's almost easier to bake than pronounce.

You can make the best things with a Betty Crocker cake mix.

Betty Crocker

Apple Kuchen

½ cup butter or margarine, softened
1 package *Betty Crocker* yellow cake mix
½ cup flaked coconut
1 can (20 ounces) pie-sliced apples, well drained
or 2½ cups sliced pared baking apples
½ cup sugar
1 teaspoon cinnamon
1 cup dairy sour cream
2 egg yolks or 1 egg

Heat oven to 350°. Cut butter into cake mix (dry) until crumbly. Mix in coconut. Pat mixture lightly in ungreased oblong pan, 13x9x2 inches, building up slight edges. Bake 10 minutes.
Arrange apple slices on warm crust. Mix sugar and cinnamon; sprinkle on apples. Blend sour crea and egg yolks; drizzle over apples. (Topping will not completely cover apples.) Bake 25 minutes or edges are light brown. (Do not over bake.) Serve warm. 12 to 15 servings.
You'll also want to try:
PEAR KUCHEN: Substitute 2 cans (16 ounces each) sliced pears, drained on paper towels, for the apples and 1 package *Betty Crocker* devils food cake mix or German chocolate cake mix for the yellow cake mix.
PEACH KUCHEN: Substitute 1 can (29 ounces) sliced peaches, drained on paper towels, for the ap and 1 package *Betty Crocker* white cake mix or sour cream white cake mix for the yellow cake mi

AMERICA REDISCOVERS BUS TRAVEL

By Tony Swan

In an age of jet airliners and family station wagons, bus travel has become just a memory for many of us. And if you haven't been on a highway motor omnibus in the last 15 years or so, chances are good that what you remember is a stiff back and the perfume of diesel smoke, followed by "never again" resolutions.

But this has also become an age of energy crises, 60-cents-a-gallon gasoline, and general reassessment of family vacation transportation. Air fares are high and soaring higher. Amtrak, struggling desperately to update and enlarge its inadequate inventory of rolling stock, has been running its trains jammed to the gunwales. Motorists are facing not only high prices for gasoline but the nagging possibility of getting delayed or even stranded by shortages. As a result, bus travel suddenly seems more appealing.

Still, there are doubts that linger on. Is it really a comfort to take the bus and leave the driving to someone else? Is it feasible for family travel? How much does it cost? What are the best runs? There are dozens of questions, and at least as many misgivings, a few of them valid, many hopelessly out of date. The questions and answers that follow are intended to illuminate today's world of bus travel.

Drawings: Hellman Design Associates

What are the advantages of traveling by bus?

First of all, it's inexpensive. For example, Denver to Chicago is $82 by air, $62 by rail (if you're able to get a booking), $47 by private car (figuring 1,100 miles at 14 miles per gallon, 60 cents per gallon), and $43 by bus. It's also the most energy-efficient form of rapid travel. According to a National Science Foundation-sponsored study, buses log 85 passenger miles per gallon of fuel to 48 for trains, 40 for autos, and 16 for jet aircraft.

Like any other form of mass transportation, the bus relieves you of the hassles of driving and insulates you from highway dangers much more effectively than an automobile. You're free to move around inside, and on-board lavatories make even the longest hauls tolerable for everyone.

Unlike other forms of mass transportation, buses can take you almost anywhere. Virtually any place worth a dot and a name on a map can be reached by bus. And whether it's a little dot or a big dot, your arrival will be right in the middle of it, close to everything.

There's also an intangible benefit: Traveling by bus will give you a uniquely comprehensive window on America, a composite look at its seamy and squalid sides as well as its praiseworthy achievements and scenic splendors.

What are the disadvantages?

If you're in a hurry to get somewhere, then bus travel is not for you. Although buses clip along easily at highway speeds, their frequent stops slow them down. For example, a trip from Salt Lake City to Cheyenne, Wyoming, 446 miles on I-80 where stops are fairly sparse, takes 10½ hours. Even the family car is faster; a car averaging 50 miles an hour can do the trip in nine hours. And sitting that long at one stretch is uncomfortable.

Lengthy transit times also make the low fares somewhat deceptive. During the 27 or so hours between Denver and Chicago you could easily spend a substantial chunk of the $39 you saved by not flying.

What changes have made bus travel more attractive?

Mainly new equipment. The technology that gave us the 707 and the turbo-train hasn't been dormant in the motor coach industry. Greyhound's Americruisers and Continental Trailways' Silver Eagles are far more comfortable than their ancestors of two decades ago. Noise levels are down, comparing very favorably with the cabin noise in a cruising jet airliner. Seats, too, are very similar to those used on aircraft, with adjustable seat backs and adequate legroom for anyone up to about six feet tall—over that it starts getting cramped. Air conditioning is standard on new buses. Side windows are of heavily tinted glass to reduce glare.

Improvements aren't limited to visible and audible portions of the coach; you can also *feel* the difference. Advances in pneumatic suspension systems have smoothed out the ride—you can write letters without smudges and read without headaches—and automatic transmissions have eliminated virtually all the old-time jerkiness from starts, stops, and uphill gear changes. The new coaches are safer, as well. Braking systems are better, throttle response is quicker, and structural integrity sturdier.

Greyhound's latest entry is the Americruiser, or MC8. Besides its snazzy red, white, and blue Bicentennial exterior it offers the best ride yet, a flat floor (no more awkward step-up out of the aisles), more legroom, multi-adjustable seats, and automatic transmission—a list of attributes that also applies to the Continental Trailways Silver Eagle.

An innovation introduced by Continental Trailways, and taken up in 1974 by Greyhound, is the use of the turbine-powered bus on some regular routes. Although it's about twice as fuel-thirsty as the regular diesel-powered bus, it's also about twice as smooth in all phases of operation. Officials of both companies look upon it as the bus of the future.

Both Greyhound and Continental Trailways have deluxe versions of their buses for use on special runs. Greyhound calls its service Bus Plus; Continental Trailways, the originator of luxury bus service, calls it the Golden Eagle Service. The special buses offer better interior appointments, a lower passenger capacity (38 rather than Greyhound's standard 43; 36 instead of 46 for Trailways), lounge areas, galleys, stewardess service, snacks and light meals (free), and taped hi-fi music.

Do these special buses operate over all the routes?

No, they're limited and you'll need a reservation. Continental Trailways has 13 Golden Eagle routes. These are: Portland, Maine, to Washington, D.C.; Washington, D.C. to Atlanta; Springfield, Massachusetts, to New York City; New York City to Los Angeles (via Pittsburgh, St. Louis, Amarillo, and Phoenix); Denver to Pueblo, Colorado; Kansas City to Wichita; Dallas to Brownsville (via Fort Worth and San Antonio); Dallas to Houston; Dallas to Corpus Christi (via Houston); Los Angeles to Seattle (via Sacramento and San Francisco); Memphis to Knoxville (via Nashville); Dallas to Oklahoma City; and Houston to San Antonio.

Greyhound's Bus Plus service is presently offered between Los Angeles and Las Vegas; St. Louis and Chicago; New York City and Montreal; and New York City and Boston.

Is luxury service much more expensive than regular service?

Not much. The Bus Plus run from L.A. to Las Vegas is only $2 more than the cost of a regular ticket. Another example: Riding a regularly scheduled Silver Eagle between Washington, D.C. and Atlanta costs $27.70; riding the Golden Eagle over the same route costs $32.50.

What about those special go-anywhere passes?

Both Greyhound and Continental Trailways have a special pass deal, and the companies honor one another's passes. The programs began with a $99 unlimited travel pass good for 99 days. Today the passes (Greyhound's is called the Ameripass, Continental Trailways' the Eagle-pass) cost about $165 for 30 days from date of purchase, $220 for 60 days.

Are there any restrictions?

Basically only three. First, the passes can't be used for more than four round trips between two particular points, a limitation aimed at preventing use of passes for commute purposes. Second, there is no refund for a partially used pass (the passes come in the form of coupon books, each coupon good for one trip of any length). Incidentally, since the passes are nontransferable, a pass-holder could be asked for identification. And third, pass-holders must pay a small surcharge to use the deluxe services offered by the two major carriers.

How much traveling would you have to do to get your money's worth out of the pass?

The one-month fee—$165—just about equals the fare for a San Francisco-Indianapolis round trip. If you're planning a longer excursion than that, say a coast-to-coast round trip, the ticket agent will automatically recommend an unlimited travel

pass. San Francisco to Indianapolis and back represents about a week's traveling or some six thousand miles, which is the break-even point on your pass. From there on, the Ameripass or Eaglepass purchase is to your advantage.

Besides the miles-per-dollar practicality, what are some other benefits of the unlimited travel passes?

More than selling bargain mileage, the bus brain trusts are selling flexibility. With the Ameripass or Eaglepass, you can vary your itinerary from one day to the next with no prior notice, no ticket rewrites, and, best of all, no reservations. You simply show up at the depot, present the pass to the ticket agent, and get on the bus. (Unfortunately, the pass won't give you immunity from long ticket lines. To use it, you must have a ticket agent's validation for each destination.)

There are other pass benefits translatable in terms of dollars saved. Both Ameripass and Eaglepass entitle their holders to discounts in areas ranging from sightseeing to merchandise. The companies publish guides telling you what's available to pass-holders at discount.

Do all the bus companies honor these passes?

Almost all intercity carriers of any size honor Ameripass and Eaglepass, providing the pass isn't used along a route that duplicates service of the issuing carrier.

Do travel agents handle bus tickets?

They can, but in practice not very many do. Call first.

How about payment? Are credit cards or personal checks accepted?

In certain rare instances when the ticket agent knows the purchaser, a personal check is taken, but otherwise it's strictly cash-and-carry in bus travel ticketing.

Is there a price break for a round trip ticket?

Yes—five percent.

How about ticket prices and schedule information? What's the quickest way to get it?

This has been a bottleneck with the bus companies and promises to be one for some time to come. You can put schedule information at your fingertips by getting hold of one of the pass-holder schedule brochures—they're available at all terminals, and cover all routes. But you'll have to use the phone to get ticket prices. A lot of patience is often required.

Are there baggage limits?

Yes, but you'll never have to travel light on a bus. Each passenger may check three bags totaling up to 150 pounds. You're also allowed carry-on baggage, up to medium-size suitcases, with no published piece limit.

Once you've checked your baggage, is there any way of making sure it's aboard the bus you're riding?

The bus companies don't guarantee that your baggage will ride with you. About the only thing you can do is stand outside and watch while the baggage is being stowed. A little lobbying frequently helps.

What's the best way to travel by bus?

It depends on your purposes, but generally speaking it's best to travel in short stints—limit yourself to a maximum of 400 miles, or about ten hours, wherever possible—during the daytime. Thus you'll avoid fatigue and late night arrivals. The daylight hours axiom is particularly advisable when your destination is the downtown area of a good-sized city.

However, short stints and daylight arrivals are guidelines most easily followed by pass travelers out to see the country at a leisurely pace. If your sole interest is for the bus to get you and your family from point A to point B, then it's perhaps easier to simply soldier on through. Overnighting on a bus is tiring, but tolerable, with an air of adventure about it that appeals to youngsters.

A family of four is perhaps the ideal size for bus travel, since it allows the family to block out an entire row—the front row gives the best view—of seats on both sides of the aisle (get there early, a half hour prior to departure for the ticket line, at least 15 minutes from departure to line up for good seats). Keep in mind that there are no reserved seats and no classes.

If there are no reservations, what happens when a bus fills up? Do you wait for the next one? Or stand in the aisle?

If you're at a depot that has a dispatcher—generally, any major city depot or transfer point—an extra section will automatically be added for overflow loads, even if it's just one passenger. If you boarded a full bus between transfer points, you might have to stand for a while.

Do buses run on time?

Yes, generally. Greyhound, for example, quotes an on-time percentage of 90 percent—on-time being defined as within 15 minutes of the scheduled arrival time.

Yes, but what happens if a connection is missed because the bus was late? Will the company pick up motel and dinner tabs?

No. If you're trying to make connection, you're obviously traveling through a transfer point, which means a dispatcher will be on duty. If the bus on which you're arriving isn't terribly late, the dispatcher will hold up a connecting bus, or, if the schedule is hopelessly blown, add an extra section, depending on how many connecting passengers there are. If there are five or more, you can count on an extra bus.

Failing addition of an extra section, the bus company will review individual accommodations and meal claims for possible reimbursement.

How about rest stops?

The formula is one stop every three hours, on the average. Comfort stops are 15 to 20 minutes, meal stops 30 to 60. If a driver is running late, he will occasionally borrow time from stops to help get back on schedule.

How long will one driver be with a bus?

Never more than ten hours. Interstate Commerce Commission regulations prohibit more than ten hours' driving in 24 hours, or more than 70 hours' in eight days.

What bring-alongs are necessary?

Adventure alone isn't going to be enough to keep kids happy and adults sane on a bus trip. Bring along some games for kids to play—anything that will fit easily into laps; card games are best—and for the adults, plenty to read. A radio or tape cassette player may also help, but be sure to use an earphone so as not to impose your musical tastes on your fellow passengers.

Edibles are also very welcome. Fruit, especially juicy grapes, oranges, and pears, hits the spot. You can tuck a good supply of sandwiches, fruit, and cold drinks into a picnic cooler and store it in an overhead rack. (Make sure the cooler's not over a foot high though, because anything larger won't fit in the rack.)

Have toiletries handy as well: shaving gear, skin cream, toothbrushes and toothpaste, and some hand towels. A shave and cleanup help dispel the gritty feeling endemic to an overnight bus trip.

If you're definitely planning some overnight travel, a light lap blanket is nice, and Greyhound's 50-cent inflatable pillow, available in most depots, is just the thing for naps. It's also handy for camping when your trip is over.

continued

How about clothes?

Denims and knits are best, preferably in dark colors, since you can get rumpled and a little dirty, particularly on a long haul. Denim defies dirt and is indifferent to wrinkling. Synthetic double knits, recommended by the bus companies, have the resilience to survive a San Francisco to New York marathon and still look crisp.

How about the bus depots? Are they still as bad as ever?

The stereotype of the gloomy, grubby station inhabited by denizens from a Damon Runyon nightmare—vaguely sinister seedy types just lurking around—is precisely what bus companies all over the country have been spending tens of millions of dollars to eradicate. The spending is going partly into public relations campaigns, but mostly into face-lifting existing depots and constructing new ones. There are plenty of problem spots. Greyhound currently lists Albuquerque, San Francisco, Reno, and Washington, D.C. on its next-to-be-replaced list, while Trailways is set to tackle its Denver, El Paso, Albuquerque, Baton Rouge, New Orleans, and Jackson, Mississippi, facilities.

But there are showplaces to balance the blight areas. Greyhound's $11 million Los Angeles depot is a good example, as is Trailways' brand-new Memphis facility. The payoff to travelers is depots with 1970 appointments, cleanliness standards appropriate for family travel, and facilities—such as wheelchair ramps and covered boarding areas—that make it easy for anyone to use the bus.

What other cities have new terminals?

A few other new or newly renovated facilities are in El Paso (with a new Hilton hotel mounted atop the depot), Des Moines, Las Vegas, Springfield, Missouri, San Louis Obispo, Albany, Winston-Salem (all Greyhound), Atlanta, Birmingham, Huntsville, Brownsville, Phoenix, and Little Rock (Continental Trailways).

The depot renaissance hasn't filtered down to remote areas as yet. If you take advantage of pass privileges to poke into out-of-the-way places, you'll find bus depots that are substantially the same as they were 30 to 40 years ago, many of them complete with three or four decades' worth of grime. And no amount of scrubbing or rebuilding is going to keep away the characters who find bus depot loitering a form of high entertainment. If you're terribly uncomfortable with either of these conditions, then the bus is not for you and yours.

How's the food?

Food service, which in the past was indifferent at best, has been one of the prime focal points in the depot renovation and replacement programs. As a consequence, the eateries in the new depots are quite acceptable. But when you're in the hinterlands, those sandwiches in your cooler will come in mighty handy. A meal stop in some little community like Wendover, Utah, or Evanston, Wyoming, means walking across the highway to one of the local beaneries, where the best you can hope for is food that's merely tasteless.

Who rides the bus?

Riding the bus can be a kind of cultural mini-adventure. Since it's the least expensive form of scheduled public transportation, bus travel naturally attracts a heavy percentage of its day-to-day business from a less privileged segment of our society. But if you think of this as a negative aspect, you're partly wrong; it can also be an opportunity for you to meet and get to know some fascinating Americans you'd never encounter aloft, or even on the interstates.

There's a curious quality of relaxed informality and camaraderie in bus travel that seems to be absent aboard airliners and trains. Perhaps it's only because of the hours of enforced togetherness, but it seems to be very easy to exchange names, destinations, origins, backgrounds, missions, even dreams with total strangers.

You'll also find that many young people—students, non-students, and backpacking world travelers—use the bus and that their buoyancy brightens even the longest hauls. Chances are good, too, that you'll meet one or more foreign visitors. Many of them, particularly Europeans, buy unlimited passes and spend two months valiantly trying to see *all* of America.

Is smoking permitted aboard buses?

Interstate Commerce Commission regulations state that smoking must be confined to the rear 20 percent of the bus. In practice, this is usually taken to mean the last three rows—although the smoke naturally drifts farther forward after a while.

Are bus package tours a good idea?

Like most packages, a bus package can save you money. Since the company is acting as a travel agent, it can get a better rate on accommodations. But, again like other packages, a tour can be restrictive, locking you into a set schedule and itinerary.

Most pure bus package tours (as distinct from bus/air or bus/cruise combinations) fall into two categories—escorted and individual. The escorted tours cost more, 25 percent and up, depending on the tour. However, there's a distinction that makes the difference seem reasonable: Escorted tours operate on special buses, while independent tours are scheduled over regular routes. Thus, the scheduled tour offers you a somewhat more compatible passenger list and fewer chances of missing a bus. The primary advantage of the independent tour, besides its lower cost, is that most have daily departures so you can embark at any time.

Generally, tour packages include bus transportation over the route of the itinerary, hotels, and usually one or more sight-seeing excursions. You're responsible for your meals and tips. Hotels are generally in downtown areas, unless the tour is taking you away from urban regions—to the Grand Canyon, for example. Accommodations are usually comfortable and tend toward anonymity.

Every bus company of any size offers some sort of package, and their number is legion. In fact, there are over 35 bus companies in America, although the big two—Greyhound and Continental Trailways—effectively dominate the scene. The best way to get specifics is to check with your local carrier or write either Greyhound World Tours, Inc., Greyhound Tower, Phoenix, Arizona 85077 or Continental Trailways Tours, Inc., 315 Continental Avenue, Dallas, Texas 75207. ■

-flavored
erts

d be more natural than
flavored with dessert
e've chosen two sweet
eam sherry and tawny
lavor these make-ahead
tarts and chilled straw-
flés.

RASPBERRY TARTS

l start, purchase baked
tart shells instead of
ur own—

e package frozen
ries, thawed
ons cornstarch
ons sugar

am sherry

• • •

aked tart shells
ream

berries, reserving syr-
all saucepan, combine
, sugar, and salt. Stir
d syrup and sherry.
stir till thickened and
emove from heat; add
spberries. Spoon hot
o tart shells. Chill. Just
ving, top each tart with
of whipped cream.
rvings.

/BERRY PORT SOUFFLÉS

awberry or maraschino
accents the delicate pink
f the soufflé—

Photographs: Dieter

package strawberry
dessert mix

Dole Fresh Pineapple. The Inside Story.

Imagine how surprised your family would be if you brightened up your next meal with the sweet Hawaiian flavor of Dole fresh pineapple. It's a snap to do.

To make that exotic looking hors d'oeuvre in the picture, for instance, simply cut the pineapple into quarters, trim off the core and separate the fruit from the shell. Then cut into bite size chunks and insert toothpicks.

And if you're worried about selecting a nice, ripe pineapple, that's a snap, too. Just look for the Dole label. Our pineapple is scientifically selected. Because we don't use guesswork when we pick them, you don't have to when you buy them.

Dole fresh pineapple: It's festive, delicious and easy to prepare. And that's the inside story on a real Hawaiian treat. Just remember...

If it says Dole, it's ripe and ready to eat.

Dole PINEAPPLE

® Castle & Cooke, Inc.

⅓ cup tawny port
1 cup crumbled soft macaroon cookies

• • •

Frozen whipped dessert topping, thawed

Prepare dessert mix according to package directions, using milk and port in place of the liquid called for on package. Fold in cookies. Spoon into four individual soufflé dishes with foil collars. Chill till firm, at least 1 hour. At serving time, remove collars. Top each with a dollop of whipped dessert topping and a fresh strawberry or maraschino cherry, if desired. Makes 4 servings.

Share the ride to fun.
Greyhound's

Mexico

is out there waiting.

Get close to colorful Mexico on one of many exciting Greyhound escorted tours. Features bi-lingual escorts. Fine hotels, sightseeing. Even some meals. 14 to 20 day tours from West Coast, Arizona or Texas. Ask your travel agent or us.

Greyhound World Tours, Inc. (B-W)
Greyhound Tower • Phoenix, Ariz. 85077
Please send colorful Mexico brochure:
Name_____
Address_____
City_____ State_____ Zip____

GREYHOUND Vacation Tours

alaska!

Cruise to seven "Inside Passage" ports. 2,125 miles in 7½ days. Weekly (May 31 to September 4) from Vancouver, B.C. From $475* to $1,848. *(Double occupancy, Canadian funds)

"Princess Patricia"
CP Rail, Pier B
Vancouver, B.C., Canada
V6C 2R3
TW-1
Send free folder on your cruises to Alaska

Name_____
Address_____
City_____
State_____
Zip_____

CP Rail

ALASKA & CANADA, ROYAL VIKING STYLE.

This summer, you can cruise the spectacular Inside Passage to Glacier Bay and have two weeks of adventure you'll never forget. Along the way, you'll discover Victoria, Juneau, Skagway, Sitka, Prince Rupert and Vancouver. You'll cruise in comfort aboard the all First Class *Royal Viking Sky*. A spacious, elegant ship of Norwegian registry. And spirit. There are six two-week cruises sailing from Los Angeles and San Francisco in June, July and August, 1975.

Your travel agent can give you complete information—and confirm your reservation. Or call us at 800-227-4246, toll free. (From Northern California or Canada, call 415-398-8000 collect. From Southern California, 213-627-1365, collect.)

Since 1960...
A heritage of excellence.

Excellence. You'll see it in our facilities and staff. From the care in preparation of gourmet foods to the tasteful quality of our surroundings. Swimming and tennis, bowling and bicycling, golf and hiking...The Village Green has put it all together. For color brochure or reservations, write or call Wade Williams, General Manager, P.O. Box 277, Cottage Grove, Oregon 97424. Phone (503) 942-2491.

The VILLAGE GREEN
RESORT MOTOR HOTEL
AAA "One of the best in the country"

IN SOUTHERN CALIFORNIA
SANTA MONICA has everything!
Where Los Angeles meets the ocean! Enjoy blue skies, clean air, relaxing beaches & a beautiful warm climate — year round!
Send TODAY for FREE vacation guide.
SANTA MONICA CHAMBER OF COMMERCE
200 Santa Monica Blvd., Suite 510
Santa Monica, Calif. 90401

TRAVEL WITH BETTER HOMES AND GARDENS!
Write NOW for details:
BH&G
BH&G Tour Service
555 Madison Ave., New York, N.Y. 10022

WELCOME WEST
®

TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in metropolitan areas of the Far West

Exploring in Anza-Borrego

Sprawling over a half-million acres of some of southern California's thirstiest country, stands Anza-Borrego Desert State Park, a strange, spectacular land of parched mud hills, lost canyons, subtle flora, and ghosts.

It is a land of generous solitude: despite the park's proximity to San Diego (90 miles) and a visitor roll that annually tops 600,000, there is elbowroom enough for all. Encounters with fellow explorers are the exception rather than the rule.

It is a land of incredibly tenacious life-forms: the park is home for the desert pupfish, a tiny native fish that thrives in fresh or salt water from 32 to 105 degrees, and the stubby, gnarled little elephant trees, squatting in defiant obscurity among the sparse stands of creosote bush near Ocotillo Wells.

And it is a land with pockets of comfortable warmth and friendliness, found at the many oases and springs or the welcome watering places of Borrego Springs and Ocotillo Wells.

The park is big enough to satisfy almost anyone's explorer energies. A determined hiker with plenty of water can get to almost any of the park's most scenic places from the various paved roads that cut through the area—State-78, or San Diego County-S2, -3, and -22—but it's an extremely ambitious undertaking. The best way to cut down the distances and climbs is aboard a jeep. Dozens of jeep trails make even the most remote sections fairly accessible. Park authorities stress that visitors must keep their vehicles strictly on existing trails to avoid damage to the fragile desert ecology.

A visit to the park headquarters in Borrego Springs should be your first item of business before you begin your treks—the rangers offer free advice on camping, sight-seeing, and general conditions, particularly important during the summer when flash floods can make the canyon floors dangerous.

The list of scenic suggestio that follows is by no means e haustive, but does provide glimpse of some of the park most popular sights.

Coyote Canyon, a broad ri between the stony crowns of th Santa Rosa and San Ysidr Mountains, starts at the extren north edge of Borrego Sprin and meanders northwest wi interesting side canyons en rout Even though the going is a l rough, you'll be well able sense the immense relief felt the first Spanish settlers as th passed this way in 1775. L by Captain Juan Bautista Anza, the settlers saw the ca yon, with its year-round flow water, as a veritable parad after the endless, breathless da on the *jornada del muerto* (jou ney of death) across the Arizo deserts. The canyon's nati *borrego* (bighorn sheep) mea fresh meat for those travel after a diet of tacky dried tions. If you're lucky, you'll s some of the sheep, protected California since 1873.

Font's Point, a sheer fault c jutting up some 1,300 feet abo Borrego Springs, provides eagle's view of the surreal m hills, ridges, and crevasse-l canyons of the Borrego Badlan that dominate the northeast s tion of the park. Font's Point about three miles east of to and is reached via the Borre Salton Seaway and the jeep t south on Font's Point Wash.

Split Mountain is relativ easy to drive to with paved ro all the way south from Ocoti Wells to Fish Creek Wash. T general Split Mountain regi is rated by seismologists as c of the world's most fault-act areas. This accounts in part the spectacular sandstone cl standing guard on each side the wash, as well as the split the mountains: you'll see cl on either side whose outer pings and indentations ma each other almost perfectly. M caves and delicately sculp mud hills testify to the shall seas that came and went s eral times in the dim, dim beg nings of the desert.

Vallecito Stage Stop was

welcome respite for travelers after the thirsty, bumpy Butterfield Overland Mail ride from the Carrizo station some 25 miles southeast. The station's adobe building was rebuilt in 1934, and if you visit when the moon is full, you might see the White Lady, the park's most celebrated spook. The story has it that a young woman traveling west to marry her sweetheart in California died at the station. No identification was found in her luggage; only her wedding dress, in which she was buried. When the full moon shines, the White Lady, it is said, wanders the hills near the station searching for her lover.

Chariot Canyon, about five miles north of the Vallecito station, is where a few of the prospectors who once swarmed through the area actually struck it rich. The canyon is just west of the park boundaries, and you can visit several old mines—the Chariot, the North Star, the Golden Chariot, and the Golden Ella.

Nearby you can explore the Box Canyon Historical Area, once the route for the Southern Emigrant Crossing, the fabled trail to the promised land of California, and Blair Valley, a sudden and wholly welcome patch of green amid all the thirst.

Winter and spring are the best seasons for the park. In late March and early April the desert comes to life, with bright orange blossoms lighting up the dark stalks of the ocotillo, primrose-colored candles atop the prickly pears, and the yucca heavy with waxy yellow clusters of flowers. The days are warm, with plenty of sunshine, and the nights cool.

There are several motels and restaurants in Borrego Springs, as well as a shopping center. There are three gas stations in the park area.

From San Diego, the easiest route to Anza-Borrego is east on I-8, north on State-79, then east on State-78 into the park. From Los Angeles take I-5, the San Diego Freeway, to Oceanside, then turn east on State-78.

A good map of the park is a must. AAA's San Diego County map, with adequate detail of the park, is fine. When a road is labeled "doubtful" on this map, be ready for some tough going. Another useful map is Kym's Guide, published by Triumph Press, Inc., P.O. Box 75445, Sanford Station, Los Angeles, California 90005. Priced at 35 cents, the map includes particulars on camping, hunting, fishing, and resorts.

For further information, contact the park's Area Manager at Park Headquarters in Borrego Springs, California 92004.

DISCOVER A SLEEPER FOR $6.95

If you pay more than that for a single, it's high time we let you in on a secret.

At Motel 6, our rate for one person is $6.95 a night. That's the lowest price of any major motel chain in the country. It's also the one-person rate for about half of our rooms. And the rest of our rates are just as pleasing.

One bed, two persons, $8.95. Two beds, two persons, $10.95. Two beds, three or four persons, $12.95.

That's all you pay. At any one of our motels. At any time of year. Our prices don't vary because every Motel 6 is run by the same people. Ourselves. So nobody can play games with our prices.

At Motel 6, you won't get (or pay for) a lot of unnecessary frills. But you will get a room that's spotlessly clean. You'll sleep on good, comfortable beds with first-rate mattresses. You'll have thick shag carpets. Pay-as-you-watch black-and-white TV. Air conditioning (wherever it's needed). And almost always, a swimming pool.

That makes Motel 6 worth watching for when you're on the road. You can do it a lot easier with our free Motel 6 Directory. It shows the locations of our more than 200 motels throughout the country.

Today it is very expensive to travel. Gasoline costs more. Operating your car costs more. Eating costs more.

Motel 6 doesn't.

Sleep on it.

RATES START AT $6.95. THROUGHOUT THE COUNTRY, THROUGHOUT THE YEAR.

Please rush me a free copy of your latest Motel 6 Directory, complete with individual location maps.

Name _____

Address _____

City/State/Zip _____

Mail to: MOTEL 6, Dept. BH-1
Box 67600
Los Angeles, California 90067

A City Investing Company

Las Vegas: the buck stops here

Las Vegas has a curious air of permanence for a city that's grown up almost entirely since World War II. Perhaps it's because no one ever shuts it off: no matter what time of day or night you prowl the Strip or Casino Center—8 p.m., midnight, 8 a.m., or high noon—everything blinks, flashes, sparkles, or glows continously.

Las Vegas is America's fantasy city, a huge around-the-clock amusement park for adults, an entertainment machine whose parts —big-name entertainers, dealers, croupiers, patrons—are completely and instantly interchangeable with no fear of the machine's missing a single beat.

For example, there's Caesars Palace, the casino-hotel that's been one of the Las Vegas pacesetters since 1967; big-name entertainers are as common there as Schmidts in the Sheboygan phone directory. If you don't recognize *all* the names on the marquee at Caesars, then you're probably looking at the wrong marquee. Circus-Circus, a couple blocks up the Strip, takes a different approach, with real circus acts that go on around and above the roulette and blackjack tables. If you like your casinos on the Cecil B. DeMille scale, the current "world's largest" titleholder is in the new, extravagant 2,100-room MGM Grand Hotel on the Strip. Second is the downtown Casino Center-area Union Plaza Hotel with an immense, jingling cavern somewhat larger than a football field.

The hotel business has really been booming in Las Vegas, with several for you to choose from, and more under way. Doubles at the 1,500-room Hilton (construction is nearly complete on another 600 rooms) start at $31. There's a new Holiday Inn (the chain's second hotel in town) with 512 rooms and a casino. Holiday Inn doubles in Las Vegas go for about $28. Rock bottom at Circus-Circus is $20, but $24 is a better working figure. The low figure at Caesars is $33, with more rooms at $40. It's cheap-

Mr. K's ALASKA

Treasure Chest of Air-Sea Tours

Cruise the Inside Passage aboard your choice of the

Island Princess • Sun Princess
Princess Patricia
Alaska and B.C. Ferries

13 Deluxe Independent Itineraries, 7 to 24 days or longer. Hundreds of departure dates.

- Mt. McKinley
- Fairbanks
- Sitka
- Glacier Bay
- Whitehorse
- Juneau
- Anchorage
- Skagway
- Nome
- And Much More

All-Air and Escorted Tours Available!

See your TRAVEL AGENT or write:

KNEISEL TRAVEL, INC. B
345 N.E. 8th Ave., Portland, ORE. 97232
Send the colorful Alaska Brochure

Name_____

Address_____

City_____ State_____ Zip_____

Arizona: good all year.

Arizona is a land for all seasons. It co-operates with the calendar. Lots of room to roam, and scenics come by the mile, including the Grand Canyon, painted deserts, the boot hills, forts and missions of the past. We go from sea level to lofty peaks, palms to ponderosa, resorts to guest ranches. Golfing to river running. We're good for vacations, the year around! Free "Amazing Arizona" brochure. Write or call Arizona Travel, Dept. AT-13, 1645 West Jefferson. Phoenix, Arizona 85007. Phone (602) 271-5638, or call your local travel agent.

More for your Travel Dollar!

1 CP RAIL—ALASKA! See it the Canadian Pacific Way. Send for a free full-color brochure on the "Princess Patricia" cruise through "Inside Passage."
2 SOUTHERN CALIFORNIA—Santa Monica has everything! Where Los Angeles meets the ocean, enjoy blue skies, clean air, beautiful warm climate all year 'round. Free vacation guide.
3 CORONADO, CALIFORNIA—Casual seaside village near all of Southern California's fabulous attractions. Easy to reach, near Mexico, full range of accommodations. Free CORO-KIT information packet.
GREYHOUND WORLD TOURS. DETAILED FULL-COLOR BROCHURES ON FRIENDLY ESCORTED TOURS:
4 Greyhound 1974 Vacation and Travel Planning Guide
5 Mexican Escorted Tours
6 Florida Parlor Car Tours
7 Walt Disney World Individual Tours
8 Alaska Escorted Tours
9 Canadian Rockies Escorted Tours
10 Colorado Circle Escorted Tours
11 New England Escorted Tours
12 Expo '74
13 NIAGARA FALLS—truly one of the wonders of the world. After seeing them, you'll wonder why you've put off visiting them for so long. Send for Air Canada's free brochure describing the Falls and the rest of Ontario.
14 ALASKA IS WESTOURS COUNTRY. Combine an Inside Passage cruise with a tour of Alaska and Yukon. Westours 32-page brochure.
15 ALASKA/CANADA—Two-week cruises with Royal Viking Line. Up the Inside Passage to spectacular Glacier Bay. Ask for free brochure.
16 ROYAL VIKING LINE—Ask for The Cruise Digest. A full-color brochure, describing Royal Viking's complete range of cruises, worldwide.
17 MR. K'S TREASURE CHEST OF AUSTRALIA AND NEW ZEALAND TOURS. Deluxe, independent itineraries, 17-35 days. All air-sea featuring the Mariposa and Monterey.
18 "GREEN CARPET" ESCORTED ALASKA ADVENTURE. Choice of sea 17-day, bus-jet, or 24-day all-surface itinerary featuring Inside Passage Cruise. 18 departures June 8th thru Sept. 4th.
19 MOTEL 6—Free Map Directory—lists more than 200 U.S. Motel 6 locations from $6.95 to $12.95 complete with maps, accommodation description, and reservation information.
20 GOLETA VALLEY (CALIFORNIA COAST)—Rich in scenic beauty in comparable climate offers modern luxury facilities for family vacationers and business seminars.
21 AMAZING ARIZONA—Beautiful full-color folder, takes you on tour of the state's colorful world of scenic attractions and year 'round activities.
22 THE VILLAGE GREEN RESORT MOTOR HOTEL—Resort to something different at one of the nation's best, just 15 min. south of Eugene, Ore. Color brochure.
23 "THE GOOSE." ONLY AUTHENTIC STEAM EXCURSION TRAIN IN THE NORTHWEST—Two-hour ride into Bohemia Mountains from the Village Green.

February, 1975 Mail to: Coupon Expires August 31, 1975

TRAVEL WEST
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 502W
DES MOINES, IOWA 50336

Name _____

Address _____

City _____

State _____ **Zip Code** _____

Circle numbers of booklets wanted

1 2 3 4 5 6 7 8 9 10 11 12 13 14
15 16 17 18 19 20 21 22 23

TRAVEL WEST

er to stay downtown: the low for a Union Plaza double, for example, is $20.

When it comes to dining, the range runs from a genuine 50-cent breakfast to the Bacchanal, the Caesars Palace answer to nourishment, Las Vegas-style. The $24.50 tab includes everything—three wines and seven courses, amid stylized Roman decor that would probably make even Fellini blush. A couple of other places to visit if you're hungry following a good night at the tables are the Delmonico, in the Riviera Hotel, and the Hilton Imperial Room. Dinners start at about $12. Nearby, the circular top of the 29-story Landmark Hotel holds the House of Prime Rib, with the *spécialité de la maison* going for about $7. Showrooms on the strip offer dinner shows priced from $8 to $20.

A smart way to get in front of good food at reasonable prices is to eat where the locals eat. A few of the favorites are the Aku-Aku in the Stardust Hotel for Far East dinners starting about $4.50; the Copa Lounge, on Convention Center Drive, with admirable Italian cuisine starting at about $4; and the Showboat, on Fremont Street, another prime haven with dinners starting at

If you're trying to keep y food budget down, you can half-dollar breakfasts, two-do buffets, and $1.19 steaks in Casino Center area. Circus-C cus has an excellent $1.95 lun con buffet, and the Thunderb gives diners their choice of st dinners for about $5.

If you want to increase y chances of beating the odds Las Vegas, it pays to invest a l time in homework before mak your visit. However, you can on-the-spot education at the M Hotel gaming school in the C no Center complex. The sch which is free, consists of a minute slide show covering r jor gambling games, and is lowed by a question and ans session with an instructor. (W you're finished, you're issue diploma certifying your status as a trained gambler.) Th are five schools daily, beginn at 1 p.m. and running ho after that. If you happen to staying at the Mint, you d have to wait until afternoon. slide show is run continuo over the hotel's television syst

The Mint's free Behind Scenes Tour is also worth a lo Hostesses guide visitors thro the casino area; into the c counting room, where machi tot up the take; into the slot chine repair room, which, like city, goes 24 hours a day; and stairs to the "eye-in-the-sky" a where one-way mirrors l down onto the gambling in p ress below.

For further information, w the Greater Las Vegas Cham of Commerce, 2301 East Saha Las Vegas, Nevada 89121. ■

Alaska

Westours Country!

Now you may combine an Alaska cruise with a sightseeing tour through *all* of Alaska. Cruise one way via the stunningly beautiful Inside Passage. Then see gold rush towns, the Yukon, Mt. McKinley, Arctic Alaska, Canadian Rockies. Westours will tailor a North Country vacation just for you. Eight to twenty-five days. Ask your Travel Agent about Westours. Or send the coupon.

Alaska is **Westours** *Country* ASTA
100 W. Harrison Plaza/Seattle, Wa. 98119
Please send Alaska cruise-tour folder. 21

Name_____

Address_____

City_____

State_____ Zip_____

A RELAXING SEASIDE VILLAGE VACATION ...YOURS IN

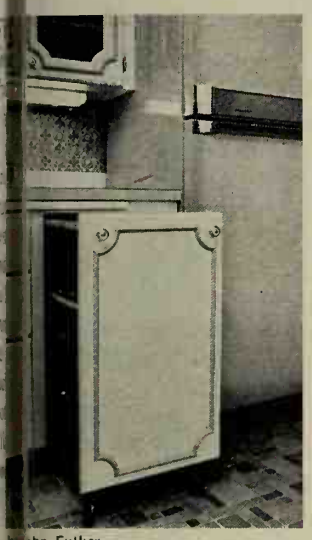
CORONAD

ENJOY YEAR-ROUND COMFO
ACROSS SAN DIEGO BAY
...JUST MINUTES TO MEXIC

Send for your FREE **CORO**
P.O. BOX 67 CORONADO, CALIFORNI

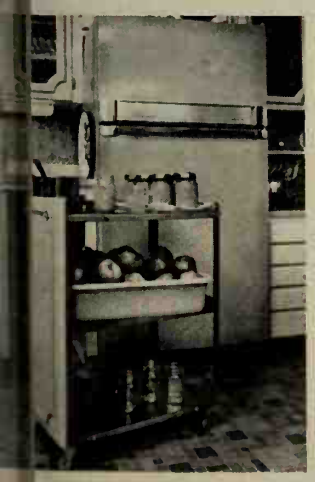
-saving
en cart

. and Mrs. Marvin Loft-
ded to remodel their
hey planned to make it
er, as well as look bet-
enience was the over-
nsideration.
Irs. Loftness didn't want
teps between the refrig-
he counters, and the
designed a cart that she
with her as she moves
e kitchen.
section of the base cab-
set aside as a parking
the cart. When it's in
ed" position—snugged
counter top, flush with
cabinets—not an inch



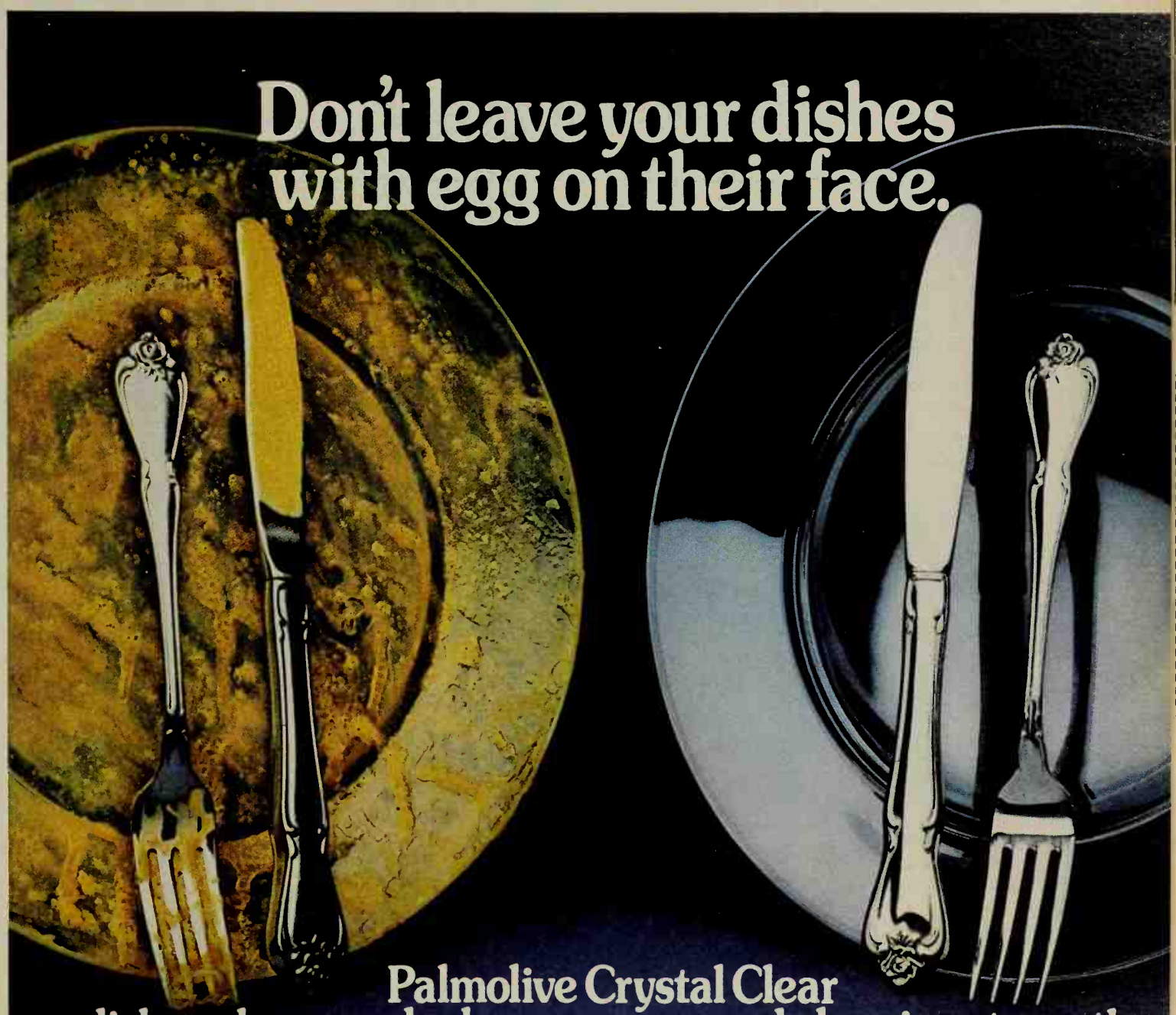
hn Fulker
and Mrs. Marvin Loftness

ces wasted. And when not
e cart performs double
nother storage cabinet.
net door mounted on the
e cart matches the other
onts, so it doesn't stick
sore thumb but blends
with the kitchen decor.
l doorknobs that match
cabinet hardware serve
s for guiding the cart
glides easily and silent-
the seamless resilient
ring.
rt is especially handy



when Mrs. Loftness is baking and canning. To save even more steps, the cart is located in the most serviceable location in the kitchen —next to the refrigerator and adjacent to a large counter top.

A cart of this kind can do all sorts of kitchen jobs. In addition to its regular task of moving food and dishes between work areas, it can also serve as an extra counter top for canning or any other space-consuming jobs. The unit can carry plates, glasses, cutlery, and food from the kitchen to the dining room. And between jobs, the cart can be parked out of sight and out of the way. ■



Palmolive Crystal Clear
dishwasher powder has unsurpassed cleaning strength.

Eggs...especially dried eggs...are hard to clean. So we dipped this plate, knife and fork in pure egg yolk and let it dry.

Hard? Yes. But no problem for the first lemon-freshened automatic dishwasher powder. The exclusive cleaning formula in Palmolive Crystal Clear cuts right through dried-on food like egg. Leaves dishes and glasses sparkling clean and crystal clear. And the easy-to-hold package with convenient spout pours where you aim it. Easy to see how much is left.

Special Offer

You can have the Wm. A. Rogers Deluxe Stainless by Oneida Silversmiths that appears in this ad in 24-piece service for four or 50-piece service for eight. Mail in the top from any size Palmolive Crystal Clear and $12.95 for the 24-piece service (a $22.95 comparable value) or $24.25 for the 50-piece service (a $44.95 comparable value). Make check or money order (no cash) payable to: Palmolive Crystal Clear, Oneida Offer, Box 116, Ridgefield, N.J. 07657. Be sure to include your name, address, and zip code. Allow 6 weeks for delivery. Offer valid only in U.S.A. Void where prohibited, regulated, or taxed. *Offer expires 6/30/75.*

Save 10¢ *Special Invitation* Save 10¢

10¢ OFF ON ANY SIZE PALMOLIVE CRYSTAL CLEAR AUTOMATIC DISHWASHER POWDER

NOTICE TO DEALER: You are authorized to act as our agent for the redemption of this coupon in accordance with the terms thereof. We will reimburse you for the face amount of the coupon or if the coupon calls for free goods, we will reimburse you for such free goods, plus 3¢ per coupon for handling, provided you and the consumer have complied with the terms of this offer. Presentation for redemption without such compliance constitutes fraud. Invoices proving purchases of sufficient stock of our brand to cover coupons presented for redemption must be shown upon request and failure to do so will at our option void all coupons submitted for redemption for which such proof is not shown. This coupon is non-transferable and good only on brand specified. Coupons will not be honored and will be void if presented through outside agencies, brokers or others who are not retail distributors of our merchandise, unless specifically authorized by us to present coupons for redemption. Consumer must pay any sales tax. Coupon void if use is prohibited, restricted or taxed. Coupons may be presented to our salesman for redemption or mailed to COLGATE-PALMOLIVE COMPANY, P.O. Box 1799, Louisville, Ky. 40201. Cash Value 1/20 of 1¢. Offer expires Feb. 28, 1976. This offer good only on Palmolive Crystal Clear, any other use constitutes a fraud.

224-54002

Q-896 STORE COUPON Q-896

Don't miss the Colgate-Dinah Shore Winners Circle Golf Championship—
the richest in history—from Mission Hills Country Club, Palm Springs, California—April 19 and 20 on ABC-TV.

© 1975 Colgate-Palmolive Co.

MOST OTHER DISHWASHERS WEIGH 30 POUNDS LESS THAN KITCHENAID. WHAT ARE THEY LEAVING OUT?

The 30 extra pounds of weight in a KitchenAid mean extra value.

Only KitchenAid gives you a full ½-horsepower motor, backed by a 5-year warranty.*

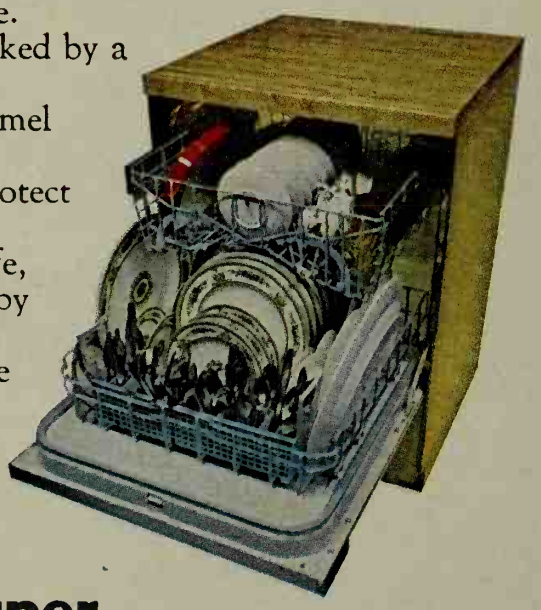
Only KitchenAid gives you a 3-coat premium porcelain enamel interior that won't scratch, stain or fade.

Only KitchenAid gives you a wrap-around steel frame to protect the dishwasher against daily, hard use.

And KitchenAid gives you a Flo-Thru drying system for safe, thorough drying. Plus an Energy Saver feature to cut electricity by 50% when you want to.

KitchenAid puts more quality into its dishwashers. To leave more trouble out.

See your KitchenAid dealer today. He's listed in the Yellow Pages under "Dishwashers." Or write KitchenAid, Dept. 5DC-2, Hobart Corporation, Troy, Ohio 45374.



KitchenAid®

Built better. Not cheaper.

*5-Year Motor Warranty: If the motor should fail during the first year, it will be repaired or replaced without charge; during the next four years you'd pay only for labor.

WHEN YOU VISIT YOUR KITCHENAID DEALER...

SEE THE KITCHENAID COMPACTOR.

It's sturdy. With an exclusive Litter Bin™ to handle small trash. Plus a big trash drawer to take whole wastebasket loads. And you can use the KitchenAid compactor with or without trash bags.

SEE THE KITCHENAID STAINLESS STEEL DISPOSER.

It's the hardest one to jam, the easiest to unjam. Because of the largest motor in any home disposer and heavy-duty grinding elements. The Wham Jam Breaker breaks stubborn jams at the touch of a button. And only KitchenAid has it.

New ways with wallpaper

Photographs: Hedrich-Blessing. Source: E

Wallpaper cutouts can
lift a room out of the or
For maximum impact,
an over-scaled pattern i
color. Carefully cut out
the design and apply wit
paper paste to a neutra
ground. Arrange the ind
cutouts in a free-form f
so the finished effect re
a hand-painted wall and
treatment.

Before you put awa
scissors, clip out a fe
portions of pattern. Appl
as colorful spot decorati
hatboxes, lampshades, v
shades, jewelry boxes,
baskets, what have you.
excellent way to give an
a coordinated look at sma

Source: Pa

Partial to a particular wa
pattern? Then be adve
and let it soar from the f
the walls to the ceiling.
what happened in this c
kitchen. A space-stretchin
wallpaper was applied o
vinyl tile flooring, then
to several coats of hea
vinyl varnish to keep the
from tearing under hea
traffic.

er

n-up
ert

ieter

ART
s of jam color this varia-
he rich European torte
named after the city of
stria—

-purpose flour
anulated sugar
on baking powder
on salt
on ground cinnamon
cked brown sugar

• • •

oons butter or
ine
beaten egg yolk
ely chopped blanched
ls
oons apricot preserves
oons pineapple
es
oons orange marmalade
oons strawberry
es
oons raspberry
es
oons cherry preserves
ly stir together flour,
d sugar, baking powder,
round cinnamon; stir in
gar. Cut in butter or
till mixture resembles
umbs. Add beaten egg
chopped almonds; mix
y with hands till mix-
s a ball. Reserve ½ cup
ough (about ⅓ of the
Press remaining dough
to bottom and about ½
sides of an 8-inch flan
in 375° oven for 12 to
s or until pastry is gold-
.

off small amount of re-
ough; form into ball to
nter. Divide remaining
o sixths. Roll each por-
rope 4 inches long. Ar-
es spoke-fashion from
divide tart into 6 equal
Fill each section with
e jams. Bake in 375°
12 to 15 minutes more
rt is done. Cut into
Makes 6 servings.

Add the wisdom of the East to the leftover of the West.

Start with Top Ramen, the classic wheat noodle. Light, tender and ready to serve in just 3 minutes, it turns the "same old things" into all kinds of new creations.

Just add whatever's in the fridge. Yesterday's pork roast. The last of the beef. Stray vegetables, like that little glass full of peas. Or that half onion down in the crisper.

You get the idea. Be creative.

It's easy with the noodles that come in four artfully seasoned flavors. Beef. Pork. Chicken. And, to nobody's surprise, Oriental.

Top Ramen can make anything that's left taste right. And the price is surprisingly nice.

Send to the address below for our free Top Ramen recipe folder.

OPEN HOUSE

Nissin Foods, Gardena, CA 90249

Top Ramen
Seasoned Oriental Noodles
Play around with it.

Special cheese spreads

Fixing extra special appetizers is easy when you have these cheese spreads on hand. You can make them ahead, then store them tightly wrapped in your refrigerator till party time.

CHEESE-HAM PINWHEEL LOG
Use the foil lining and a narrow spatula to help roll up the tasty cheese log—

- **1 8-ounce package cream cheese, softened**
- **½ cup cream-style cottag cheese, drained**
- **2 teaspoons Italian salac dressing mix**
- **1 4½-ounce can deviled**
- **½ cup snipped parsley**
- **½ cup chopped pecans**

Photographs: Dieter

In mixing bowl, thoroug together cream cheese cottage cheese, and Itali dressing mix. Spread che ture on foil-lined baki forming a 9x7-inch r about ⅜ inch thick. C chill overnight on baki Spread deviled ham ato cheese mixture. Combin and nuts. Sprinkle half mixture over ham. Beg narrow end, roll up fashion. Roll outside c remaining parsley mixtu and chill at least 2 or Serve with assorted cra

FOUR CHEESE BALL

- **1 3-ounce package crea cheese, softened**
- **¼ cup mayonnaise or sal dressing**
- **1 cup (4 ounces) shredde natural Swiss cheese, a room temperature**
- **1 cup (4 ounces) shredde process American chee room temperature**
- **2 tablespoons chopped p**
- **1 teaspoon worcestershi**
- **½ teaspoon onion powde**
- **¼ teaspoon bottled hot pe sauce**
- **½ cup crushed potato chi**
- **1½ teaspoons grated parr cheese**

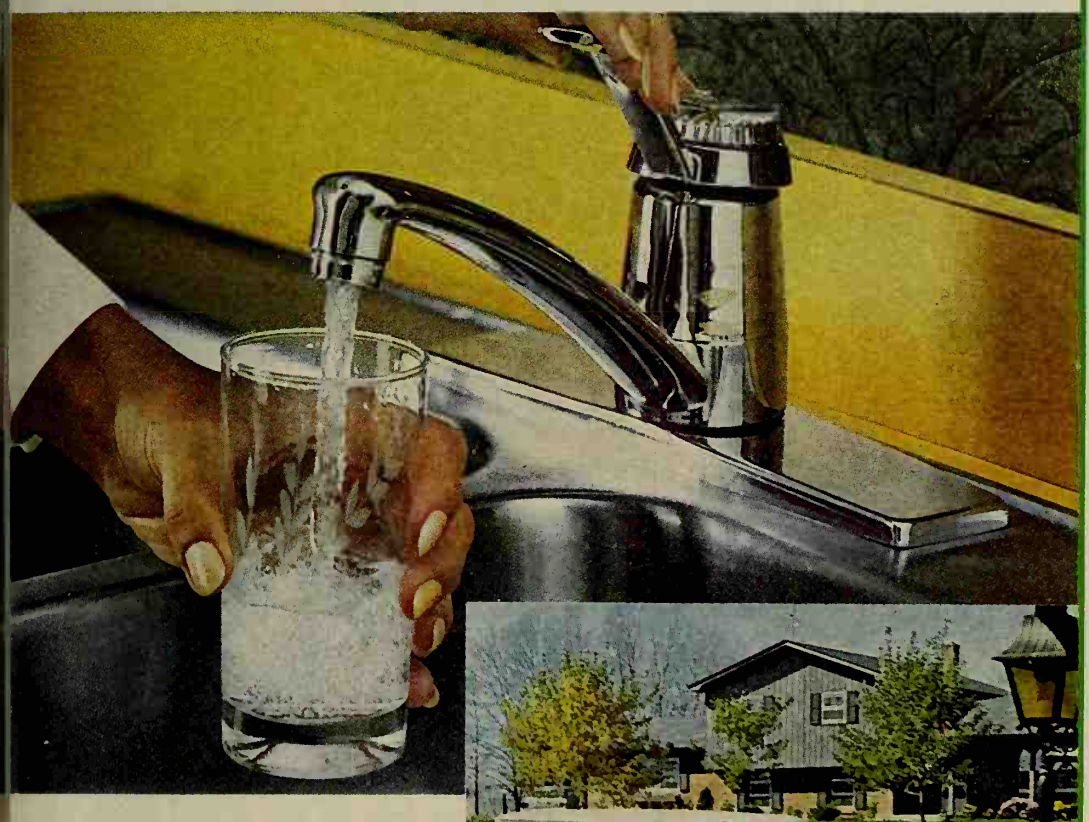
In small mixer bowl, bea er cream cheese and may beat in Swiss and A cheeses. Add pimiento, tershire, onion powder, pepper sauce. Chill at hour. Shape into a ball. (potato chips and parmesa over outside of ball. (firm. Serve with assorted and apple wedges.

Nature gave us fruit and honey.

So we could give you Fruit 'N Honey.®

We took a tip from nature and combined her choice fruits with a light blend of pure honey and brown sugar. That's Fruit 'N Honey—and there's no other canned fruit like it. Peaches, Pears, Apricots or Fruit Cocktail . . . if you like fruit and honey, you'll *love* Fruit 'N Honey! It's only natural.

Exchange your tap Water for Servisoft Soft Water and Save!



- The truly automatic service!
- Nothing to sign!
- No salt to add!
- Installed easily!

Nothing for you to do but sit back and enjoy luxurious soft water.

Servisoft's unique exchange service exchanges your tap water for clear, clean spring-like quality soft water from every tap in your home . . . economically, automatically.

Call your local Servisoft dealer. Let him explain how his unique Servisoft Exchange Service can exchange problem causing tap water to quality soft water . . . economically!

SERVISOFT.

The Sign of Water

A complete line of automatic home, commercial and industrial systems by Water Refining Company, Santa Ana, California • 714/540-6561

SERVISOFT.

America's First Since 1934

Servisoft of Kern
Bakersfield, Ca.
(805/327-2704)

Servisoft of Barstow
Barstow, Ca.
(714/256-3827)

Servisoft of South Bay
Carson, Ca.
(213/834-3448)

Servisoft of Compton
Compton, Ca.
(213/632-2823)

Servisoft of El Cajon
El Cajon, Ca.
(714/444-2442)

Desert Servisoft Company
El Centro, Ca.
(714/352-4382)

Servisoft of Escondido
Escondido, Ca.
(714/745-8383)

Servisoft of Fresno
Fresno, Ca.
(209/264-1865)

Servisoft Soft Water Service
Gilroy, Ca.
(408/842-5486)

Servisoft North Inc.
Glendale, Ca.
(213/242-4138)

Servisoft of Hayward Livermore
Hayward, Ca.
(415/582-0474)

Servisoft of Centinela Valley
Inglewood, Ca.
(213/673-2077)

Servisoft of Norhabrea
Lahabra, Ca.
(213/691-7731)

Maes Servisoft Service
Lake Isabella, Ca.
(714/379-8418)

Servisoft of Marysville
Marysville, Ca.
(916/743-4480)

Servisoft of Merced
Merced, Ca.
(209/723-3784)

Servisoft of Monrovia
Monrovia, Ca.
(213/445-1660)

Servisoft Soft Water Service
Monterey, Ca.
(408/375-9519)

Servisoft of Needles
Needles, Ca.
(714/326-4251)

Servisoft of Conejo Valley
Newbury Park, Ca.
(805/498-6626)

Servisoft of Orange Coast
Newport Beach, Ca.
(714/673-6020)

Servisoft of Oceanside
Oceanside, Ca.
(714/757-2780)

Servisoft of Oxnard
Oxnard, Ca.
(805/487-3983)

Servisoft of Contra Costa Co
Pacheco, Ca.
(415/685-3622)

Servisoft of Palm Springs
Palm Springs, Ca.
(714/327-1626)

Servisoft Water Condt. Inc.
Pala Alto, Ca.
(415/326-7641)

Servisoft of Pasadena
Pasadena, Ca.
(213/793-4108)

Servisoft of Pomona
Pomona, Ca.
(714/629-5228)

Servisoft of Redlands
Redlands, Ca.
(714/793-2359)

Servisoft of Reedley
Reedley, Ca.
(209/638-3509)

Servisoft of Riverside, Inc.
Riverside, Ca.
(714/687-7611)

Servisoft of Sacramento, Inc.
Sacramento, Ca.
(916/452-3161)

Servisoft of Salinas
Salinas, Ca.
(408/422-0885)

Servisoft Water Condt.
San Bernardino, Ca.
(714/885-3284)

Servisoft of San Diego
San Diego, Ca.
(714/298-7721)

Servisoft of San Gabriel
San Gabriel, Ca.
(213/287-6756)

Servisoft of San Jose
San Jose, Ca.
(408/293-0179)

Servisoft of San Luis Obispo
San Luis Obispo, Ca.
(805/543-8797)

Servisoft of Marin
San Rafael, Ca.
(415/479-8411)

Orco Servisoft
Santa Ana, Ca.
(714/547-8033)

Servisoft of Sonoma, Inc.
Santa Rosa, Ca.
(707/542-5111)

Servisoft of Central Valley
Stockton, Ca.
(209/466-0851)

Servisoft Water Condt. Service
Tarzana, Ca.
(213/345-9000)

Servisoft Soft Water Service
Vallejo, Ca.
(707/644-3668)

Servisoft of Santa Barbara
Ventura, Ca.
(805/643-6118)

Servisoft of Ventura
Ventura, Ca.
(805/648-3153)

Servisoft of Santa Cruz County
Watsonville, Ca.
(408/722-1133)

Servisoft of West Los Angeles
West Los Angeles, Ca.
(213/839-4331)

Servisoft of Whittier
Whittier, Ca.
(213/693-5598)

Yolo County Servisoft
Woodland, Ca.
(916/662-0404)

Servisoft of Santa Maria
Santa Maria, Ca.
(805/925-6555)

Beautiful souvenir spoons from around the world: your Spoon-of-the-Month collection

Also special limited edition spoons!

Don't miss this chance to start a complete collection of Silver-plated Souvenir Spoons representing countries like: Australia, England, Holland, Germany, etc. Regular price per spoon is $2.15 and up. Every customer on our mailing list will receive each month, the club selection of one different spoon, for the special club price of only $2 each, postage included. Extra spoons may be purchased at their regular price in addition to the monthly club selection. Simply send us a note if you wish to discontinue. Residents of Washington add sales tax.

DON'T DELAY—MAIL YOUR COUPON TODAY 79

Mail to: **WONDERLAND ENTERPRISES INC.**
P.O. Box 1192, 1414 Broadway, Bellingham, Washington 98225

Please add my name to your mailing list and send one different spoon every month for only $2 each, postage included. Washington residents add sales tax. ☐ Payment enclosed for 1st spoon. ☐ Please bill me (I will pay invoice within 10 days).

Mr./Mrs./Miss .....
(Please Print)
Address .....
City ..... State ..... Zip Code .....

In Canada, please mail your order to: Wonderland Enterprises Ltd., P.O. Box 7, White Rock, B.C.

Now You Can Garden Anytime, Almost Anywhere

This new "Gro Dome" is the easy way to grow anything you want. All you need to assemble this "mini-greenhouse" is a screw driver, a hammer and 15 minutes. It weighs only 12 lbs. and measures approximately 36" x 52" x 20" high. You can put it anywhere, but its especially great for your backyard, balcony or patio. Gives over 12 sq. ft. of gardening area. Heavy gauge vinyl withstands heat and cold, warms soils and retains moisture. Sturdy, galvanized steel frame is rust proof. Heavy duty aluminum zipper opens wide for easy access to pots and plants. Order yours today; or give as a gift and start a "growing" relationship with a friend. No. 13854, Gro Dome, $34.95; 2 for $64.95

Please send me the following:
☐ **No. 13854, Gro Dome, $34.95; 2 for $64.95 plus $3.00 postage and handling for each Gro Dome ordered.**

For charge card, fill out boxes
Expiration Date Month/Year
Master Charge Interbank No.
Credit Card No.

Name _____ $_____ Total of Merchandise
Address _____ $_____ Postage and Handling
City _____ Residents of CA, IA, IL, and NY, please
State _____ Zip _____ $_____ include sales tax.
$_____ TOTAL

Send order and remittance to:
Better Homes and Gardens, Dept. 2P9, Box 374, Des Moines, Iowa 50336
We guarantee your satisfaction, or return your purchase in 10 days for a full refund.

Freezer pointers

Used properly, a freezer is an unbeatable way to save money, time, and work. You can freeze several main dishes and have them ready to serve on busy days. When you entertain, you can prepare much of the food ahead and put it in the freezer. Even unexpected guests won't throw you when you have a well-stocked freezer.

With a freezer you can take advantage of special sales, and stock up when prices are low or when favorite or seasonal groceries are plentiful. This means fewer trips to the store so you save gasoline, too.

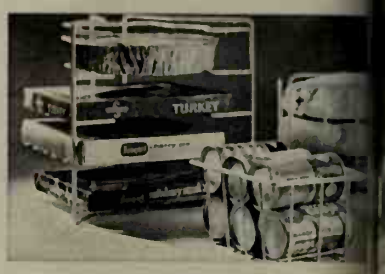
To get the best results from your freezer, choose only high-quality foods. Freezing will not improve an inferior product. Also be sure to use the proper wrapping materials and follow correct freezing procedures. Here are some guidelines.

Plastic containers are ideal for freezing soups and stews. Look for containers with tight-fitting lids so they seal easily to keep out moisture and air. They should also be waterproof so they won't leak if tipped. Plastic containers come in a variety of sizes and shapes to suit most foods. Choose from deep rectangular ones, family-size containers for loaf cakes, triangular ones for freezing individual wedges of pie, and deep round ones for hearty soups.

If you use glass freezer containers, be sure to allow for headspace when filling the containers with food.

Try using freezer-to-oven casseroles in this efficient way: Line the casserole baking dish with heavy-duty foil. Add the food and freeze firm. Then remove the food wrapped in the foil, freeing the baking dish for other service. When you're ready to bake the casserole, remove the foil from the food, return it to the casserole, and bake according to recipe directions.

Foods slated for the freezer need to be frozen as quickly as possible. To do this, never freeze more food than will become firm in 24 hours. It is best not to add more than ten percent of the total capacity at any one time. Place food to be frozen in the coldest part of your freezer. In chest types, this is closest to the b tom; in uprights, near the sid When food is solid, move it hind or below similar foods ready frozen. It's good econo to keep your freezer full, don't waste money buying a freezing high turnover foo Make sure air circulates aro foods. Cushion-coated wel steel frames designed for free use help you organize TV d ners, bakery products, and ju



How you wrap food is just important as the kinds of materi you use. If foods are purchas with plastic or film coverings, r member that these are not d signed for longtime freezer u Foods must be rewrapped in moisture-vaporproof coverin Use wrappings and contain specially made for the freez such as freezer paper, freez boxes for fresh fruits and veg tables, freezer bags, and tape.

Use the drugstore method seal food from air and moistu Place food in center of an oblo piece of wrapping—freezer p per or heavy-duty foil—lar enough to go around the food a allow for folding at top and side Pad protruding bones with sm crumpled pieces of foil. Bring t two sides up and over the fo item, match the long ends a fold over about ½ inch. Make crease the entire length, th make one more right fold bring wrapping down to level food surface. Press out a toward ends. Molding wrappi to contours of food, fold sho ends up and over again, contin ing to press out air before sea ing ends. Use tape to secu freezer paper.

Accurate labeling is a mus Label packages with grease pe cil or write on the freezer tap Jot down the kind of food, t date, and the number of po tions. Keep a record chart ne the freezer of all its contents a cross out items as you use the In that way, you'll have a goo turnover of all foods stored the

BH&G

British Isles-Mexico-Europe-Hawaii

4 GREAT BH&G VACATIONS FOR 1975

Selected for you by the Editors of Better Homes and Gardens

Now, the Better Homes and Gardens Tour Service makes it easy for you to visit those far away places. These four BH&G Tours for 1975 have been carefully selected to provide you with a really relaxed vacation and a truly memorable travel experience.

BH&G British Isles Tour—15 Days*

Price from New York $855, Chicago $970, Los Angeles $1,020.
Departure Dates: May 16, 30, June 27, July 11, September 5, 19

Features Group Inclusive Tour (GIT) air fare, first class hotels, two meals a day (except breakfast only in Edinburgh and London), with special emphasis on homes, gardens and regional food specialties.

Discover the majestic lifestyles of earlier centuries as you visit famous homes, castles and gardens in England, Scotland and North Wales. Medieval towns, mysterious Stonehenge, Oxford, Bath and Stratford-on-Avon are yours to enjoy, along with the excitement of Edinburgh and London.

BH&G Mexico/Yucatan Tour—15 Days

Price from New York $1,045, Chicago $995, Los Angeles $879.
Departure Dates: April 5, 12, 19, October 4, 11, 18

Features air fare on regularly scheduled airline, first class hotels, three meals a day (except breakfast only in Mexico City), with special emphasis on the Yucatan and ancient Mexican cultures.

Guatemala City, Chichicastenago, Antigua, Merida, Chichen-Itza, Uxmal, Taxco, Mexico City—just the names sound exciting and stir the imagination. Maya history becomes real as you view the ruins of a sacred city and experience the wonderful sights and sounds of an old and unique civilization.

BH&G Europe Tour—15 Days*

Price from New York $995, Chicago $1,110, Los Angeles $1,160.
Departure Dates: April 25, May 9, July 25, August 8, September 12, 26

Features Group Inclusive Tour (GIT) air fare, first class hotels, two meals a day (except breakfast only in Amsterdam and Paris), with special emphasis on regional food, wines and handcrafts.

Amsterdam, Cologne, Heidelberg, Lucerne, Paris and the countryside between provide the backdrop for this journey into the Old World. Experience the brilliant contrasts of four European countries with imposing scenery, quaint villages, castles on the Rhine, French vineyards and local food specialties.

BH&G Hawaii Tour—11 Days

Price from New York and Atlanta $645, Chicago $605, St. Louis and Dallas $595.
Departure Dates: February through November

Features Charter Flight, first class hotels, two meals a day, with special emphasis on relaxation and dining in famous restaurants.

Wild tropical flowers growing in profusion, the spectacular Kilauea Volcano, a Luau complete with traditional food and music are all yours during your visit to Waikiki, Honolulu and the Big Island of Hawaii. You'll find a real paradise on this pleasure-filled holiday at a price you can afford.

The BH&G Tour Service Assures You:

- Complete Cost Information
- Special Interest Activities
- Full Time BH&G Tour Director
- Small Groups
- Quality and Service

Plan Now to join one of these very special Better Homes and Gardens Tours. The anticipation of a dream vacation is part of the total enjoyment. So, send for the literature, make your decision and reserve your place. Then you can relax and let the BH&G Tour Service handle all the arrangements for you.

Write today for a free descriptive brochure with full details.

Prices subject to change. *Summer air supplement June, July, August.

Better Homes and Gardens Tour Service X025
555 Madison Avenue, New York, New York 10022

Please send more information on:

Europe ☐ Mexico ☐ British Isles ☐ Hawaii ☐

Please reserve _____ places for the _____ tour.

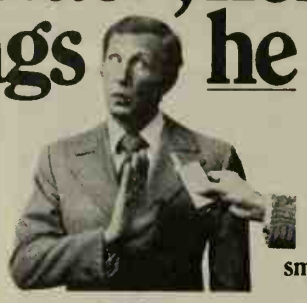
Name _____

Street Address _____

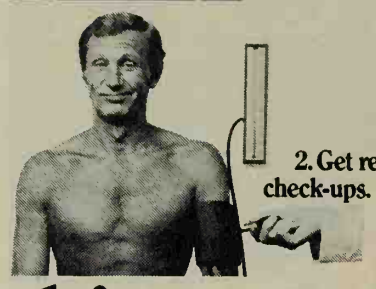
City _____ State _____ Zip _____

Tel. No. _____ Area Code _____

If you're concerned about heart attack, here are two things he can do:



1. Quit smoking.



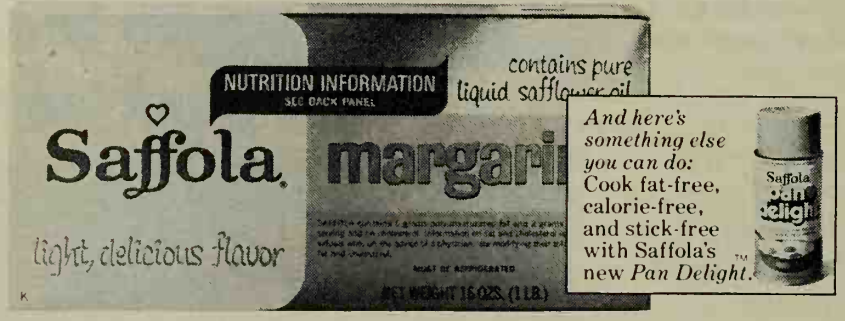
2. Get regular check-ups.

...and one thing you can do:

Most doctors list three major risks of heart attack: smoking, high blood pressure, and serum cholesterol. (Regular check-ups are needed to monitor the last two.)

If the doctor recommends a low cholesterol diet, that's where you come in. Ask him about Saffola® Margarine. Made with safflower oil, Saffola is higher in polyunsaturates than most other margarines, including corn oil. No other margarine is lower in saturated fats than Saffola. Along with a modified fat diet, Saffola actually helps reduce blood cholesterol.

Happily, Saffola Margarine tastes as good or better than any other spread. If you're concerned about heart attack, it's one of the easy things you can do.



dessert mixes separately according to package directions. Chill till mixtures mound, about 5 minutes. Spread bottom layer of cake with half the strawberry dessert mix. Top with a second layer, then half the chocolate dessert. Repeat with remaining cake and dessert mixtures, ending with cake layer. Frost top and sides of cake with thawed dessert topping. Chill frosted cake for several hours. Garnish with shaved milk chocolate and fresh whole strawberries just before serving, if desired. Makes 12 servings.

Photographs: Dieter

VELVETY LEMON SOUFFLE

- **1 3-ounce package lemon-flavored gelatin**
- **½ cup boiling water**
- **1 teaspoon grated lemon peel**
- **3 tablespoons lemon juice**
- **1 18-ounce can lemon pudding**
- **3 egg whites**
- **¼ cup sugar**
- **½ cup whipping cream**
- **Shredded lemon peel**
- **Lemon slice**

Dissolve lemon gelatin in boiling water; add lemon peel and juice. Stir into lemon pudding; mix till smooth. Chill till partially set. Beat egg whites till soft peaks form. Gradually add sugar, beating to stiff peaks. Fold into lemon mixture. Whip cream to stiff peaks. Fold into souffle mixture. Place buttered waxed paper collar around 1-quart souffle dish. Turn mixture into dish. Chill at least 6 hours or overnight. Remove collar before serving. Carefully press additional shredded lemon peel around edge and garnish top with a twisted lemon slice, if desired. Makes 8 servings.

Light desserts

How can you end a heavy holiday meal or any special-occasion dinner on a sweet—but not surfeiting—note? Here are three light-as-air answers: angel tarts, angel cake, and lemon souffle.

MACAROON ANGEL TARTS

Peel off the paper bake cups just before serving—

- **1 envelope dessert topping mix**
- **1½ cups crumbled soft macaroon cookies**
- **¼ cup chopped walnuts**
- **1 pint raspberry sherbet**

Prepare dessert topping mix according to package directions.

Fold in crumbled macaroons and nuts. Using about ⅓ cup mixture for each, spread in bottom and up sides of 8 paper bake cups in muffin pans. Spoon a small scoop of sherbet into each. Cover loosely. Freeze firm, at least several hours or overnight. Makes 8 servings.

NEOPOLITAN ANGEL CAKE

Three favorite flavors—vanilla, chocolate, and strawberry—in one delicious dessert—

- **1 8-inch angel food cake**
- **1 3¾-ounce package strawberry-flavored soft-style dessert mix**
- **1 4½-ounce package chocolate-flavored soft-style dessert mix**
- **1 9-ounce carton frozen whipped dessert topping, thawed**

Slice angel food cake crosswise into 5 equal layers; set aside. Prepare strawberry and chocolate

Eye-level storage

't have to be an accom- arpenter to acquire these -level storage units. A nd store or garage sale ld the recipe file drawer. e rack is a simply con- unit that combines all eatures of open shelving mal amount of space.

Photographs: Hedrich-Blessing; Ebenhoh

eight inches deep and long, but this simple, king plate rack holds a set of everyday dishes ily of four. The top tier ner-size plates and plat- our separate compart- ch 11 inches wide. The rea has six divided com- s. Small plates, saucers, ls go in the four 6½- spaces and smaller the two middle spaces. he unit is located near this inventive home- stalled a paper holder l rack underneath. atching wood shelving e offers enough room hang a dozen cups. And t, there's shelf space for and sugar bowl, plus a e glasses.

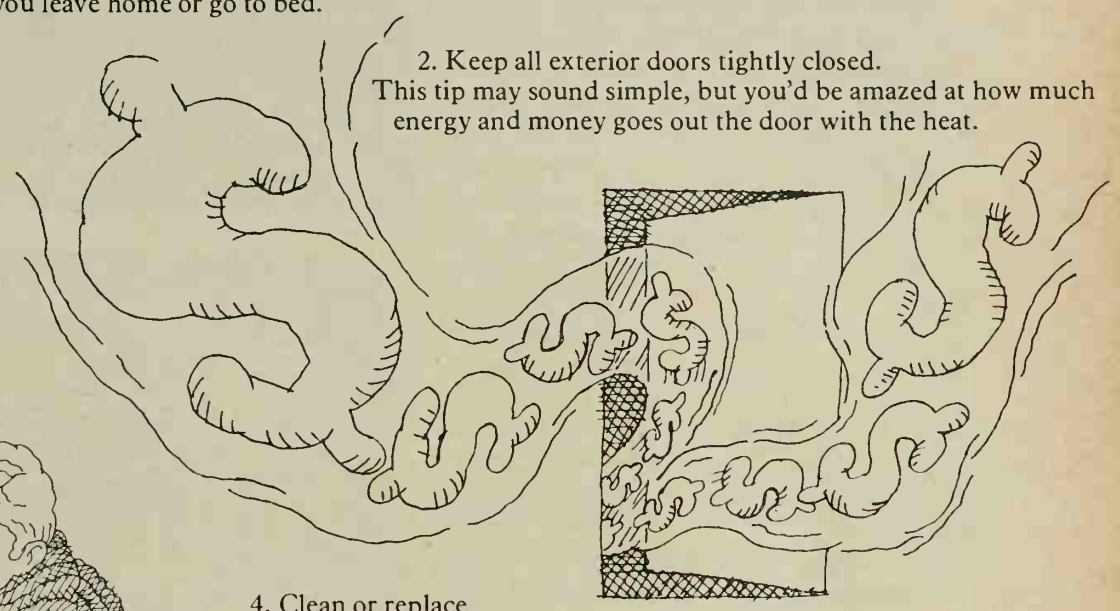
us have to admit we put new recipes unless the d or clipping is readily and we have all the in- ent on hand. Here some g machine drawers put ver the bake center, e cook's fingertips. The the drawers is attached derside of the upper with screws. Now, new t beg to be tried.

7 WAYS TO KEEP WARMER, CHEAPER.

Because our costs for fuel have gone up, your fuel costs are higher this winter than last, too. But even with increased rates, you can still hold down your heating costs by decreasing your energy usage. Here are some practical "here's hows."

1. Set your furnace thermostat to a temperature of 68° or lower. Turn it down even more when you leave home or go to bed.

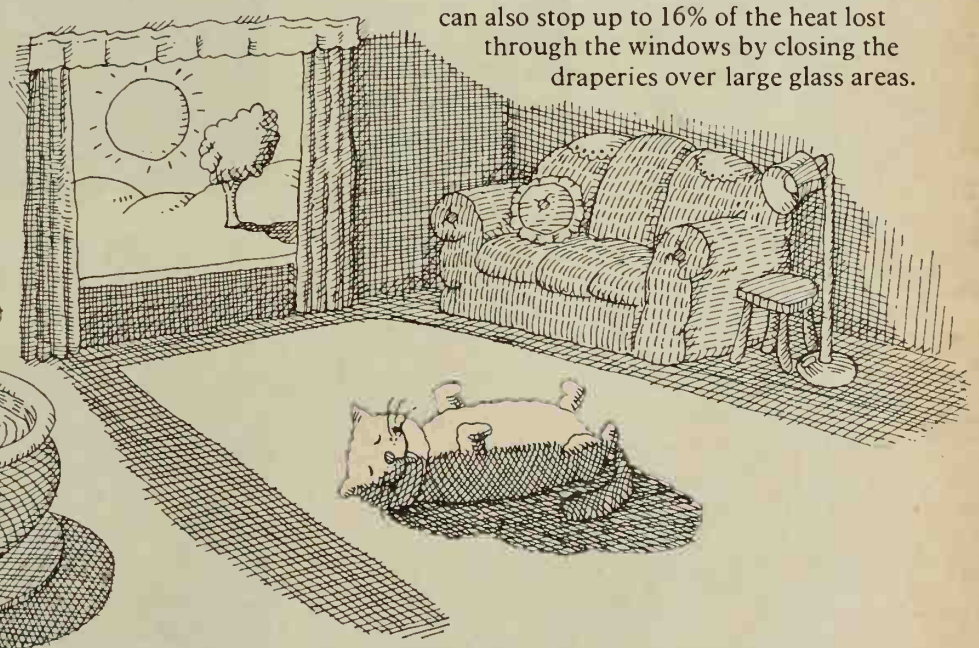
2. Keep all exterior doors tightly closed. This tip may sound simple, but you'd be amazed at how much energy and money goes out the door with the heat.



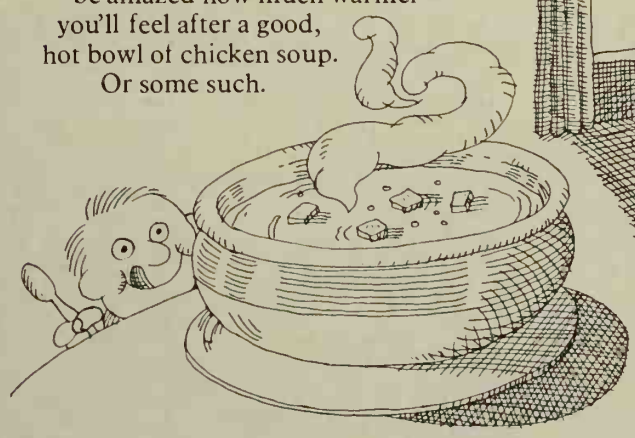
3. Drag out Aunt Lucy's homemade sweater. Remember the cable knit you thought was really knit out of cables? It can actually help at lower thermostat settings.

4. Clean or replace those dirty filters that make the furnace work harder than necessary to heat your home.

5. Open your draperies on sunny days Let Mother Nature do the work for your furnace. At night and on cloudy days you can also stop up to 16% of the heat lost through the windows by closing the draperies over large glass areas.



6. Indulge your taste for "hotter" foods. You'll be amazed how much warmer you'll feel after a good, hot bowl of chicken soup. Or some such.



7. When you're not using the fireplace, close the damper. Why let your heat escape up a flue that can't appreciate it?

PG and E

Something new for a century-old house

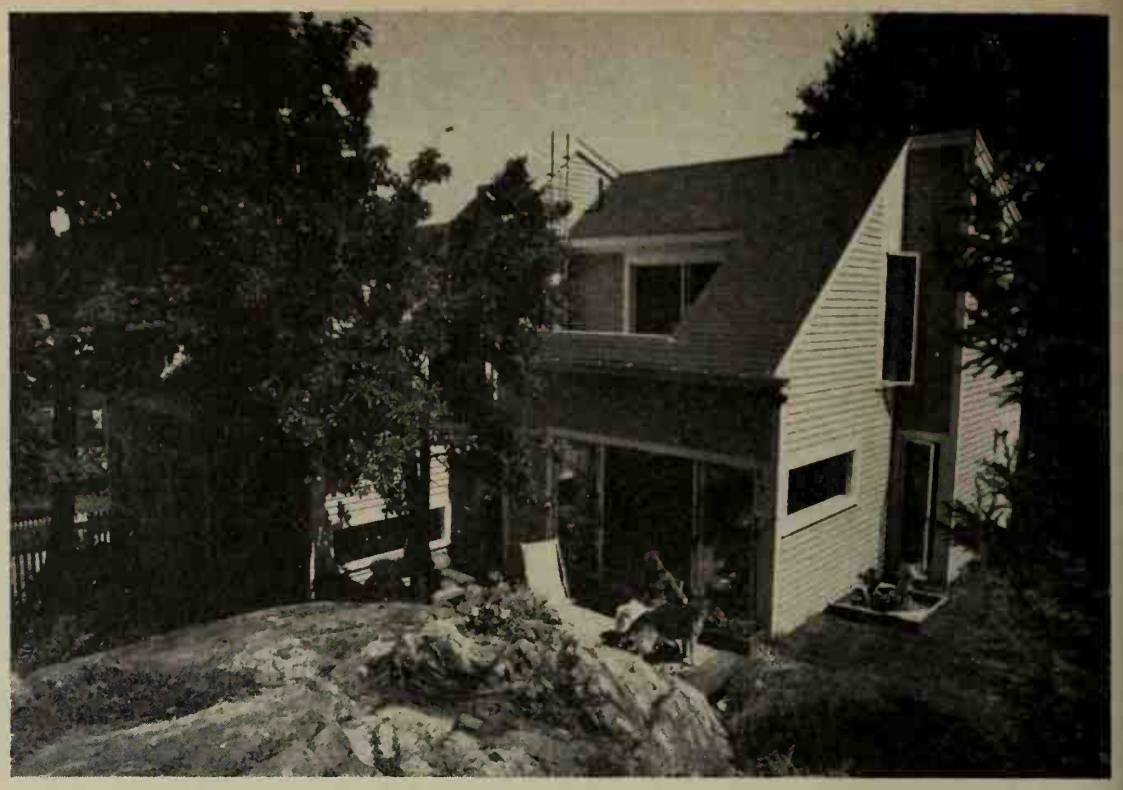
This 126-year-old home combines the best of two centuries of design—the coziness of an older house and the open feeling of a more contemporary design. The merger came about when Nick and Jody Howard added a two-story contemporary structure to the back of their house, just a few feet away from a rocky bluff. Despite its contemporary shape, the addition blends with the traditional lines of the main structure.

The new family room (see center photo) is up six steps from the existing kitchen and works well with it because of a large pass-through. In addition to providing both rooms with plenty of natural lighting and a pleasant view through the sliding glass doors, the pass-through makes both areas seem more spacious. It's also handy for quick and easy serving of snacks and light meals.

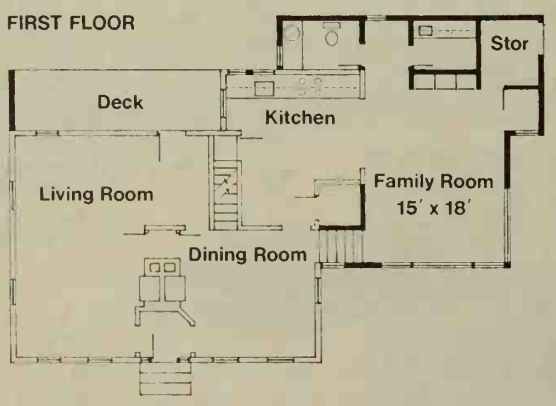
An opening in the family room wall not only adds a contemporary touch, but also forms a natural perch for the TV set. Wall-to-wall sliding glass doors open up one entire end of the room. Adjustable track lights provide additional lighting for the rooms.

Outside the sliding glass door, a split-level terrace of wood and concrete helps tie together the old house and the addition while separating the activities of youngsters and adults.

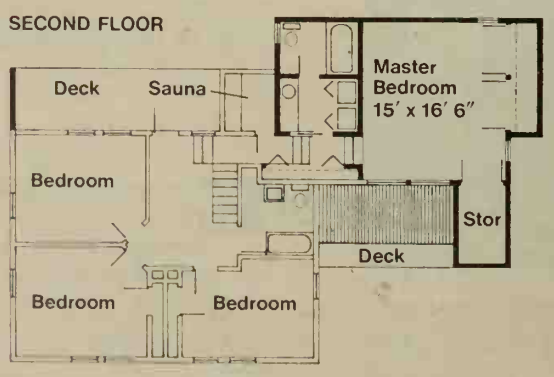
Because the bedrooms in the older house were too cramped, the Howards built a large master bedroom in the upstairs of the addition (see plan). And to ensure sufficient storage space, they flanked the sleep area with a 12-foot clothes closet and a 5x8½-foot walk-in storage room. Sliding glass doors connect the master suite with a small deck area built into the roofline.

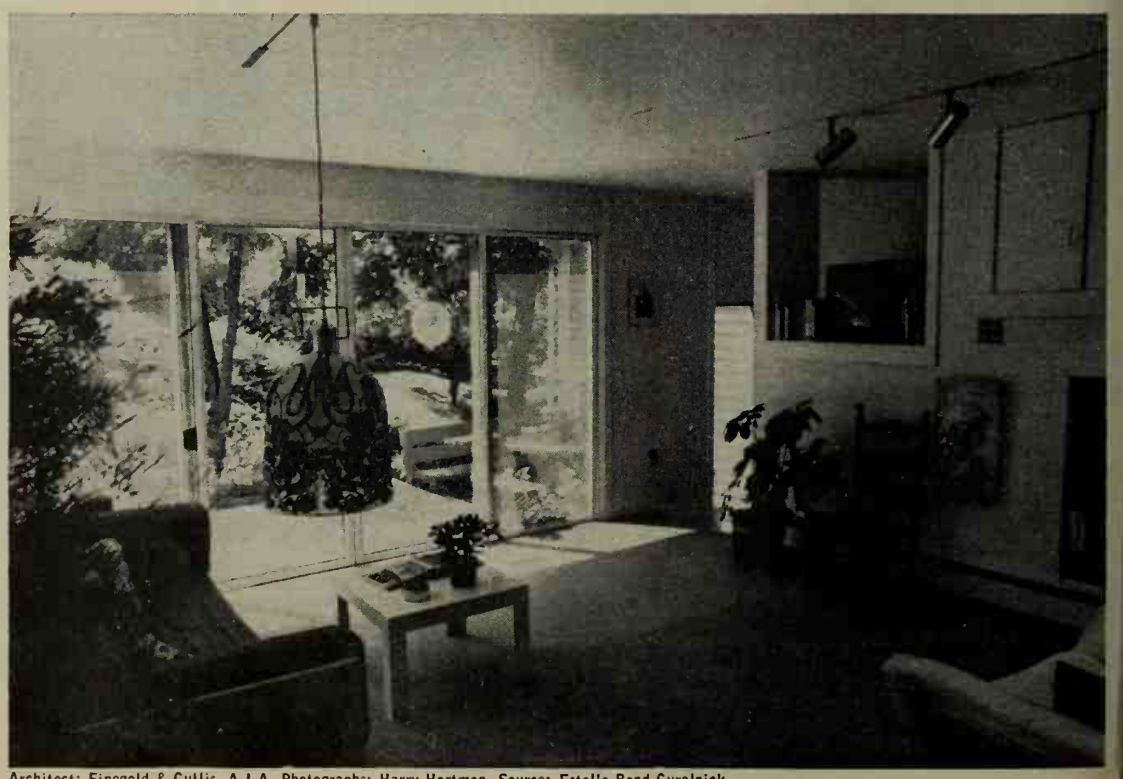


FIRST FLOOR



SECOND FLOOR





Architect: Finegold & Gullis, A.I.A. Photographs: Harry Hartman. Source: Estelle Bond Guralnick

Chateau La Salle: Our golden wine that tastes like the grapes.

Chateau La Salle is made from golden, juicy wine grapes, sweetened by the warm sunshine of California's heartland. You'd enjoy eating a handful of them. We've captured their natural sweet, light taste and quality in a golden wine.

We call Chateau La Salle our anytime wine. It can be enjoyed many ways: chilled, on the rocks, or with a mix. Serve it with meals. Offer it when friends drop by. Or pour it over fruits for dessert. You will find the good taste of the grape that is pleasing every time.

Chateau La Salle: Only from the cellars of The Christian Brothers.

Brother Timothy F.S.C.

CELLARMASTER
THE CHRISTIAN BROTHERS
NAPA VALLEY, CALIFORNIA

Worldwide Distributors. Fromm and Sichel, Inc. San Francisco, California.

Announcing the Newest, Most Modern Calculator for Home and Business

... from Better Homes and Gardens

Just look at all these features:

- New, easy-to-read green fluorescent number display twice as large as others
- % key gives one-step automatic percentage
- MT key totals and clears memory
- MR key automatically recalls memory without totaling
- M+ key adds answers to memory; you choose answers to save
- M− key subtracts answers from memory
- EX key automatically reverses a calculation
- C key is dual function: depress once to clear last entry; depress twice to clear entire calculation
- Signal light shows when memory is in use
- Rechargeable, lifetime batteries with low battery warning signal
- Full, 8 digit capacity
- Automatic decimal always keeps decimal in right place
- Automatic constant retains multiplier or divisor for repetitive calculations
- Weighs only 6 oz.; fits pocket or purse
- Comes with adaptor for plug-in use, and carrying case.

Today, more than ever, a calculator is a necessity, not a luxury. You can save hours of time and money with this handy tool. Use it to balance the household budget, tally daily shopping costs, compute cost to run home and car (utility bills, mortgage payments, gasoline and car repairs), figure interest on loans and savings, determine amount of material needed for sewing, compute income tax, figure profits and costs on investments, tally scores for bowling and card games—and a dozen more uses. Great for students. And its the perfect gift for everyone.

You deserve top value for your money. We wanted to make sure we could offer you just that. This calculator has more features than any other at this price, features normally found only on machines costing twice as much. Manufactured by one of the world's leading firms, it carries a full year warranty.

Please send me the following:

☐ **No. 13841 Calculator $49.95 each; 2 for $94.95.**

Please include $2.00 postage and handling for each calculator ordered.

Total of merchandise $_____

Postage and Handling $_____

Residents of CA, IA, IL, and NY, please include sales tax $_____

TOTAL $_____

OUR GUARANTEE:
Money back if not completely satisfied.

If you wish to use your charge card, fill out boxes below:

Expiration Date Month/Year ☐☐☐☐

Master Charge Interbank No. ☐☐☐☐

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Send order and remittance to:
Better Homes and Gardens, Dept. 2P5
Box 374, Des Moines, Iowa 50336

Name_____

Address_____

City_____

State_____ Zip_____

Crock cooking

Why not rediscover the savory goodness of food cooked slowly in crocks? It's an age-old culinary technique that's well worth reviving. One of our recipes is baked in a porous clay pot that comes in two sections. Before you use it, soak it in water for ten minutes to seal all the pores. When it's heated, moisture is released to keep food from drying out. And, best of all, no oil, butter, or margarine is needed so food is lower in calories.

Our crock insert nests into an electric skillet to make it do double duty. You may also use the crock as a separate casserole.

Photographs: Die

LEMON-HERB CHICKEN

3- to 3½-pound roasting chicken
2 tablespoons snipped parsley
1 tablespoon snipped chives
1 teaspoon dried tarragon, crushed
¼ teaspoon salt
2 tablespoons lemon juice
2 large potatoes, pared and quartered
4 carrots, pared and quartered

Soak clay pot under water for 10 minutes; drain. Combine parsley, chives, tarragon, salt, and lemon juice. Brush some of the lemon mixture inside cavity of chicken. Place chicken in bottom portion of clay pot; pour remaining lemon mixture over top of bird. Cover pot and place in cold oven. Bake in 400° oven for 30 minutes. Add vegetables; cover and bake 45 minutes more. Remove chicken and vegetables to serving platter. Skim excess fat from pan juices. Pass pan juices with chicken. Makes 4 servings.

SPICY ORANGE POT ROAST

Cinnamon and nutmeg flavor the savory gravy—

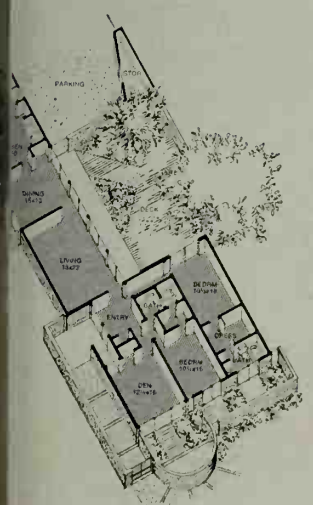
2½- to 3-pound beef arm pot roast
1 8-ounce can tomato sauce
½ cup chopped onion
1 clove garlic, minced
1 teaspoon sugar
1 teaspoon grated orange peel
½ teaspoon salt
¼ teaspoon ground nutmeg
¼ teaspoon ground cinnamon
⅛ teaspoon pepper
2 medium oranges, peeled and sectioned
¼ cup water
1 tablespoon cornstarch

Place meat in ceramic insert of electric frypan (as pictured above). Combine tomato sauce, onion, garlic, sugar, orange peel, salt, spices, and pepper. Pour sauce around meat. Cover and cook on high (300°) for 3½ to 4 hours, adding orange sections last 30 minutes of cooking time. When meat is tender, remove to serving platter and keep warm. Measure pan juices; remove excess fat. Add enough water to make 2 cups. Remove ceramic insert. Pour pan juices into electric skillet. Combine the ¼ cup of water and cornstarch; stir into juices. Cook and stir over high heat till thickened. Serve over roast. Makes 6 servings.

...acy and ...ection for ...y site

...n you enjoy openness on ... urban lot without sacri... ...clusion and security? En... ...e lot with a perimeter ...en divide the contained ...nto indoor and outdoor ...eas.

...s a house in point. As the ...ows, every room has its ...w to the outdoors—often an entire wall of glass—the smallest garden area ... private. And though the ...sures only 50 feet wide, ...eowners were able to save ... trees.



...h brick wall creates plant... ...as front and left, plus a ...s courtyard which opens ... living and dining rooms ...ster suite. Stunning open... ...low, nearly eliminates dis... ...s between indoors and ... of the lower panes are ...glass doors for instant ac...

Photographs: Hedrich-Blessing. Architect: Anderson/Wilson, A.I.A.

cess to the court, and the interior's quarry tile floor continues outside to blend both areas.

Oak flooring on the ceiling and one wall of the living and dining rooms provides a mellow backdrop for furnishings when viewed from the courtyard, left. This outdoor area is located on the east side of the house, eliminating afternoon sun problems.

Each of the bedrooms and even the master bath has access to its own ultra-private deck and planting area (see plan). Though it seems much larger, the entire house includes only 2,060 square feet of interior space.

Our new compacts work like they were raised on the farm.

Tough, rugged, dependable... year around. That's the kind of performance we've been building into farm tractors for over 60 years. And that's the way our lawn and garden tractors perform today.

These new 8 and 10 hp tractors aren't just big riding mowers. They're compact tractors with big tractor features. Like our pivoting front frame with the mower deck attached directly to axle, follows lawn contours without scalping.

Rugged 3-speed transmission—so grading, tilling, snow throwing and more are as easy as mowing. You can change most attachments without tools. Maintenance is easy too, thanks to our new flip-up hood. So is starting—it's electric.

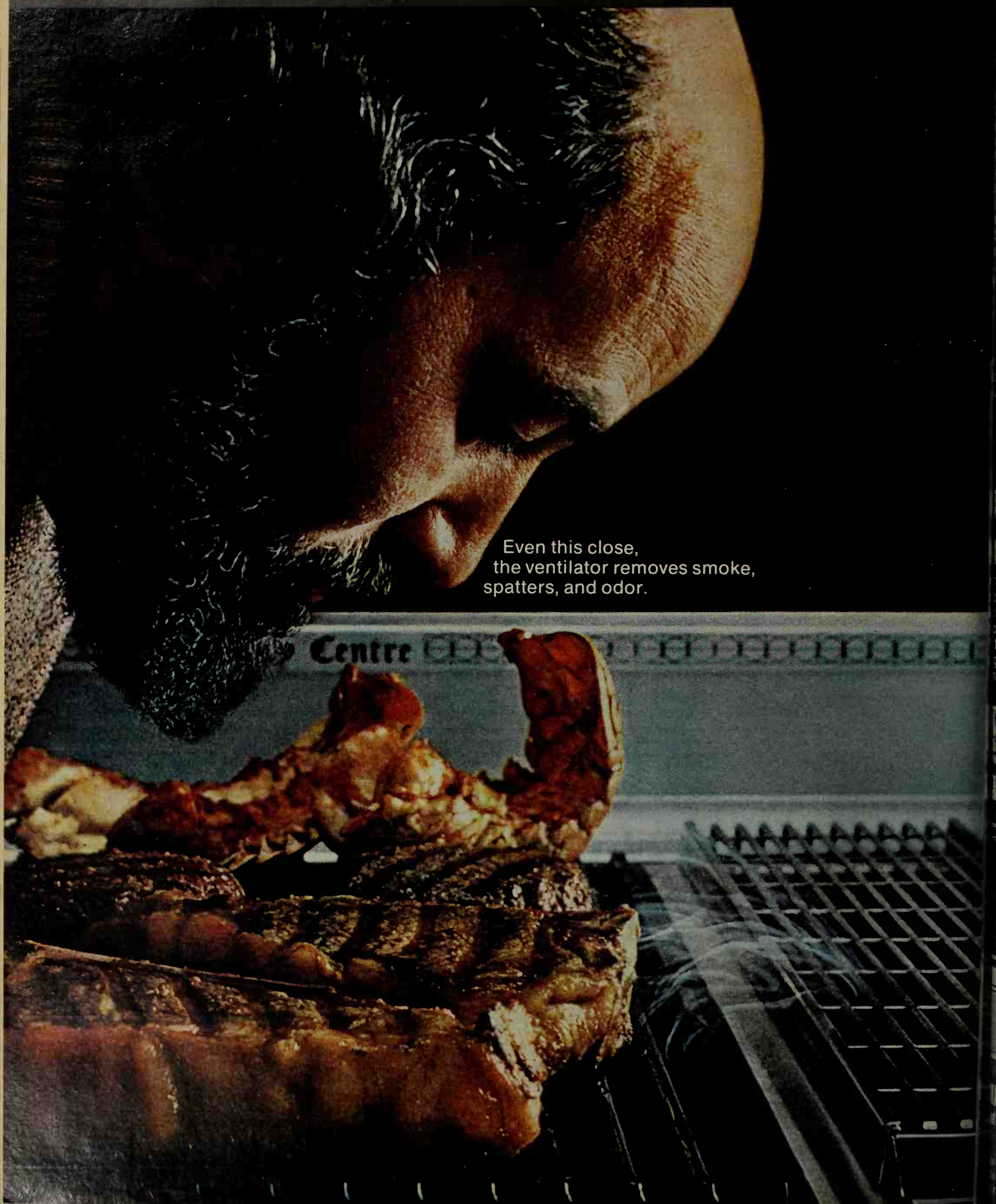
But see for yourself how much our new compacts learned down on the farm. Stop at your A-C dealer. Or write for our **free 36-page Wishbook** . . . with the complete 1975 Allis-Chalmers lawn and garden equipment lineup inside. Write Allis-Chalmers, Box 512, Milwaukee, Wisconsin 53201.

BUILDING BIG ONES HAS MADE OUR SMALL ONES BETTER

ALLIS-CHALMERS
LAWN AND GARDEN EQUIPMENT

THE JENN AIR GRILL

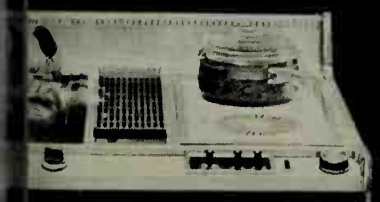
The range that lets you grill while



Even this close,
the ventilator removes smoke,
spatters, and odor.

ANGE
ves smoke,
ves spatters,
ves odor.

pletely different kind
range. A range that
t you used to broil.
ot dogs, hamburgers,
ish, sausage, chops,
-on-the-cob. And
em taste better! Because
afts flavorful smoke
ugh the food, searing it
tside and leaving it
d juicy on the inside.
possible because the
Grill-Range is the
a ventilator built *inside*
... to whisk smoke and
nt from grill top to
That's better than a
et away! And grease
ered oven walls now
n through the grill into a
removable container.
So you can use the
continuous cleaning
oven for clean,
unmessy baking. The
Jenn Air Grill-
Range
has some
more
extras,
too. Like an
geable rotisserie, deep
dle, shish kebaber and
burners. They all snap
onds. No other range
these. The Jenn Air
ge. It's cleaner, easier,
d better than broiling.



IN AIR GRILL-RANGE
hat you used to broil

llow pages for your nearest
rite Jenn Air Corporation,
lis, Indiana 46226.

Offices from the late outdoors—two ways to put a porch to work

Photographs: de Gennaro. Architect: Frank Nick, AIA. Decorator: Paul Lowery

Photographs: Hedrich-Blessing. Interior design: Shirley Shinin, NSID

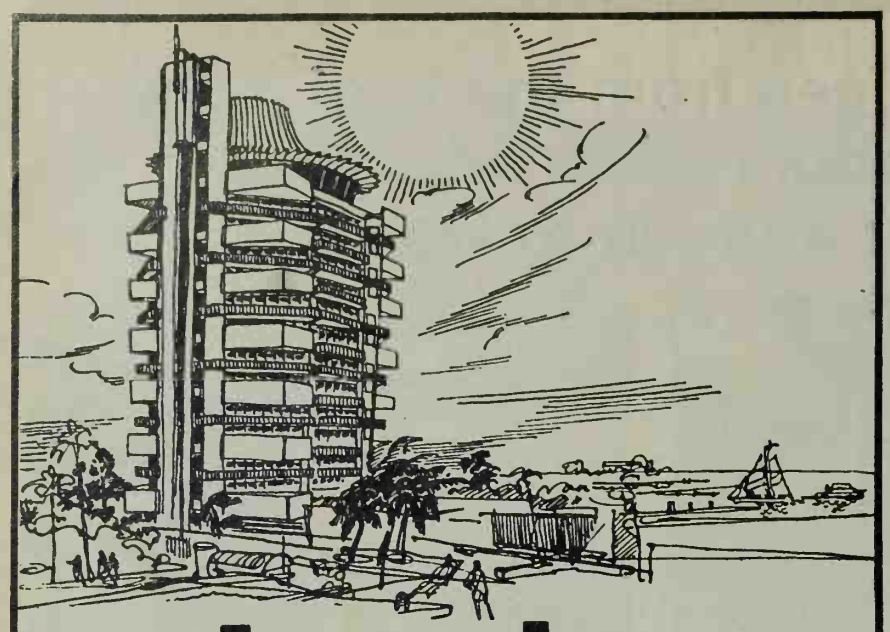
The best home offices are isolated from day-to-day family activities, but not from the world outside. That's why a dinky porch often makes a dandy work area. Here are two examples. A covered patio adjacent to the master bedroom came in from the cold to create this sunken mini-office, above and below left. Building codes limited its size to 12½x5½ feet, just right for an L-shaped desk, a chair, and a wallful of storage (not shown).

After the walls were enclosed with fixed and sliding glass, the bedroom's door and window were removed to create an opening between the areas. Decorative 4x4 posts serve as a partial divider. The office gains additional separation because it's three steps down; the top of the desk is only 12 inches higher than the bedroom floor.

With just two new walls, a seldom used back porch became the handsome and efficient office shown above right and below right. Wide windows take in a view of the backyard and provide plenty of natural light for the desk.

When you're enclosing a porch, be sure to pack plenty of insulation into the walls, floor, and ceiling. For added warmth, this porch/office also has wall-to-wall carpeting and a baseboard-style space heater.

The storage wall provides ample space for supplies and files, plus a spot strategically opposite the couch for the TV set. Bifold doors camouflage the shelves when they're not in use. ■

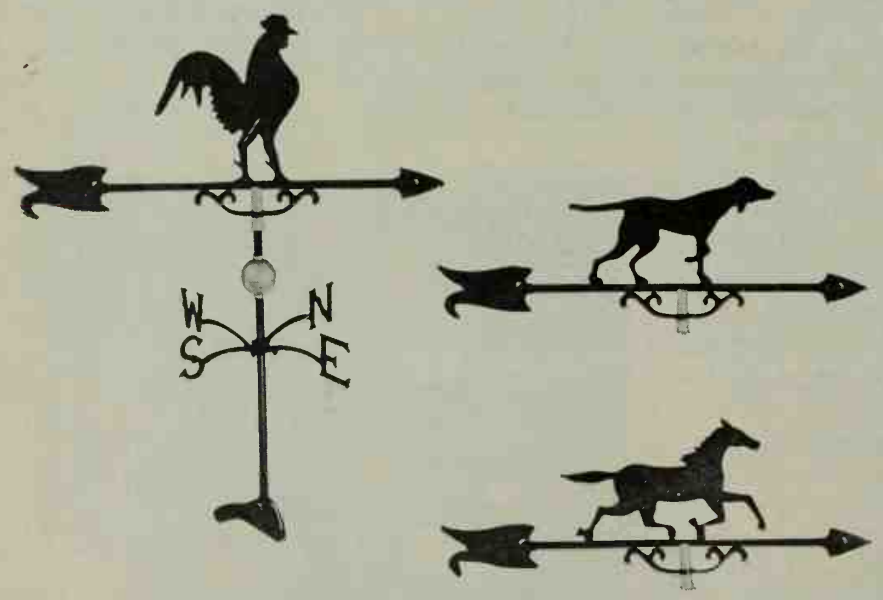


Let the fun shine in

Where else but Fort Lauderdale's Pier 66? Your balconied room overlooks a tropical paradise. Two swimming pools, a par-3, 9-hole golf course, tennis courts and the beautiful yacht-filled marina. High above, the revolving Pier Top Lounge. Below, dining and dancing in the waterfront Panorama Room. Catch the fun and all the sun. Ask your travel agent or write us for more details.

PIER 66

17th Street Causeway
Dept. K-1
Fort Lauderdale, Florida 33316



NEW! Weather Vanes from Better Homes and Gardens

Give your home the country look! The perfect finishing touch for any style house or garage.

- decorative-enhances any rooftop
- useful-tells wind direction precisely
- balanced arrow on friction-free bearing responds to the slightest breeze
- non-rust, all aluminum support 24″ to 27″ high
- gold ornamental ball, arrow 23″ long

Our Guarantee:
Money back if not completely satisfied!

Quantity
_____No. 13927 Crowing Rooster
_____No. 13928 Pointer Dog
_____No. 13929 Galloping Horse
$9.95 each; any 2 for $17.90
Total of Merchandise $_____
Postage and Handling $_____
TOTAL $_____

Please include 75¢ postage and handling for one, $1.25 for two or more.
Better Homes and Gardens, Dept. 2PE
Box 374, Des Moines, Iowa 50336
Name_____
Address_____
City_____
State_____ Zip_____

Smart storage for young bedrooms

Even footloose young cowboys need lots of space to store their gear. Here's an easy way you can build extra storage to round up the clutter in your youngster's room. Start by building the basic plywood box to mattress dimensions, then add all the drawers and shelves your child needs. You can even create a trundle for overnight guests.

The wood used for this bed was given a weathered look by rubbing in white paint before appl ing the final protective finish. provide the young cowpoke wi even more storage there a walk-in closets on each side the bed. The closet doors we covered with a comical abstra cowboy print fabric which w also used for the chair upholste In this Western-style room, h ster, gun, and hat are hung bedpost hooks in keeping with t everything-in-its-place look.

Photograph: Hedrich-Blessing. Interior Designer: J. Neil Stevens, NSID

Two children sharing a room needn't mean double clutter. In this bedroom pine built-ins keep everything shipshape. Both beds incorporate a dresser and wardrobe for clothes and toys. Although the room is fairly small, the all-in-one dresser/bed combination takes up much less space than separate pieces of furniture.

A small lamp above each l adds to the nautical feeling provides adequate light for l night reading. Another spa saver is the built-in desk— enough for two—that conn the two beds. It's large enou for study, games, or crafts. A d drawer for each youngster p vides space for writing suppl

Photograph: Edward A. Bourdon. Interior Designer: Stover-Mathers

ntroducing the Green Thumb Luwasa Plantsystem®

A new, trouble-free way to grow beautiful plants.

ow you can have a
reen thumb" that makes your
ants thrive - they'll look better,
ve longer and
quire little maintenance.

ave it to the practical Swiss to develop Plantsystem that can make you look like veteran gardener. Before we imported it, s growing system enjoyed eight years of ccess in Europe. It proved superior to y other method of growing indoor plants home.

any plant lovers kill their plants with-t even knowing it. They rot out plant roots by over-watering or parch them with too little water. They over or under-fertilize. Sometimes it's difficult to determine what's just right for your plants.

But now the new Green Thumb Luwasa Plantsystem takes away all the guesswork. Our Plantsystem was developed on the scientific principle that if you take away the dirt you take away most of the problems of growing beautiful plants. It is a horticultural fact that plants do not live and thrive from **soil.** They live and grow from the **ingredients** contained in the soil, such as minerals and trace elements dissolved in rain and tap water.

Our unique Plantsystem uses no soil. Your precious plants are nurtured with a carefully balanced liquid nutrient solution.

The secret of the Green Thumb Luwasa Plantsystem is a combination of three exclusive ingredients. First, a specially-designed two-part container keeps your plants at the proper moisture level. Second, in place of soil, your plants will be supported with a clean, porous pellet aggregate. And last, the Green Thumb Luwasa Liquid Fertilizer contains everything your plants need for healthy growth.

The plant container design is key to the Green Thumb Luwasa Plantsystem. The top section holds the plant and aggregate. The bottom section serves as a tank for the nutrient solution. With the two sections in place, the plant roots are fed the nutrient solution through a capillary action in the System.

This controlled feeding helps your plants look better and live longer. Most Green Thumb preconditioned tropical plants will thrive in this Plantsystem.

Our new Plantsystem does away with most of the headaches of normal plant care. Never worry again about killing your plants with too much or too little water, too much or too little fertilizer. Now plant feeding is necessary only every 15 to 20 days — a handy fluid indicator on the container tells you when. You can even go away on vacation without entrusting your plants to an outsider's care. The entire process is clean, odorless, and free from weeds and disease-causing organisms.

Your order brings the complete System — decorator-styled container, aggregate, and approximately a year's supply of specially-formulated Liquid Fertilizer. The special one-time introductory price for this $12.95 value is only $9.95, and we pay all the postage.

FREE TROPICAL YUCCA!

If you order now, we'll send you a Guatemalan yucca that will thrive in this new Plantsystem — we guarantee it! Your whole family will enjoy watching the cane grow into a lush, exotic yucca plant right in your home.

Green Thumb Corporation

a division of Stratford of Texas, Inc.

Dept. 831, P. O. Box 760, Apopka, Florida 32703

RUSH ME a Green Thumb Luwasa Plantsystem at the special one-time introductory price of $9.95 postpaid. Include free bonus tropical yucca cane. (Florida residents add 4% sales tax) $_____

CHECK CONTAINER COLOR: ☐ Earth Brown ☐ Sunshine Orange ☐ Woodgrain ☐ Spring Green.

IDEAL GIFT, send _____ Plantsystems, along with a gift card bearing my name, to the list of names on the attached sheet. Specify color.

_____ at $12.95, free tropical yucca cane included $_____

☐ I'M INTERESTED, send me more information on how I can enjoy this new Plantsystem.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

tains and seals
n one easy step
TUNGSEAL®
WOOD STAIN

he perfect beauty treat-
ent for all interior wood
rfaces. Tungseal pene-
ates the surface and
eals in the beauty and
harm of the wood so it
sts and lasts. Many
aditional and modern
ecorator tones to match
our decor. Dries to a
atiny matte finish.

or a hand rubbed
inish without rubbing
HEIRLOOM®
VARNISH

he world's *FINEST* finish

rush on a beautiful
and rubbed finish for
aneling, floors, doors
nd especially those
easured antiques. Adds
warm soft charm yet is
ough and extremely
urable for all interior
ood surfaces. Choose
om flat, eggshell, semi-
loss or crystal clear
igh gloss.

sk your paint dealer
McCloskey
VARNISH COMPANY
HILADELPHIA, PA. / LOS ANGELES, CAL.

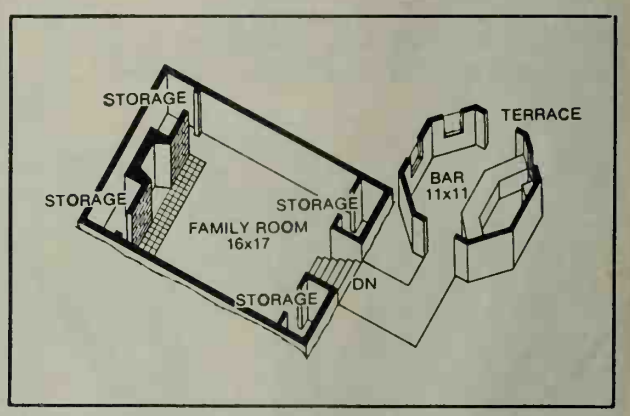
An entertaining family room that was carved from basement crawl space

This two-level bar and family room takes more than double the space that was available when this basement remodeling started. The newly found living area didn't result from the usual extension *out* to backyard space. Instead, unusable crawl space was excavated *down* (ten feet) to carve out the larger family room. The smaller bar fits in existing basement floor area at ground level.

In the family room, the excavation left enough headroom for a shallow cathedral ceiling; ceiling beams rest on indirect lighting fixtures that look like wall beams. In this windowless room, strong artificial lighting is a necessity. The pecky cypress paneled walls are whitewashed for an overall light, bright effect.

To gain storage space, the fireplace wall was built three feet from the exterior wall of the home; two compartmented closets flank the wood-burning prefab fireplace. The closets house magazines, craft and hobby supplies.

The octagonally shaped bar, right, is located near the head of the steps from the family room proper. The door in the background opens onto a ground-level terrace so the bar can serve gatherings outdoors or in with equal ease. Faced with colorful strips of plastic laminate color-keyed to the upholstery stripes in the family room, the bar helps coordinate the decorating in this new complex.



Photographs: Dean Paris. Design: Daytons

Planters Oil brings harmony to a garden medley like Ratatouille.

Ratatouille is an unusually exciting French vegetable stew that's easy enough to make every day. All you need is Planters® Oil, 45 minutes, and a slow cooking Pot O' Plenty by Regal®.

Peanut oil is one ingredient French gourmets count on. Because peanut oil brings out the natural flavor of foods cooked in it. And Planters is 100% pure peanut oil.

And to make your ratatouille even easier, now you can get a 5½ quart TEFLON II lined Mardi Gras Pot O' Plenty by Regal for only $17.95. This $29.00 value both slow cooks and deep fries, so it's bound to be a welcome addition to any kitchen. For yours just clip the coupon below.

You don't have to be a gourmet chef to cook authentic ratatouille. Just use a slow cooker and Planters Oil. And try a ratatouille that will taste the way it was meant to.

Heat ½ c. Planters Peanut Oil in Regal Pot O' Plenty on #4 setting. Saute 2 large onions, sliced and 2 cloves garlic, minced, in oil until tender, about 5 minutes. Add 2 green peppers, seeded and cut into strips, 1 pound (about 1-qt.) sliced zucchini squash, 1 pound (about 1-qt.) diced eggplant, 4 large tomatoes, skinned and cut into wedges, 3 tbsp. chopped parsley, 1 tbsp. salt, 1 tsp. sugar, ½ tsp. oregano and ¼ tsp. pepper. Bring to a boil. Reduce heat; cover and simmer for 45 minutes on #2 setting or until vegetables are tender. Serve hot or cold. Makes 8 to 10 servings.

Planters Oil makes cooking...cuisine.

Another fine product of
Standard Brands

Save plenty on Regal's Pot O' Plenty.

I enclose $17.95 (check or money order, no cash please, payable to Planters Oil Pot Offer), plus the cap liner from one bottle of Planters Oil for each pot. Allow 4 to 6 weeks for delivery. Offer good only in U.S.A. while supply lasts. Void where prohibited or restricted. Check color desired. Parsley (Green)_____
Hot Pepper (Red)_____ Sun Gold (Yellow)_____

Name_____

Address_____

City_____ State_____ Zip_____

SEND TO: Planters Oil Pot Offer, Box 395 BH Kewaskum, Wisconsin 53040. Orders without zip code cannot be accepted.

Start earlier, grow longer, with a BACO Aluminum Greenhouse

Greenhouse gardening is no longer a rich man's hobby. Now, BACO, a name famous among gardeners throughout the British Isles, brings quality greenhouses within reach of the most modest budget. This is made possible through a complete, assemble it yourself package.

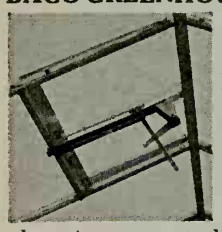
Low Cost and Maintenance Free The corrosion-resistant, strong, durable, aluminum and stainless steel, plus special greenhouse glass, assure years of trouble-free service. Special tempered safety glass is provided in the sliding door.

Designed and Packaged for easy assembly All parts are numbered. All nuts and bolts supplied. One wrench, included, fits all. No masonry foundation needed. Build simple wood base (not included) from easy to follow instructions. Simple glazing. No putty required: stainless steel clips hold pre-cut glass on special glazing strips. Can be assembled in a day.

Your favorite vegetables—earlier Grow a summer salad . . . from inexpensive seeds. Vine-ripened, easy to grow tomatoes. Cool, crisp, cucumbers, tangy radishes. Just a hint of the abundant harvest you can reap in your BACO Aluminum Greenhouse. BACO lets you start earlier—grow longer.

Create your own world of beauty Color-plant your BACO Greenhouse for your own objectives—decorations for the home, accenting the garden, or the thrill of experimenting to produce varieties of your very own. And grow them from seeds or cuttings. Your BACO greenhouse—a wonderful place to spend your time. Sheltered. Quiet. Your place to enjoy a relaxing hobby and forget the cares of the workaday world.

BACO GREENHOUSE EQUIPMENT



$5\frac{1}{2}'$ aluminum bench with tempered hardboard top ● Extra Ventilators for roof or sidewalls ● Vent Master vent control — non-electric; actuated by temperature changes.

Other Accessories Available.

Sold Only Through BACO Dealers Prices start as low as $489 for the 8′ x 6′, Model BA 86, illustrated here. Other models and accessories available. Mail coupon for Free Brochure and the name of the nearest dealer.

GUARANTEED 25 YEARS
Against normal corrosion and faulty workmanship. Guarantee limited to replacement, free of charge, of defective part or parts.

BACO **Leisure Products, Inc.**
Dept. BHS, 19 East 47th Street, New York, New York 10017
Please send me free brochure on BACO Aluminum Greenhouses and the name of nearest dealer.

Name _____
Address _____
City _____ State _____ Zip _____

BACO is a registered trademark of British Aluminium Company.

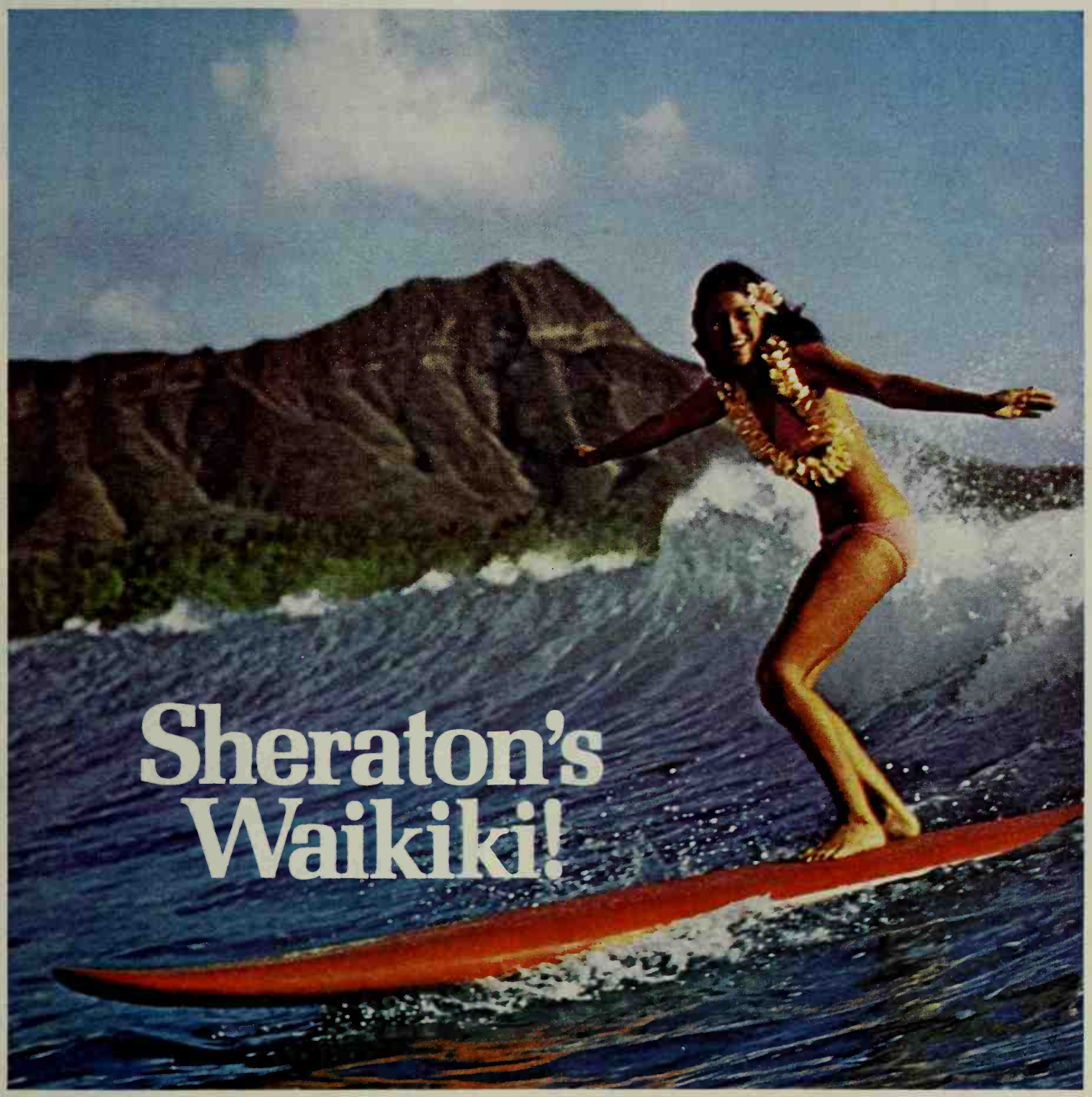
Wall-hugging tables

Even if space is at a premium at your house, you can carve out an intimate dining area for two. The trick is to use a space-conserving shelf/table like this one. It's a narrow one-foot shelf bracketed to the wall with decorative wrought iron. The Provincial high-backed chairs are a good choice for tight quarters, too. Between meals, the chairs fit snugly under the shelf to allow easy passage.

Another space-saving idea: the complementary wrought-iron "centerpiece" is attached high on the wall to clear the deck for dining. Here the centerpiece is filled with plants, but it could be used to hold candles.

Photographs: Hedrich-Blessing. Interior Designer: John Potter, AID

The decorative focal point of this entry hall is a slim yet serviceable table. It takes only minimum floor space and makes a handy catchall for car keys and mail, or mittens and hats. A diamond-shaped framed mirror above the table reflects the elegant simplicity of the entrance. The distinctive black and gold wallpaper border helps unify the vertical and horizontal lines of the hallway. Light for the small entrance comes from a ceiling globe lamp.



Four of the five hotels actually on Waikiki Beach are Sheraton.

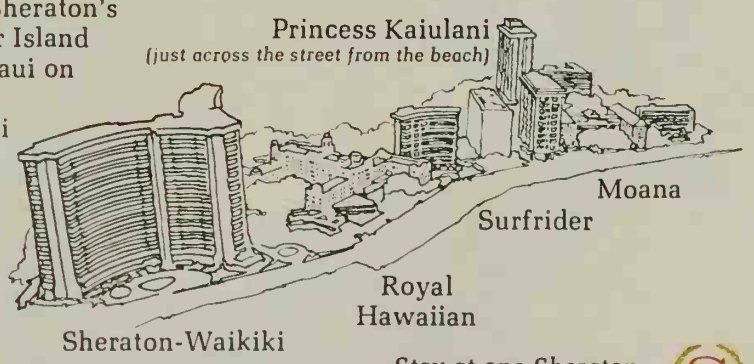
You're going too far to settle for less.

Being **on** the beach is what it's all about in Waikiki. Let Sheraton put you right on Waikiki Beach — for only a few dollars more than you'd pay for a hotel blocks from the beach. Sheraton offers a range of accommodations to suit your budget — from $20 to $41, double occupancy.

Call your travel agent or Sheraton at this toll-free number:

800-325-3535

And don't miss Sheraton's delightful Neighbor Island hotels: Sheraton-Maui on Kaanapali Beach and Sheraton-Kauai on Poipu Beach.



Stay at one Sheraton, play and charge at all five.

Sheraton Hotels in Hawaii

SHERATON HOTELS AND MOTOR INNS, A WORLDWIDE SERVICE OF ITT

Replay the hands around the Cracker Barrel.

Now that it's time for talk, bring out the Cracker Barrel Brand Cheddar. And notice how its robust tang seems to spark the conversation. Cracker Barrel is aged to just the right time. When its taste has all the spirited character that nature intended. Proper aging. That's what makes Cracker Barrel a fine natural cheddar. Judge for yourself.

KRAFT Division of Kraftco Corporation

A remarkable kitchen remodeling

Here's proof positive that planning pays off. This face-lifted kitchen is now handsomely equipped to make cooking, entertaining, and living much more fun. At the center island, an oversize griddle and built-in barbecue turn out grilled sandwiches, garlic toast, or smoky-flavored ribs at a moment's notice.

A hot-water dispenser near the sink produces hot water—instantly. And the built-into-the-counter appliance center handles everything from mixing to blending to sharpening kitchen knives or crushing ice, all with a mere flick of a button.

Photographs: Hedrich-Blessing. Interior Design: Paul Marchetti

Step right up and make yourself a superduper banana split at this at-home soda fountain! It's easy to whip up chocolate shakes for the neighborhood kids or frozen daiquiris for adult parties.

Adjacent to the milk bar is a special nook for the household manager. It's outfitted with intercom AM/FM radio, telephone, and bulletin board for important dates and messages.

This cheerful dining area might even persuade breakfast dropouts to drop in again. Before remodeling, this was a tiny enclosed breakfast nook. The divider wall was removed to provide one big open area that's brightened by morning sunshine.

When serious baking is the order of the day, it's easy to step right over to the quiet food preparation corner. Without taking any extra steps, a baker has access to the refrigerator, baking utensils hanging conveniently on the perforated hardboard wall, a cook book stand, outlet for mixer, blender, or grinder, a cutting surface set into the ample plastic laminate counter top, and even a dishwasher nearby for fast cleanup.

These Gorham Originals were the latest thing in Sterling over 60 years ago. They are even more popular today.

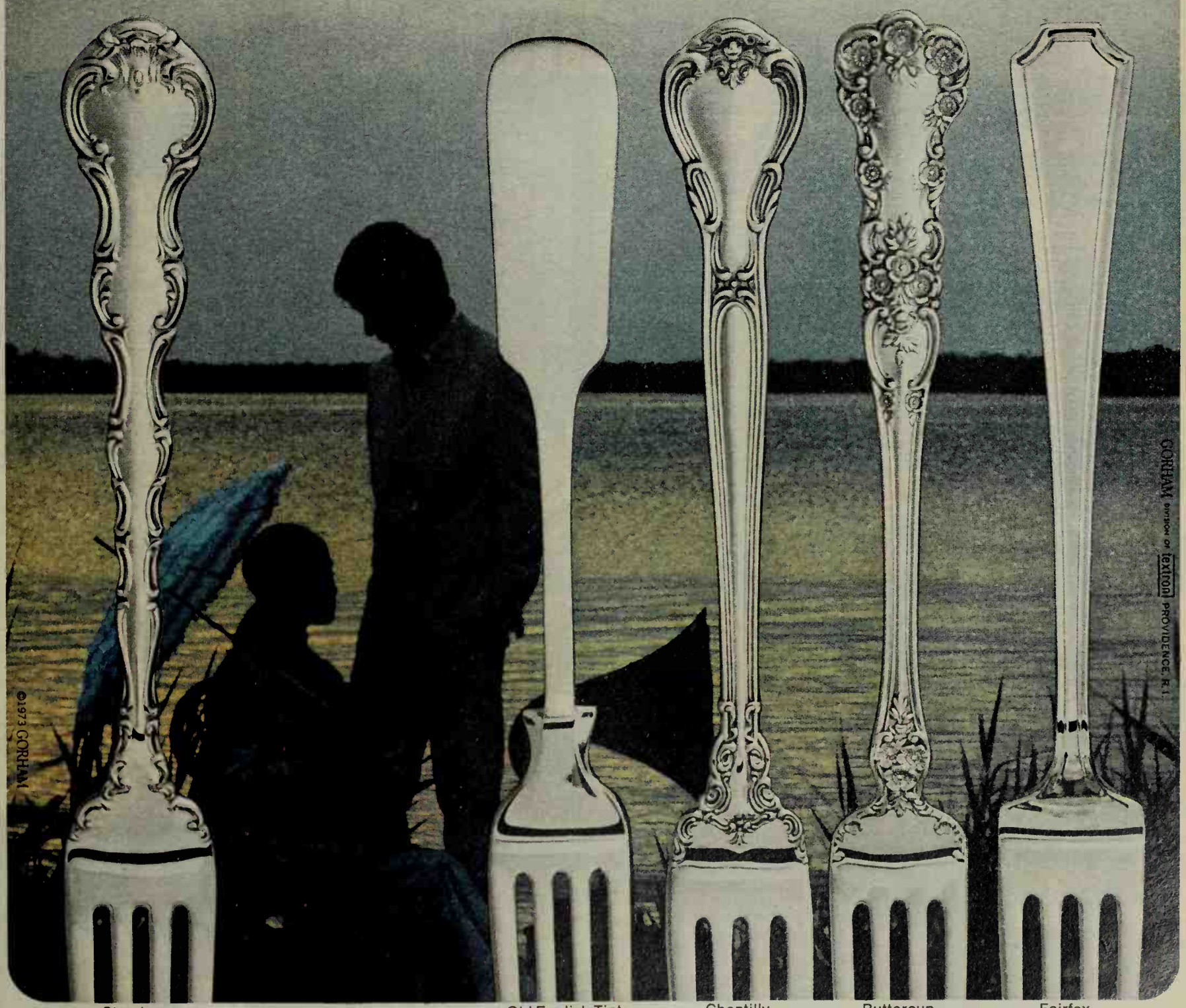
What better evidence is there of the timeless beauty of Gorham Originals?

These five Gorham Sterling designs are among today's most popular... and they have been for more than sixty years.

Their beauty is enduring because each one is more than just a beautiful pattern. Each is a total design. A total work of art, a perfect balance between ornamentation, shape and function.

This is why every spoon bowl, every fork tine, every knife blade is designed specifically for a Gorham pattern. It is why some Gorham spoons have tapered bowls, some rounded bowls; why some fork tines are longer and why some salad forks have one shape and some another.

This gives every Gorham Original a classic elegance – elegance that endures time and change – elegance that is unmistakably Gorham.



Strasbourg | Old English Tipt | Chantilly | Buttercup | Fairfax

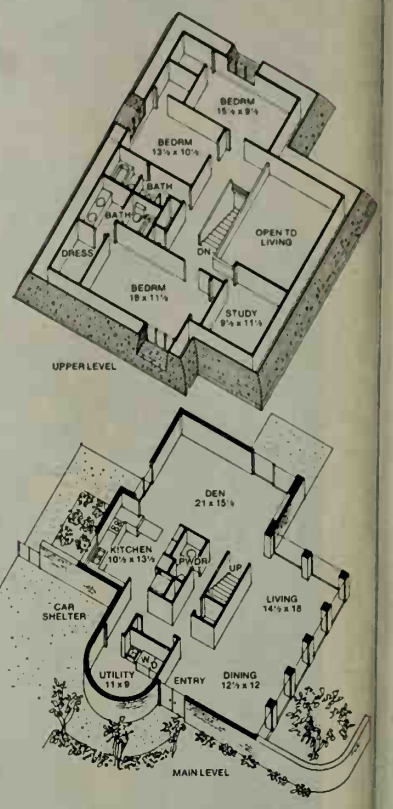
unmistakably Gorham | ORIGINALS IN STERLING, CHINA, CRYSTAL

A well-rounded house—open but private

Here's proof that you can get privacy in a crowded suburban neighborhood without sacrificing the openness so essential to a contemporary plan.

Rounded mansard roofs seem to balance atop the lower level's gracefully curving brick wall, right, that protects the carport and entry. The wall reaches to the lot lines to screen the sides and rear of the house.

Photographs: Frank Lotz Miller



Inside (see plan) the main liv ing zones are oriented to the rea of the house. Expansive walls o glass open up the living-dinin area and den. The kitchen als has its own private garden view Sliding glass doors give access t a pair of handily located patios— both opening off the den. An notice how a utility area tuck into that rounded turret at th front of the house.

Upstairs, three bedrooms an a study are served by two ful compartmented baths. Designe to be built on a slab, the hous contains 2,700 square feet of li ing space.

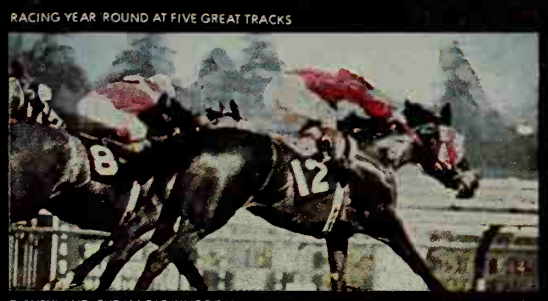
The two-story living room, b low, features a cedar plank cei ing and skylights strategical placed to brighten up corner Brick pillars separate large wi dows along the side and rear.

Architect: Ernst Dorfi

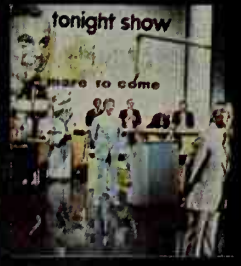
Sunshine costs less in Southern California

TING L.A. DODGERS

SUNTAN IN PALM SPRINGS


RACING YEAR 'ROUND AT FIVE GREAT TRACKS

MAGIC MOUNTAIN, NEW FUN PARK, VALENCIA



TOUR NBC STUDIOS, BURBANK

DISNEYLAND, THE MAGIC KINGDOM

YEAR 'ROUND GOLFING

ORIENTAL FLAVOR AT JAPANESE VILLAGE BUENA PARK

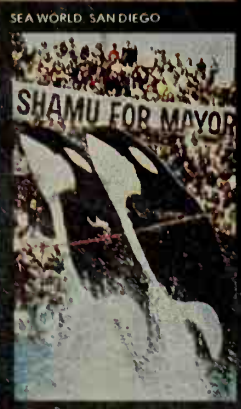
YHOUND RACING, TIJUANA, MEXICO

EXPLORE LION COUNTRY SAFARI, LAGUNA HILLS

GO DEEP SEA FISHING

BUSCH GARDENS

VIELAND WAX MUSEUM



SEA WORLD, SAN DIEGO

CERTS: HOLLYWOOD BOWL, GREEK THEATRE, AMPHITHEATRE

The sun shines 350 days every year. On golden beaches, blue Pacific waters, warm deserts and close-by mountains. All yours—free. Hotels? Restaurants? Choose from hundreds, from plush to plain. You won't believe the low rates. (Because our "season" lasts all year we don't have to make a killing in three months.) And there are more things to see and do than any other place on earth. Come out of the cold to where the sun spends the winter.

Free Vacation Kit. Write for your copy to:

Southern California Visitors Council

ROOM 267, 705 WEST SEVENTH STREET, LOS ANGELES, CA 90017. OR SEE YOUR TRAVEL AGENT.

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

PIZZA QUICHE
Page 26 (top): Fork—Oneida Silversmiths, Oneida, N.Y. 13421. Wine glass—Sears, Roebuck and Company, Dept. 703, Sears Tower, Chicago, Ill. 60684. Luncheon and dessert plate—Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229.

HOW TO GET THE HOUSE YOU WANT
Page 30: Coffee table and chrome/leather chairs—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Coatrack—Stendig, Inc., 410 E. 62nd, N.Y., N.Y. 10021.
Page 31: Bentwood rocker—Stendig, Inc., 410 E. 62nd, N.Y., N.Y. 10021.
Page 32: Sofas—Barbo's, Inc., 287 Main St., Stoneham, Mass. 02180. Hanging basket chair—Pier 1 Imports, 2520 W. Freeway, Fort Worth, Tex. 76102.
Page 33 (bottom left): Carpet—Waltham Floor Covering, Inc., 100 Maple St., Waltham, Mass. 02154. (Top right): Manufactured home—Stanmar, Inc., Boston Post Rd., Sudbury, Mass. 01776. (Middle right): Manufactured home—Kingsberry, 61 Perimeter Park E., Atlanta, Ga. 30341. (Bottom right): Manufactured home—Acorn Structures, Box 540, Concord, Mass. 01742.
Page 35 (top right): Sofa and coffee table—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Drapery fabric—Jack Lenor Larsen, Inc., 232 E. 59th, N.Y., N.Y. 10000. Plexiglas pedestal—Volna Ltd., 6345 N. Broadway, Chicago, Ill. 60626. Lamps—Lightolier, 346 Claremont, Jersey City, N.J. 07305.
Page 36 (left): Casement windows—H & D Window Co., P.O. Box 2317, Seattle, Wash. 98201. Light fixture—Prescolite Div., U.S. Ind., 1251 Doolittle Dr., San Leandro, Calif. 94577. Finish on shingles—Olympic Stain Co., 118 N.W. Leary Way, Seattle, Wash. 98107. (Right): Light fixture and lamp—Lightolier, 346 Claremont, Jersey City, N.J. 07305. Tables—Beylerian Ltd., 253 Fifth Ave., N.Y., N.Y. 10016. Sofa—Sedgefield Furniture Corp., P.O. Box 1327, Highpoint, N.C. 27261.
Page 37 (left): Window shades—Window Things, 1063 S.W. Canyon Rd., Beaverton, Oreg. 97005. Chairs—Sun Casual Furniture Co., 2710 S. Main St., Santa Ana, Calif. 92707. Tables—Beylerian Ltd., 253 Fifth Ave., N.Y., N.Y. 10016. Pedestal table—Moreddi, Inc., 1326 Obisto Ave., Long Beach, Calif. 90804. Ottoman—Landes Mfg. Co., P.O. Box 2197, Gardena, Calif. 90247.

SOY SAVVY
Page 46 (left): Tray—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. (Right): Plate—Franciscan "Monaco" by INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Salt and peppers—E. M. Thompson Co., 934 Wyandotte, Kansas City, Mo. 64105.

HE COOKS
Page 57 (right): Basket—F. O. Merz & Company, Inc., 100-110 North 63rd St., Philadelphia, Pa. 19139. Wine glasses—Sears, Roebuck and Co., Dept. 703, Sears Tower, Chicago, Ill. 60684. Oval baking pan—Royal Copenhagen Porcelain Corp., 8 Westchester Plaza, Elmsford, N.Y. 10523.

HOW TO UN-CRAMP A CHILD'S ROOM
Page 64 (bottom): Quilt—Southwest Quilt Guild, 7326 Spring Valley Rd., Dallas, Tex. 75240.
Page 65 (top): Quilt—Southwest Quilt Guild, 7326 Spring Valley Rd., Dallas, Tex. 75240.
Page 66 (bottom). Carpet—Armstrong Cork Company, Lancaster, Pa. 17604. Hanging lamp—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. Bolster and bedspread fabric—Collins & Aikman Corp., Cavel, N.C. 27512. Blind—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030. Paint—PPG Industries, Inc., One Gateway Center, Pittsburgh, Pa. 15222.
Page 67 (center): Desk chair—The Workbench, 470 Park Ave. So., N.Y., N.Y. 10016. Blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030.
Page 68: Window shades—Breneman, Inc., 1133 Sycamore St., Cincinnati, Ohio 45210.

PICK A STYLE—CREATE A KITCHEN
Page 74: Cabinets—Wood Mode Cabinets, Foltz-Wessinger, Inc., 120 N. Shippen St., Lancaster, Pa. 17602. Table and two chairs—B. Brody Seating Co., 5921 W. Dickens Ave., Chicago, Ill. 60639. Red rug—A. Leon Capel & Sons, Troy, N.C. 27371. Coffee grinder—Montgomery Ward & Co., 619 W. Chicago Ave., Chicago, Ill. 60607. Stainless steel sink—Elkay Mfg. Co., 2700 S. 17th Ave., Broadview, Ill. 60153. White bowl (with red apples)—B.I.A. Cordon Bleu, Inc., P.O. Box 627, Burlingame, Calif. 94010. "Yorktowne" jug (with wood spoons)—The Pfaltzgraff Co., P.O. Box 1069, York, Pa. 17405. Milk can—Jay Willfred Co. Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 75: Cabinets—St. Charles Mfg. Co., 1611 E. Main, St. Charles, Ill. 60174. Sink—Elkay Mfg. Co., 2700 So. 17th Ave., Broadview, Ill. 60153. Counter—Formica Corp., 120 E. 4th, Cincinnati, Ohio 45202. Table and chairs—B. Brody Seating Co., 5921 W. Dickens Ave., Chicago, Ill. 60639. Blinds—Levolor-Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030. Light fixture—Lightolier, 346 Clarement Ave., Jersey City, N.J. 07305. Potholder—Marimekko, Design Research, Inc., 57 Braddle St., Cambridge, Mass. 02138. Canisters, sugar bowl, peanut basket, and wine jug—Corning Glass Works, Corning, N.Y. 14830. Salad set—Ted Arnold, 225 Fifth Ave., N.Y., N.Y. 10010. Napkin—Vera Industries, Inc., 45 W. 18th St., N.Y., N.Y. 10011. Yellow plates—Heller Design, Inc., 200 E. Prospect Ave., Mamaroneck, N.Y. 10543. Black floor tile—Armstrong Cork Co., Lancaster, Pa. 17604. Glass bowl (filled with oranges)—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610.
Page 76: Cabinets, table and chairs, and floor tile—Sears, Roebuck & Co., 925 S. Homan Ave., Chicago, Ill. 60607. Sink—American Standard Plbg. & Htg. Div., P.O. Box 2003, New Brunswick, N.J. 08903. Two glass jugs and coffeepot—Bonniers, Inc., 225 5th Ave., N.Y., N.Y. 10010. Copper saucepans—Revere Copper and Brass, Inc., P.O. Box 250, Clinton, Ill. 61727. Towel—Vera Industries, Inc., 45 W. 18th St., N.Y., N.Y. 10011. Picnic basket, bread basket, and vegetable basket—Pier 1 Imports, 2520 W. Freeway, Ft. Worth, Tex. 76102. Fondue pot—Lipper International Inc., 225 5th Ave., N.Y., N.Y. 10010. Wine glasses—Fostoria Glass Co., Moundsville, W. Va. 26041.

PRIZEWINNING RECIPES FROM THRIFTY COOKS
Page 78 (left): Pewter soup plate—S. P. Skinner Company, 225 Fifth Ave., N.Y., N.Y. 10010. Mug—Antiques, Ltd., 1517 Merchandise Mart, Chicago, Ill. 60654. (Right): Tray—Designs of Mexico, Byron Dana, 8826 Olympic Blvd., Beverly Hills, Calif. 90211.
Page 79 (left): Small bowl—Designs of Mexico, Byron Dana, 8826 Olympic Blvd., Beverly Hills, Calif. 90211.
Page 81 (top left): Pans—Nordic Ware by Northland of Aluminum, Minneapolis, Minn. 55416. Plate strainer—Antiques Ltd., 1517 Merchandise Mart, Chicago, Ill. 60654. (Right): Jar—Ball Brothers Company, Inc., 402 North Calvert St., Muncie, Indiana 47303. Small gold and black pebble band plate—Sears, Roebuck and Company, 925 S. Homan Ave., Chicago, Ill. 60607. (Bottom left): Brown pie plate—The Pfaltzgraff Company, P.O. Box 1069, York, Pa. 17405.
Page 82 (left): Oblong metal dish with handles—Wilton Armetale, 18th and Franklin St., Columbia, Pa. 17512. Casserole—Stoneware Designs West, 3056 Bandini Blvd., Los Angeles, Calif. 90023.
Page 85 (right): Round brown casserole with daisy design—Cepelia Corporation, 236 Fifth Ave., N.Y., N.Y. 10010. (Right top): Baker—R. T. French Co., One Mustard St., Rochester, N.Y. 14609.

PRIZE TESTED RECIPES
Page 89 (right): Casserole dish—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549.
Page 90 (top left): Fork—Oneida Silversmiths, Oneida, N.Y. 13421. Luncheon plate, cup and saucer—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Salad bowl—David Auld, Inc., 2301 N. Miami Ave., Miami, Fla. 33127. (Bottom left): Gravy boat and cradle—Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229. Meat plate—Independence Ironstone & Glass, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Top right): Dessert plate—Corning Glass Works, Corning, N.Y, 14830. (Bottom right): Forks—Oneida Silversmiths, Oneida, N.Y. 13421.

Serenity Prayer Sampler You Can Stitch

from Better Homes and Gardens

Stitch this ageless thought and make it a permanent part of your home or a meaningful gift to others. It's easy to do; requires just four easily learned stitches, and it's very economical. Kit includes design stamped on Belgian linen, cotton embroidery floss, and complete instructions. Sampler fits inside our beautiful 14"x18" hardwood frame. Truly a conversation piece.

Please send me the following:
Quantity
_____No. 00302, Serenity Prayer $2.49, 2/$4.49
_____No. 00098, Frame 14"x18" $7.49
_____No. 00303, Kit and Frame $8.98, 2/$16.99
Please include postage and handling: orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

Our Guarantee
Money back if not completely satisfied.
Send order and remittance to:
Better Homes and Gardens, Dept. 2PJ, Box 374, Des Moines, Iowa 50336
Name_____
Address_____
City_____
State_____ **Zip**_____

MAKES HOUSEHOLD OIL OLD-FASHIONED
- Stops squeaks
- Protects metal
- Loosens rusted parts
- Frees sticky mechanisms

Aerosol **WD-40** lubricates as it cleans to protect metal

TRY A FREE SAMPLE
Send 25¢ to cover handling to: WD-40, 1061 Cudahy Place, San Diego, CA 92110

ORIGINAL SELF-STICKING magic mounts®
FOR ALL YOUR HANG-UPS
FROM 29¢
"KIODY KAODIES" BROOM HOLDERS
HANGERS ★ CUP HOOKS
HOOKS TIE BARS
KEY RACKS MINI-HOOKS
PROTECTOR PADS TOOTHBRUSH HOLDERS
Good Housekeeping GUARANTEES A PRODUCT OR PERFORMANCE DEFECTIVE REPLACEMENT OR REFUND TO CONSUMER
MILLER STUDIO, INC., NEW PHILADELPHIA, OHIO 44663

New "BURPLESS" Cucumber

Enjoy Growing and Eating these Tasty *QUIET* CUCUMBERS!

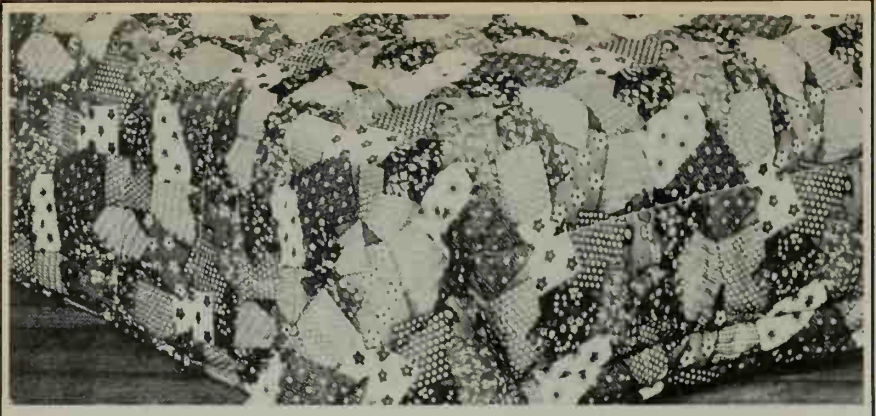
Looks like a fine "breadstick" cucumber, doesn't it? Well, it even *looks* like the best of them, but this one is *different*. It lives up to its name, "Burpless," meaning there's no acid rebound, no "burp" after you eat one. They're 9" to 10" long, have a dark green, rather smooth skin. Delicious when split or sliced for relishes. Easier to grow, resistant to mildew. Introductory special, only 10¢ per packet (approx. 25 seeds, enough for 5 or 6 hills and loads of luscious, crisp cucumbers.) Sorry, only 2 packets per family at this low price. Get yours now!

HENRY FIELD Seed & Nursery Co.
441 Oak St., Shenandoah, Iowa 51602
Yes, here's 10¢ for a big seed packet of Burpless Cucumber. Also send big new spring catalog, free.
NAME_____
ADDRESS_____
CITY_____ STATE_____ (ZIP NO.)
Since 1892

Better Homes™
Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



Finished Early American Patchwork Quilt! ONLY $15.98 Add $1.00 Postage

• washable • fits single or double bed

Bring a little country livin' into your home with this super, 100% washable, patchwork print quilt! A real rural beauty completely finished in red, green & blue cotton print with thermal polyester filling. Measures a big 66″ x 78″ to fit either single or double bed. Perfect for home, camping, cabin.

MONEY BACK IF NOT DELIGHTED

HARRIET CARTER
Dept. BHG-14252
Plymouth Meeting, Pa. 19462

Please send me _____ quilts @ $15.98
Plus $1.00 postage each.
MONEY BACK IF NOT DELIGHTED

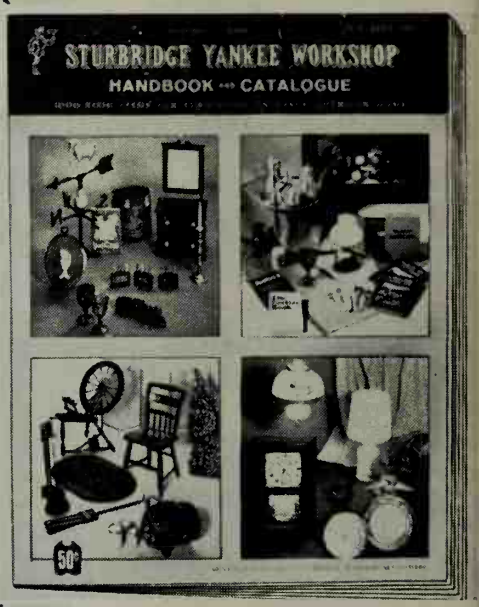
Name_____

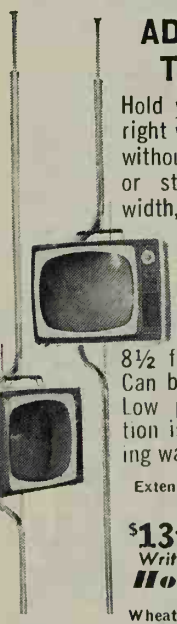
Address_____

City_____ State_____ Zip_____

Early American handbook

New 64 page catalog contains over 1,000 pictures (many in color) of china, glassware, lamps, hardware and clocks etc. Furniture in cherry, pine, maple; also, chairs, rockers, pewter, ironstone etc. from this famous old New England shop. 50¢. Sturbridge Yankee Workshop, BHG, Brimfield Turnpike, Sturbridge, Massachusetts 01566.





ADJUSTABLE T.V. POLE

Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14″ deep. 17″ high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U. S. A.
Extension for higher ceiling, add $2.00
We ship in 24 hrs.

$13.95 Plus $1.00 postage
Write for FREE catalog
Holiday Gifts
Dept. 402-A
Wheat Ridge, Colorado 80033

U.S. STAMPS!

3 SENSATIONAL OFFERS IN ONE
ONLY 10¢

1. Genuine centennial postage stamp as illustrated picturing the first U.S.A. stamp ever issued – 1847!

2. Big collection of all-different U.S. Stamps: 19th Century, $5.00 stamp, etc.

3. Collection of prized Commemoratives: Civil War, a Mississippi Riverboat, many others. Also, other exciting stamps to examine free. Buy any or none, return balance, cancel service anytime—but all 3 offers (plus Wonderful Illustrated Catalog) are yours to keep!

Send 10¢—TODAY!
H. E. Harris, Dept. C-934, Boston, Mass. 02117

SAVE HUNDREDS OF DOLLARS

Build this charming Swiss Chalet style storage building. Be proud to own a lovely chalet for workshop, playhouse, garden tractors, etc. 10 ft. wide 14 ft. long 9¾ ft. high. 4 ft. double door opening. Mounted on skids for portability. No expensive tools needed. The most complete plans we have ever designed for beginners. Step by step with pictures to build by. Complete plans and material list $4.25. Free brochure for other projects to build.

HAMMOND BARNS Dept. BH35
Box 584, New Castle, Indiana 47362

PLAY GUITAR IN 7 DAYS
OR MONEY BACK

ED SALE'S famous 66 page Secret System worth $4.00 teaches you to play a beautiful song the first day and any song by ear or note in seven days! Contains 52 photos, 87 finger placing charts, etc., plus 110 popular and western songs, (words and music); a $1.00 Cord finder of all the chords used in popular music; a $3.00 Guitarist Book of Knowledge, and the extra special $1.00 value new wallet size Tuning Device for tuning any guitar by ear.

Total Value $9.00

Now only $3.98

SEND NO MONEY! Just your name and address. On delivery pay postman $3.98 plus C.O.D. postage. Or send $3.98, plus 50¢ shipping and handling charges with order to save C.O.D. costs. (No C.O.D. outside continental U.S.A.) Money back guarantee.

ED SALE, Studio 169-C, Avon By the Sea, N.J. 07717

PRESS ON ADDRESS LABELS

Stick to any smooth surface. No moistening. Use them on letters, sports equipment, cameras, etc. Any message to 4 lines, 26 spaces each. Printed in black ink on your choice of White, Gold, Silver, Blue, Pink, or Yellow labels. 1¾″ x ½″. In plastic dispenser. 225 for **$3**; 450 [alike] **$5**; or 1000 [alike] **$10**. Specify color desired. All postpaid. **BRUCE BOLIND, 152-P Bolind Bldg., Boulder, Colorado 80302. Since 1956, thanks to you!**

Qiana®, the silky knit

A dress that spans the hours at home or traveling with never a wrinkle. Silky "Qiana®" knit, soft and shimmering. Machine wash, drip dry. Timeless shirtdress styling with a self belt. In navy, powder blue, coral or yellow. Sizes 8-18. $20 plus $1 post. Vickie Wayne, 610-B2Q-So. Country Club Rd., Tucson, AZ 85716.

Herb design plant pots

Enchanting all-in-a-row, whether growing herbs or houseplants. Pots are 3″ across, 3″ high, each has a saucer & drainage hole with removable plug. Speckled glaze, herb designs. Ea. set same design. #7772 Set of 4/$7.98 + 80¢ post. Lilly's Garden, Dept. H24, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

Over 1000 home designs

2700 illustrated floor plans, exteriors by designer Richard B. Pollman. 230 1½ & 2 Story Homes; 185 One Story Above 2000 sq. ft.; 250 One Story Below 2000 sq. ft.; 180 Multi-Level Designs; 223 Vacation Homes; $2.25 ea. 5 titles /$7.95. Home Planners, Dept. BHE4Z, 16310 Grand River, Detroit, Michigan 48227.

Personalized storybook

A computer writes a book with your child's name, friends, birthday etc. all mentioned by name. Any youngster would be thrilled to have one.

Send child's name, address, birthday, pet, school, names of 2 friends (brothers or sisters). $1 + 25¢ post. American Consumer, Dept. YD-78, Caroline Rd., Phila., PA 19176.

Patchwork apron

Wrap around fashion that can be worn with a blouse or body stocking, creates a complete outfit. Ties at the waist and neck. Great for entertaining or as a gift. One size fits all, in red, blue or brown patchwork. 100% cotton, order "Pam" $12.95 + 90¢ post. Sofwear Designs, Dept. BH-2, 1711 Main, Houston, Texas 77002.

Hang nail jewelry

These are authentic pony shoe nails, handcrafted into original designs. A must for those who like the unique. Hand-bent pony nails and rich, dark colored wooden beads. Necklace $12.95, Earrings $3.95, both/$14.95 ppd. Order style Q-39. Spear Eng. Co., 3079 Spear Bldg., Colorado Springs, CO 80933.

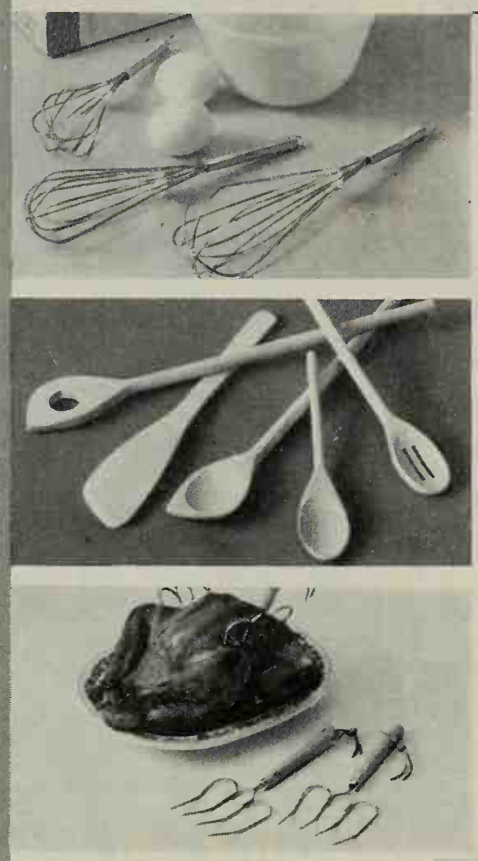
continued

sterling silver ring!

The demi-tasse spoon becomes a personalized ring! Classic floral design, subtly antiqued to enhance every detail—and in the center, one script initial! PRINT initial.
#1019—Spoon Ring. Adjusts to fit. $2.98

Add 35c postage & handling, N.Y. res. add taxes

LILLIAN VERNON Dept. H23, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550



every kitchen needs these fabulous tools!

GOURMET WHISKS. Chef's secret of success, nothing like them for light and airy whipping, velvety sauces, fluffy omelets, smoo-oth batters and puddings! A size for every need, all with tinned plano-style hoops, hanging loops. Set of 3—8", 10" and 12".
#8148—Whisks .....1 Set $1.29

WOODEN TOOLS — a professional chef wouldn't stir without them! Spoons that scrape the corners — one with a hole for mixing dough, one slotted for draining, one paddle-shaped for folding — each one unique and useful! Natural wood, 8" to 15½" long. Set of 5.
#6077—Wood Tools ...1 Set $1.98

GIANT FORKS — no more perilous juggling! Forks lift and turn the heaviest roast with ease. Heavy duty steel, designed to hold securely and let juices drain back. 12" long, cool wood handles, leather hanging thongs. Set of 2.
#8118—Forks .....1 Set $1.98
#5494—All 3 sets. Save! ...$4.50

Add 50c past. & hdlg.
N.Y. residents add taxes

The Country Gourmet
Dept. H2, 512 S. Fulton Ave.
Mt. Vernon, N.Y. 10550

personalized solid brass sprayer!

Ours alone! The original fine-mist sprayer in gleamy-lacquered solid brass, engraved with lavish Old English initials! 6" high. PRINT initials.
#1291—Personalized Mist Sprayer $3.98
#6414—Mist Sprayer. As above, without initials. Buy 2! **$2.98**
2 for $5.75

Add 50c post. & hdlg., N.Y. res. add taxes

Lilly's Garden
Dept. H24, 510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550

THE GOURMET WOK in stainless steel! $7.98 with lid and stand

Today, more than ever, you need the Wok! Whether you're cooking low-budget or low-calorie or both, you'll find new joy in Oriental cookery. So healthful, too! Cook divine party treats and hearty one-dish family meals — your one essential, the age-old authentic Wok! Use it for other cooking, too—unique shape fluffs omelets, sautes with mere drops of oil, "gentles" food, adds new flavor to old recipes!

GOURMET WOK. 12" pan of heavy lifetime stainless steel, shaped stay-cool handles; polished aluminum dome lid for steaming and slow-simmer; hefty steel ring stand for gentle, even, scorch-free heat.
#5782—3-pc. Wok Set. $7.98
"THE PLEASURES OF CHINESE COOKING." Treasure trove for beginner or expert!
#6387—Chinese Cookbook. 192 pg. ..$1.95
#5783—Save! Wok Set plus Book $9.50

Add $1.00 post. & hdlg. . . . N.Y. residents add applicable taxes

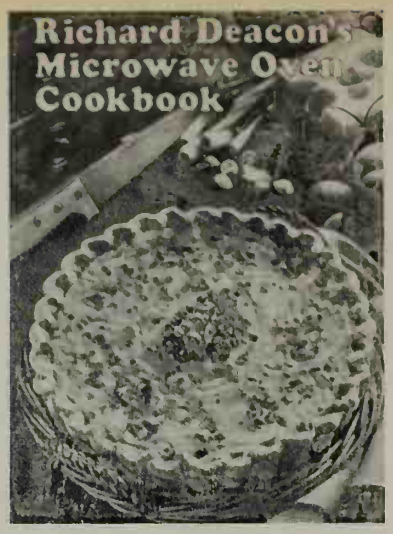
The Country Gourmet Dept. H2, 512 S. Fulton Ave., Mt. Vernon, N.Y. 10550

NO MORE WET HAIR

Keep hair dry while bathing or swimming. Absorbent Dry Band gives positive seal against moisture. Keeps hair-do safe, dry. Easy to use—practical for all ages. Simply wrap poly-foam band around head to cover hairline. Wear under shower or bathing caps. Adjustable.

DRY BAND ..... $2.98 + 20¢ Mailing
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-25
585 Market St., San Francisco, Calif. 94105



Unleash the full potential of your microwave oven with 231 great new recipes. Appetizers, beverages, soups, sandwiches, sauces and toppings. Eggs and Cheese: Quiche Lorraine and fondue, too! Meats: Roasting time charts, Teriyaki, Barbecued Spareribs, Ham with Strawberry Sauce. Chicken Marengo, Cordon Bleu. Seafood. One-dish meals: Unusual casserole and pasta recipes put taste-treats on the table in a jiffy. Vegetables, convenience foods and desserts. $5 paperback, $6.95 hardback. Add 50c shipping. Satisfaction Guaranteed! **H. P. Books,** Box 5367, Dept. BH-25, Tucson, AZ 85703. 4058 N. 14th Ave.

Broomstick lace vest

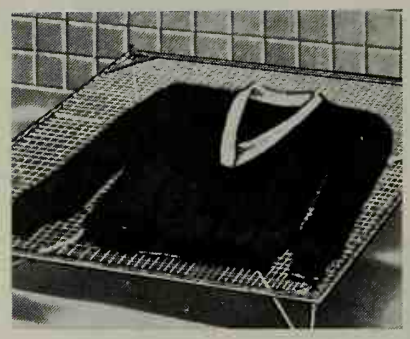
Crochet alternating rows of white, rose and green Orlon Sayelle yarn to make this fashion highlight. Requires a #35 broomstick needle and #8 crochet hook. Fits ladies S, M, L. Kit with yarn and instructions $3.49 plus 32¢ postage. Order from Herrschners, Dept. 3074, Stevens Point, Wisconsin 54481.

Forget-It-not—note paper

An acrylic cube personalized with your own monogram and filled with 1000 colored memo sheets. Order several for the office, kitchen, den etc. $2.98; 2/$5.49; 3/$7.49; 4/$9.98. Plus 50¢ post. per order. A great gift idea, indicate initials. American Consumer, Dept. MQ-10, Caroline Rd., Philadelphia, PA 19176.

Silver bell earrings

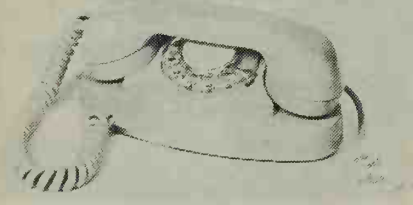
These lovely sterling silver hand-enameled Edelweiss earrings are tiny bells. Handmade in Austria with the romantic Bavarian mountain flower Edelweiss adorning the bells. Available pierced or screw-back. $9.98 + 35¢ post. Order from Harriet Carter, Dept. BHG-15752, Plymouth Meeting, PA 19462.



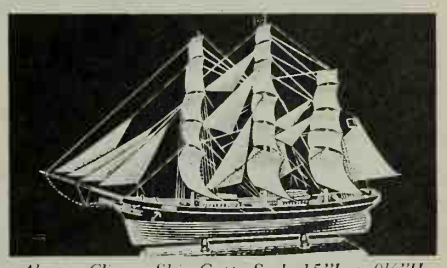
Useful sweater dryer

Holds your sweater suspended for fast drying as air flows in, under and around it. Made of nylon mesh with metal legs for mounting on bathtub, table or floor. Collapsible for storage or travel. $3.98 plus 60¢ post. Order from Anthony Enterprises, Dept. BHG25, 585 Market, San Francisco, California 94105.

Princess Color Phone



Own your own Original Princess telephone in white, beige, pink, turquoise, or blue, with no rental charge at all. Fitted with standard cord and plug for instant use. A limited quantity available at a special price. **Only $19.95** Each
(Shpg. chge 2.00)
Fac'ory rebuilt. If ringer is needed add 10.00
SEND 50¢ FOR COMPLETE CATALOG
Grand Com Inc Dept. BH2-5
324 5th Ave., N.Y. 10001



Above: Clipper Ship Cutty Sark. 15"L. x 9½"H. Complete kit with carved wood hull, sail material, fittings, base board. $12.95 plus 75¢ shpg.

SHIP MODELS

It's a relaxing, inexpensive hobby to build a Ship Model from one of our complete kits. And its beauty lends warmth and charm to your home.

Our new fully illustrated 144 page catalog shows over 60 historic ships, both ready-to-build kits and finished models.

Also shown are scores of famous marine paintings, ship wheels, figureheads, striking ship clocks and a host of decorative nautical ideas for the home.

Send 25¢ for catalog to **PRESTON'S**
120-Z Main St. Wharf, Greenport, N. Y. 11944

Bronze baby's shoes

For a limited time only, baby's first shoes are gorgeously plated in solid metal for just $3.99 a pair. Also available: portrait stands (shown), bookends, TV lamps. Perfect gift for grandparents. Send no money; write for full details and money-saving certificate: American Bronzing, Box 6504-Be2, Bexley, Ohio 43209.

Porta-Desk

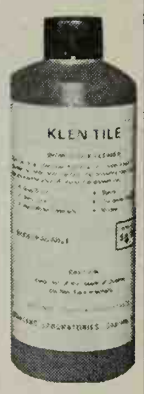
Read, write, anywhere with new lightweight, folding desk. Of high density plastic. Has over 13x19 Inch study area. Ideal for students.

Walnut grain finish, weight only 4 lbs. Just $9.95 plus 85¢ postage.

2 - way base for dining too

New 1975 80 page Gift Catalog—25¢
Suburbia, inc.
Mail Shopping Service
366 Wacouta, Dept. 735, St. Paul, Minn. 55101

CLEANS YOUR SHOWER TILE OR WE PAY!

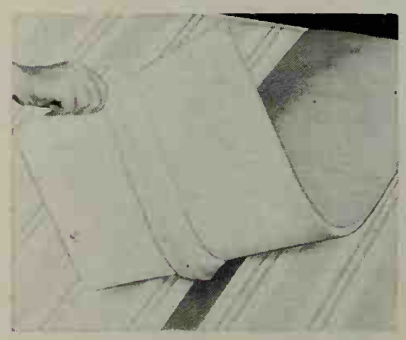


KLEN-TILE shower tile cleaner will clean and control soap scum, body oils, stains, mildew, hard water deposits and whiten grouting. A full year's supply for two baths.

$4.95 Add $1 for postage and handling.

GUARANTEE: If KLEN-TILE does not clean your shower tile to complete satisfaction, full purchase price will be refunded.

Send Check or Money Order to:
STANDARD LABORATORIES
2632 Providence Rd.
P.O. Box 11214 Charlotte, N. C. 28209



King bed converter

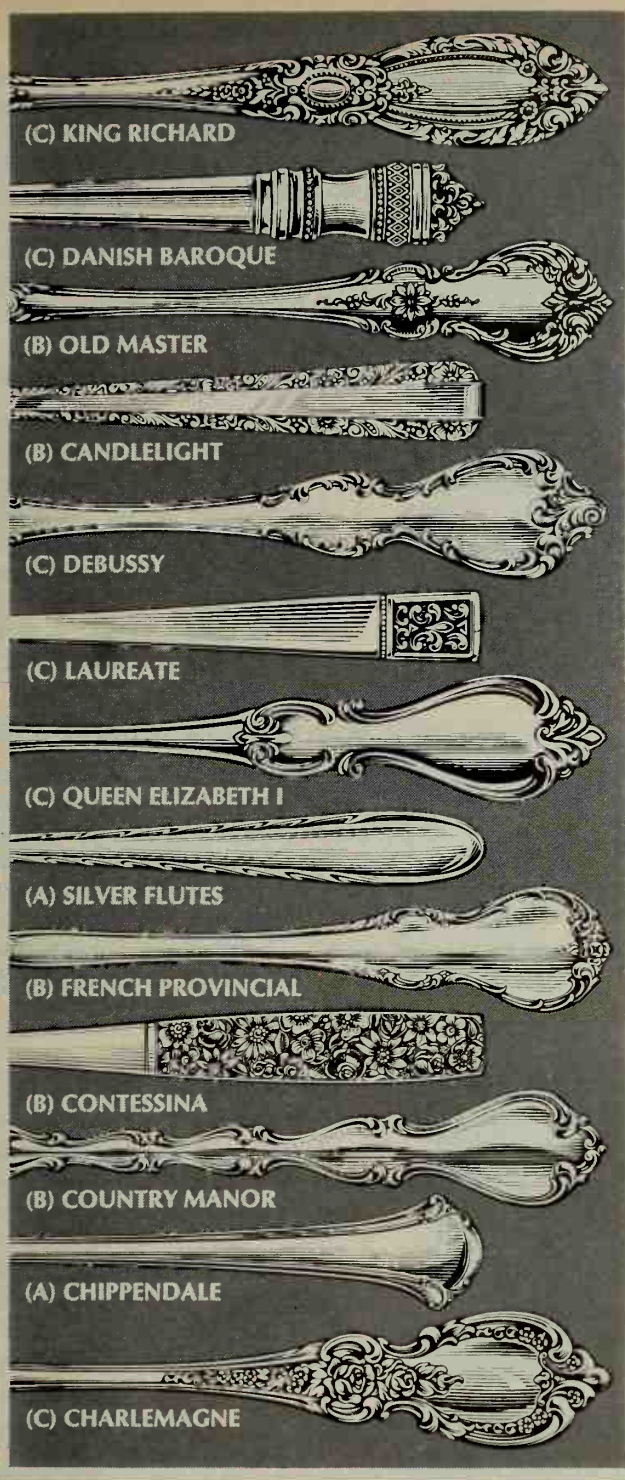
Convert your twin beds into a king-size bed in seconds. Place comfortable polyurethane Span-A-Bed® between two twin size beds. Fits so snugly, you'll never know it's there. Strong enough to support the biggest man. 6'L, 14''W $6.98 + 75¢ post. Holiday Gifts, Dept. 402-K, Wheat Ridge, Colorado 80033.

ADDRESS LABELS with NICE DESIGNS

Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½"x½". 500 on white or 250 on gold,. $2.50 ppd. Or on Deluxe Size, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via Air Mail, add 39¢ per order. Bruce Bolind, 152-L, Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

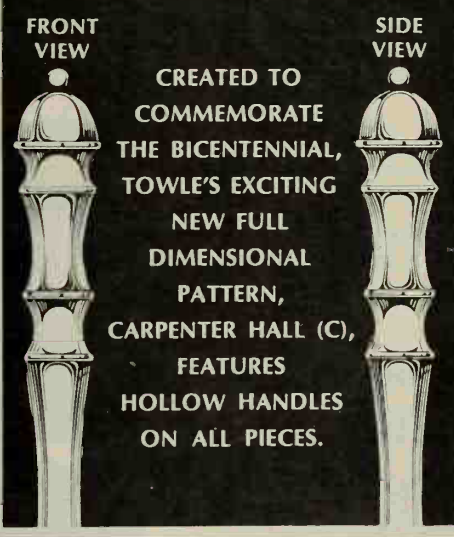
Water-rite . . . for plants

Take the guesswork out of watering your plants. Amazing Water Rite tells you exactly when to water. Shows white when your plants need more water and changes to green when they're fully watered. 6/$1.99 + 50¢ post. 12/$3.75 + 65¢ post. J. W. Holst, Dept. BR-25, 1864 E. US-23, East Tawas, Michigan 48730.

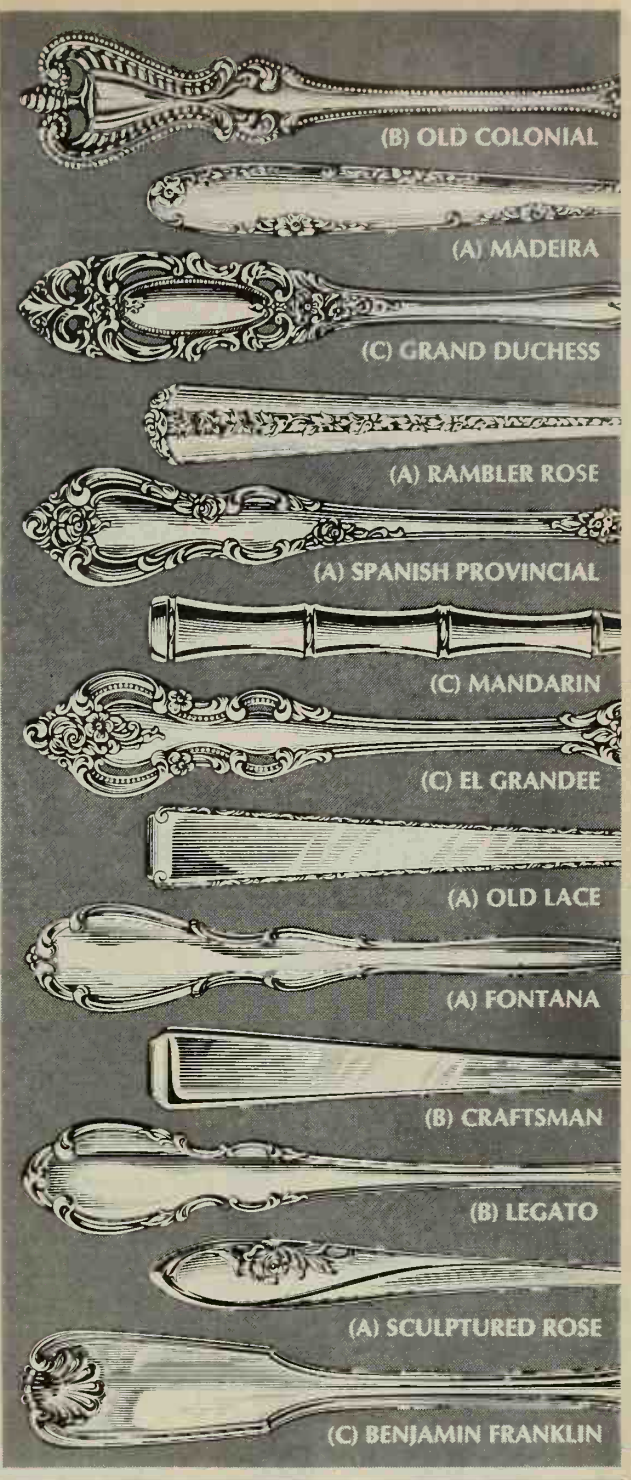


30% OFF TOWLE STERLING SILVER 16 AND 32 PIECE SETS!

PLUS 25% OFF ALL TOWLE OPEN STOCK INCLUDING THE NEW PATTERN: CARPENTER HALL!



CREATED TO COMMEMORATE THE BICENTENNIAL, TOWLE'S EXCITING NEW FULL DIMENSIONAL PATTERN, CARPENTER HALL (C), FEATURES HOLLOW HANDLES ON ALL PIECES.



24 MONTHS TO PAY WITHOUT ANY FINANCE CHARGE

Buy your Towle Sterling on Jaccard's Silver Club Plan with 10% down and balance in 24 equal monthly payments ($5.00 minimum). Deferred payment price is the same as cash. . . no finance charges are added. The sale ends March 15, 1975, so act now.

FREE SILVER CHEST!

Holds 130 piece service. Pacific Cloth lined silver chest free with purchase of $300 or more.

JACCARD'S
JEWELERS SINCE 1829

Order your Towle Sterling by mail from Jaccard's.

JACCARD'S, 22 Petticoat Lane, Kansas City, Missouri 64106

Name:

Address:

City: State: Zip:

☐ Cash. Check enclosed for full amount (add sales tax as applicable).
☐ Master Charge or ☐ BankAmericard No. _____
☐ Jaccard's Silver Club Plan (complete the following only if you are using Jaccard's Silver Club Plan and enclose 10% down payment).

Employer's name and address:

Position: Length of service:

Bank reference:

4 piece place setting is fork, knife, teaspoon, salad fork. 32 piece set is 8 four piece settings. 16 piece set is 4 four piece settings. Partial listing shown. Complete sale price list available upon request. If matching present silver, include tracings of knife, fork, soup spoon, butter spreader. Please add $2.50 handling/shipping charge.

Please ship the following in pattern Towle:

QUANTITY/ITEM	GROUP A REG.	GROUP A SALE	GROUP B REG.	GROUP B SALE	GROUP C REG.	GROUP C SALE
___32 piece set	$880	**$616**	$1004	**$702.80**	$1128	**$789.60**
___16 piece set	440	**308**	502	**351.40**	564	**394.80**
___4 piece place setting	110.00	**82.50**	125.50	**94.13**	141.00	**105.75**
___Teaspoon	20.00	**15.00**	23.50	**17.63**	27.00	**20.25**
___Place fork	32.00	**24.00**	36.00	**27.00**	40.00	**30.00**
___Place knife	30.00	**22.50**	34.00	**25.50**	38.00	**28.50**
___Salad fork	28.00	**21.00**	32.00	**24.00**	36.00	**27.00**
___Place spoon	28.00	**21.00**	32.00	**24.00**	36.00	**27.00**
___Spreader, hollow handle	20.00	**15.00**	23.50	**17.63**	27.00	**20.25**
___Iced beverage spoon	25.00	**18.75**	29.00	**21.75**	33.00	**24.75**
___Cocktail fork	20.00	**15.00**	23.50	**17.63**	27.50	**20.63**
___Tablespoon, regular	53.50	**40.13**	60.00	**45.00**	66.50	**49.88**
___Tablespoon, pierced	53.50	**40.13**	60.00	**45.00**	66.50	**49.88**
___Sugar spoon	29.50	**22.13**	32.00	**24.00**	36.00	**27.00**
___Butter knife, hollow handle	25.00	**18.75**	27.50	**20.63**	30.00	**22.50**
___Cold meat fork	58.50	**43.88**	64.00	**48.00**	69.50	**52.13**
___Gravy ladle	58.50	**43.88**	64.00	**48.00**	69.50	**52.13**
___Pie/cake knife	30.00	**22.50**	35.00	**26.25**	40.00	**30.00**
___Olive/pickle fork	20.00	**15.00**	22.50	**16.88**	25.00	**18.75**
___Cream ladle	29.50	**22.13**	32.00	**24.00**	36.00	**27.00**
___Jelly server	29.50	**22.13**	32.00	**24.00**	36.00	**27.00**
___Lemon fork	18.00	**13.50**	20.00	**15.00**	22.00	**16.50**

An Incredibly Beautiful Buy in Exquisite

PORCELAIN ROSES! $1

6 for $4.95 BREATHTAKINGLY REAL

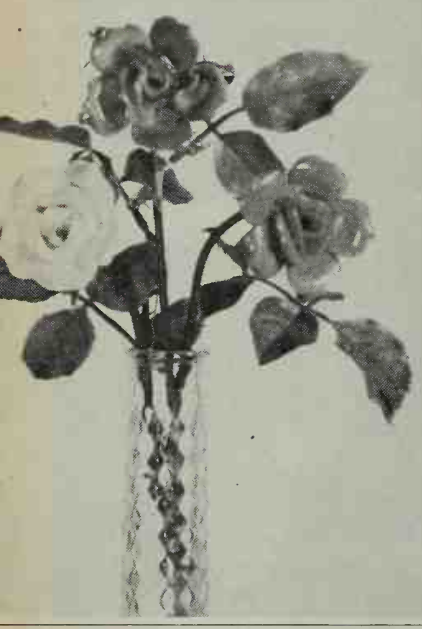
Rarely, even in the most magnificent homes, will you see porcelain roses as beautiful as these long-stemmed beauties. Their petals glistening as if just kissed by dew, they're realistic enough to give even the bees a start.

No black-and-white picture could possibly do justice to them. The colors will make your heart sing. A brilliant yellow. A blazing crimson. And an aristocratic wine edged with a hint of orchid. Painstakingly crafted by artisans who handed their secrets down from father to son over the centuries. They are made of heirloom quality porcelain. Each rose stands a proud 13" tall. The delicate curve of every unique petal — no two on each rose alike — is a work of art. The leaves and long stems are convincingly real . . . right down to the tiny thorns.

The decorating possibilities are endless. A single rose in a bud vase. A magnificent dozen to create a dramatic display. A grouping to enhance a floral print.

You'd expect to pay as much as $5 each for magnificent roses like these. But through a triumphant buy we offer them for only $1 each, or 6 for $4.95. Additional roses only 79¢ each. Supplies are limited, so order now. Money back if not delighted.

© 1975 ACI



--- MAIL NO-RISK COUPON ---

American Consumer, Dept. RP-3
Caroline Road, Philadelphia, Pa. 19176

Please send me ___ (RP) Porcelain Roses ..... $1 each. (SAVE! Order 6 for just $4.95.) I understand that if I am not delighted, I may return my order for a full refund of the purchase price (except postage and handling).

Total amount enclosed $_____ (Conn. residents add sales tax).

Check or money order, no COD's please. Add 25¢ postage per Rose or 75¢ postage for 6 Roses.

Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

☐ SPECIAL OFFER: One dozen long stemmed beautiful Roses for only $8.95 plus $1 postage.

Banjo B | Steeple C | Grandmother D

A

Grandfather

BUILD these Beautiful CLOCKS

Now at big savings! Send just $1 for plans & instructions to build choice of: (A) Grandfather (B) Banjo (C) Steeple (D) Grandmother plus information-packed catalog of movements, dials, parts & kits to build these & 15 other fine clocks. All 4 plans $3.50. Catalog alone—25c.

MASON & SULLIVAN
Dept. BHG, Osterville, MA 02655

Where Does A Wrinkle Come From?

You've seen pictures of desert lakes. Dry land with cracks all over because there's no moisture under the ground. That's the way it is with wrinkles. When the tiny cells under your skin dry out, the cells shrink. And, on your skin, wrinkles may appear. Sooner or later it happens to everybody.

If you could get something to put pure, fresh moisture back into those cells for a while, those wrinkles should fade. Now you can get that something at better drug and department stores. It's called 2nd Debut®, a specially formulated beauty discovery that helps make wrinkles due to dry skin fade, sometimes disappear. For a convincing free trial supply of 2nd Debut with CEF 600®, please send 25¢ to 2nd Debut, Dept.BH-22, Addison, Illinois 60101.

COUNT COINS FAST

Sort, count, wrap pennies, nickels, dimes, quarters in seconds. Simply slide coins into 4 channels. Shows the total as you go. No more fumbling with the wrapper. Real timesaver for merchants, cashiers, clubs, collectors, etc.

COIN TRAY
$2.98 + 40¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

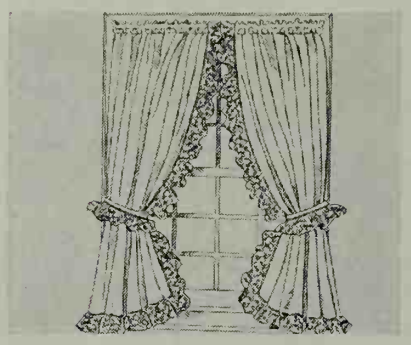
Anthony Enterprises
585 Market St., Dept. BHG-25
San Francisco, Calif. 94105

Dry clothes—rain or shine

Drip-Dri Bar hooks over shower rod and locks in place. Attaches in seconds, no screws, no adhesive. Adjustable 25" to 31"; fits any standard bathtub. Holds full-length garments. Water drips into tub, not on floor. $3.98 + 60¢ post. Anthony Enterprises, Dept. BHG25, 585 Market, San Francisco, California 94105.

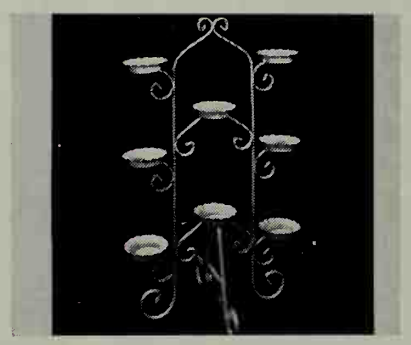
Silver plus polish

A polish that contains pure silver and replates areas that have worn down to the copper or brass base. It helps prevent tarnish and keeps silver clean and sparkling. A four ounce bottle lasts a long time. $2.69 plus 35¢ postage. Order from Crown Castle, Ltd., Dept. SP-11, 51 Bank St., Stamford, Connecticut 06901.



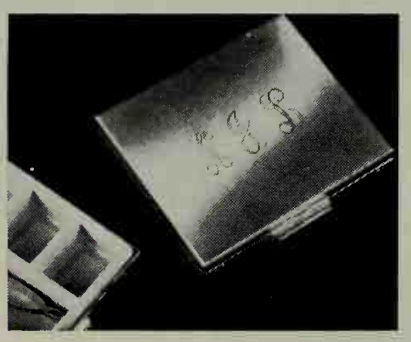
With tiny flower ruffles

Permanent press country curtains in eggshell, with ruffles in red, blue, green, gold or brown print. 78" wide per pair, lengths 45", 54", 63", $11; 72", 81", 90", $13.50. Please specify color of ruffle, add $1.75 post. per order. Free brochure and swatches. Country Curtains, BH2, Stockbridge, Massachusetts 01262.



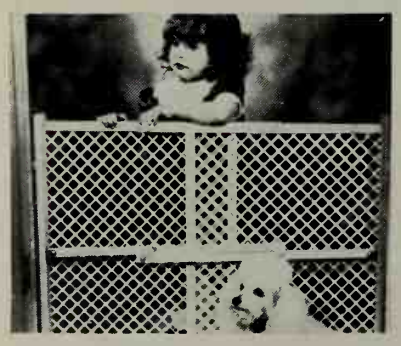
Fabulous flower pot holder

Display favorite ferns, violets, any plant shows its best leaves on this white wrought iron stand. Place pot in pan to make watering and feeding a dripless delight. Stands 48" high, moves indoors and out as weather dictates. Holds 8 plants/$17.98 + $2 post. Harriet Carter, Dept. BHG-14352, Plymouth Meeting, PA 19462.



Pierced earring case

Ideally suited to keep your favorite pairs of drops and studs together and untangled. This lovely brass earring case is 2¾"x2½"x½" and has eight velvety compartments in two sizes. Small tongs are included. Comes engraved with 3 initials; please specify. $4.50 ppd. Bruce Bolind, Dept. BH2, Boulder, CO 80302.



Pet gate

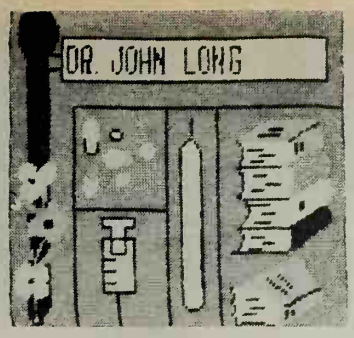
Keep your pet inside the house but only in certain areas. A completely assembled gate with soft rubber bumpers. Durable hardwood frame, smooth rigid plastic mesh; adjusts instantly. 26"H, fits openings from 27" to 40"W. $10.95 + $1 post. West-Berg Ent., BH-2, Box 4749, Colorado Springs, Colorado 80930.

Foam mattress topper

Add comfort to your present mattress with a ¾" urethane foam topper. Cool in summer, warm in winter, non-allergenic. Cuts to size with scissors for playpens, cribs, exercise mat, station wagon etc. Twin size 36" x 70", $10; Double size 50" x70" $12 ppd. Better Sleep, Inc., BH2, New Providence, NJ 07974.

The dentist canvas

Completing the dentist's name creates a handsome, personalized wall-hanging. Kit includes design, Persian yarns, and instructions. 10" x 10" design on 14" x 14" canvas. $16.95 + $1 post. Also available: doctor, accountant, stockbroker or lawyer (specify). The Stitchery, Dept. BHG2, Wellesley, MA 02181.

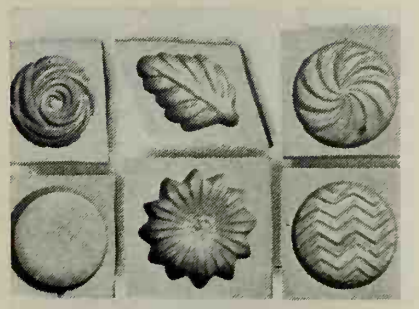


Owl wind chimes

Who-o-o wouldn't like to have this useful wind chime tinkling on the terrace or in the foyer? Seven baby owls float about under the mama owl. Antique finished metal with hanger. Breezes start the owl twirling with gentle tintinabulations. 17½" $2 + 50¢ post. Holiday Gifts, Dept. 402-J, Wheat Ridge, Colorado 80033.

Candy molds—make mints

By using these pure rubber molds you can make professional looking candy mints. Order Rose, Leaf, Fancy Mint, Plain Mint, Daisy or Corrugated Mint. Each mold $1.90; 3/$3.50; 6/$5.75. (CA res. add sales tax) Catalog 25¢, or free with order. Judy's of California, Dept. 225, Box 728, Lompoc, CA 93436.



Kitti potti

Your cat will love it and so will you! Easy to use, non-breakable molded plastic litter enclosure stops litter spills, confines odors, hides wastes. 22"L, 16"W, 18"H, hole is 7" dia. In red, blue, green, yellow or white. $18.95 ppd. Mich res. add 4% tax. Haugen Products, Dept. G, 709 W. Huron, Ann Arbor, Michigan 48103.

Embroidered Dahara Shirt

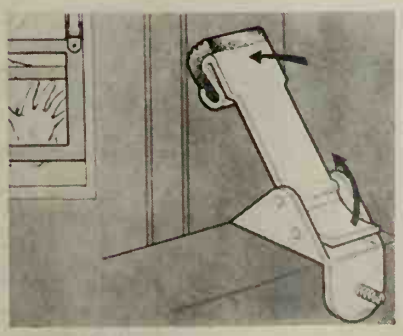
These handsome imported shirts are made of white cotton with delicate embroidery on both back and front. Has a plunging 3 button neckline. For men & women, indicate size (sm., med., lg.). $8.98; 2 or more/$8.50 ea. + 50¢ post. ea. ord. American Consumer, Dept. DS 117, Caroline Rd., Philadelphia, PA 19176.

New styling and comfort

Made of marshmallow soft patent with 1½" heels and cushioned insoles. Elasticized sling straps to assure a perfect fit. In white, bone, red, navy or black and sizes 4 thru 12, N, M, or W widths. Style "Margie" $12.95 + 90¢ post. Sizes over 10, $1 extra. Sofwear Shoes, Dept. BH-2, 1711 Main, Houston, TX 77002.

Window safety lock

Makes you feel safe while at home or away. Burglar-proofs your window while it's still open for ventilation. Locks open or closed windows in position. Keeps children safe: intruders out. Order several. $1.49 each, plus 15¢ postage. Anthony Enterprises, Dept. BHG25, 585 Market, San Francisco, CA 94105.



continued

3 CATALOGS FREE

SPRING HILL PARK SEED KELLY BROS.

Now with one easy step get 3 beautiful 1975 catalogs from 3 famous nursery and seed companies

Spring Hill Nurseries invites you to Buy Direct from the Grower and Save! You'll find exactly what you want in Spring Hill's new value-packed 56 page Spring catalog including dwarf fruit trees, nut and shade trees, hedges, groundcovers, vines, shrubs, bulbs, perennials, evergreens and houseplants. Hundreds of Red Circle Specials will save you money when you buy from one of America's largest and most reliable nurseries founded in 1849. Enjoy the convenience of credit card shopping and order by phone toll-free!

Park's Flower Book 1975 brings you the most complete list of Flower and Vegetable seed. Awaiting you are over 3,000 of the newest, best flowers and vegetables plus the old favorites and rarities. All 124 pages are fully illustrated in lavish color. Not an ordinary seed catalog, Park's Flower and Vegetable Book provides you the growing information needed for each variety and a complete selection of growing supplies. Start your lovelier and more productive garden right now by filling out the attached card.

Kelly Bros. Garden Guide and Nursery Catalog . . . a book you'll treasure. Kelly's new catalog, with more than 400 color photos, shows you plants in natural garden settings—shade and ornamental trees, shrubs, evergreens, hedges, groundcovers, dwarf fruit trees, nuts, berries, grapes, roses, lilacs, lilies, seeds—everything to make your grounds more beautiful and fruitful.

Throughout the catalog you'll find money-saving specials to help you increase the value of your property. Use your credit card.

You are assured of high quality plants at direct-to-you prices, all with Kelly's famous guarantee of satisfaction. Send for your free Kelly Bros. catalog today.

This one coupon brings you 3 FREE catalogs from three of America's leading nurseries and seed companies . . . No obligation, mail today!

Cooperative Mailing Service
P.O. Box 1001
Marshfield, Wisconsin 54449

Please send me at no cost or obligation, the 1975 Spring Hill, Park Seed and Kelly Bros. catalogs.

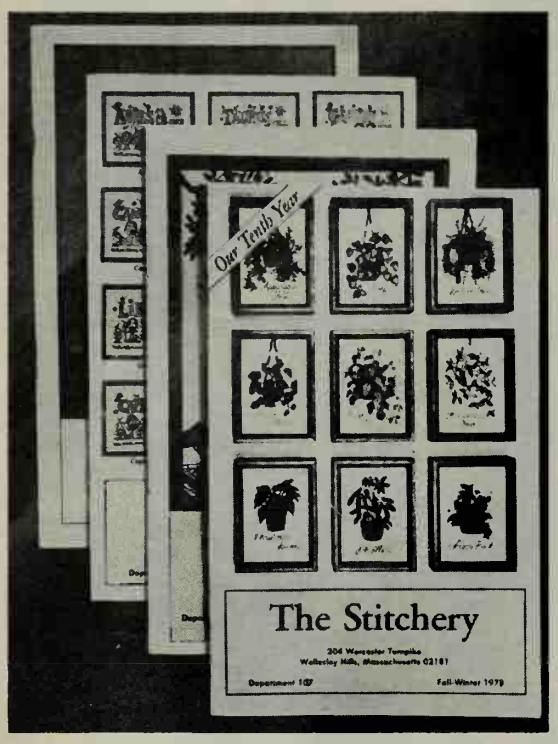
NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

527

ONE YEAR SUBSCRIPTION TO NEXT 4 ISSUES OF The Stitchery CATALOG



ONLY—25c

Hundreds of exciting new needlecraft kits—many available only through us . . .

Now you can select from hundreds of different art needlecraft kits in The Stitchery's quarterly full-color catalogs. Items include needlepoint, crewel, cross-stitch and a virtually unlimited number of clever ideas—page after page of pillows pictures, doorstops, bell pulls, handbags, tote bags, luggage straps and racks, footstools and footstool covers, belts, dolls, rugs, eye glass cases, pin cushions, afghans etc. Many designs are exclusives. Send only 25¢ for the next 4 colorful issues.

Send me a one year subscription (4 quarterly issues) to The Stitchery's catalog of new needlepoint kits. My 25¢ is enclosed.

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Our 10th Year

The Stitchery

Dept. BHG302
204 Worcester Turnpike
Wellesley Hills, Mass. 02181

Repair eyeglasses anywhere

This handy kit is invaluable whenever glasses come apart, at home, at the office or when traveling. It's compact; carry it in your pocket. Includes a professional optical screwdriver & assortment of frame screws. $1.49 + 20¢ post. Anthony Enterprises, Dept. BHG-25, 585 Market, San Francisco, California 94105.

Owl magnifier pendant

A piece of jewelry plus a discreet way to read menus, etc. Antique gold finish with emerald eyes and a handsome twist chain. A lovely accessory on all your clothes. No more awkward reach for glasses. 1¾" lens. 29" chain. $2.98 + 35¢ post. Harriet Carter, Dept. BHG-14552, Plymouth Meeting. Penna. 19462.

Chicken pot holder

Cute, novel and very functional. Sits and rocks and watches you with moving eyes! Bright calico prints: reds, yellows, blues, greens. For gifts for your kitchen. 6" high x 6¾" long. $1.50 ea. ppd. 3/$4 ppd. (CA res. add 6% tax) Specify colors. Dell's, Dept. BH2, Box 191, Pico Rivera, California 90660.

Bicentennial thimbles

Natural stoneware thimbles capture the spirit of America's 200th anniversary. Tomorrow's heirlooms, hand finished with handsome portraits of Washington or Jefferson in blue, or crossed flags in red, white and blue. All dated 1776-1976; $1.98 ea; 3/$5 + 45¢ post. Ferry House, Dept. BH2, Briarcliff Manor, NY 10510.

REMOVE HAIR FOREVER

PERMA TWEEZ electrolysis—as seen in medical journals—safely and permanently removes all unwanted hair from face, arms, legs and body. **This is the only instrument with special U.S. patented safety feature that destroys the hair root permanently without puncturing skin.** Clinically tested—recommended by dermatologists. Send check or M.O.

14 DAY MONEY BACK GUARANTEE $16.95 ppd

GENERAL MEDICAL CO., Dept. BH-124
5701 W. Adams Blvd., Los Angeles, Ca. 90016

☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
☐ I enclose $16.95 & save extra COD postage.
☐ Americard ☐ Master Chg. # ☐ exp. date

NAME.....

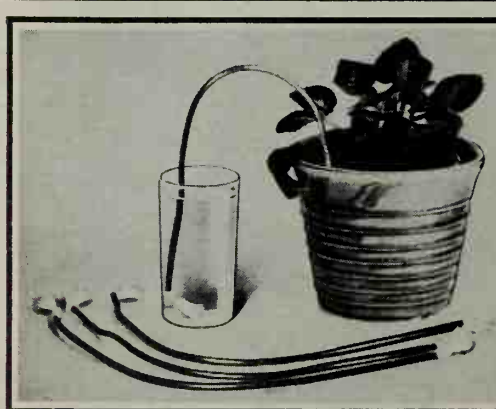
ADDRESS.....

C/S.....ZIP.....

NEW DELUXE HI TIME CLOCK

Imagine! Time "tip-toeing" across the ceiling over your bed. You won't have to rouse yourself into wakefulness merely to check on the nightly hour . . . just glance at the ceiling and there it is. Projected by an invisible beam in large clear numerals 3" in size so you won't need your glasses (when clock is placed 62" from ceiling). A warm Walnut wood and gleaming Brass finish. Electric with alarm 2¾"x6¼"x5½". 1 year factory warranty—$39.95. Ppd. ILL. RES. ADD 5% TAX. GIFT CATALOG 50¢. Charge Cards Accepted.

HOUSE OF MINNEL
Deerpath Road, Dept. 22S, Batavia, IL 60510



PLANT "NURSEMAIDS"

Water plants while you're away. Amazing wicks feed moisture to plants for up to 8 weeks. Insert one end of wick in soil, other end in water. Will not rot or mildew. Set of 4.

Plant Nursemaids
$1.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax
Satisfaction guaranteed

Anthony Enterprises
585 Market St., Dept. BHG-25
San Francisco, Calif. 94105

GORHAM SILVERWARE PADS

Keep your silverware handy. Pad fits in buffet drawer and keeps flatware in dividers of Pacific silvercloth. Millions of invisible silver flecks are woven in cloth to absorb all tarnish. Cover folds over top to eliminate dust. In two sizes:

Standard (holds 108 pieces) $10.98
Jumbo (holds 120 pieces) $11.98

Plus 95¢ postage each.

HOLIDAY GIFTS
Dept. 402-D, Wheat Ridge, Colorado 80033

WOMEN'S CAVALIER PANT BOOT

"like wearing gloves on your feet"

Handsomely crafted in genuine Glove Leather. Smooth, no-seam vamp; adjustable buckled strap. Resilient ribbed sole and 1" heel. **Brown, White, Black, Bone, Navy, Red or Luggage Tan.**

Sizes 6-10½ narrow, 5-10½ medium. **$18** Plus 90¢ postage

$10 deposit for COD *Satisf. Guar.*

OLD PUEBLO TRADERS 600-B2C So. Country Club Rd. Tucson, Az. 85716

LOW COST! BLOW YOURSELF UP®

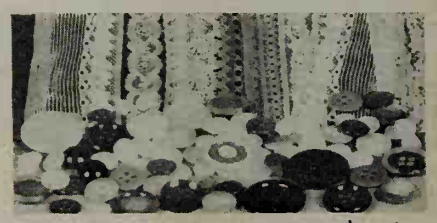
FULL COLOR PHOTO POSTER

Brilliant, full color photographic posters from any color photo. Great room decoration, gift idea.
1½x2 ft. 1x1½ ft. 2x3 ft.
$9.95 $7.95 $14.95

BLACK-AND-WHITE POSTERS From any b&w or color photo, Polaroid, or illustration.
2x3 ft. — **$3.95** 1½x2 ft. — **$2.95** 3x4 ft. — **$7.95**
$2.00 SPECIAL! B&W duplicates — 1½x2 or 2x3 ft. only $2.00 ea. with original b&w or color order.
RUSH SERVICE! Shipped 1st class in 1 day. Addit. $2 per poster. B&W only.

If ordering from slide or neg., add $1.00 per poster. Your original returned. Add 50¢ pstg. & hdlg. for EA. ITEM ordered. N.Y. res. add tax. Send check, cash or MO. No COD's.

PHOTO POSTER, Dept BH-25, 210 E. 23 St. NYC 10010



50 YARDS LACE $1.25

LACE — LACE — LACE . . . 50 yards of Lace in delightful patterns. Edgings, braids, insertions, etc. All beautiful colors, full widths. Pieces at least 10 yards in length. Marvelous for dresses, pillow cases, etc. Terrific as hem facing on new double knit fabrics. Only **$1.25** plus 25¢ pstg., double order **$2.39** plus 35¢ pstg.

FREE with lace **100 BUTTONS!**
100 New, High Quality Buttons. All colors, sizes, and shapes. Many complete sets. Free with each Lace Order. Order Now!

LACE LADY **DEPT. LN-139**
808 Washington **St. Louis, Mo. 63101**

Genuine Indian jewelry

Real Turquoise treasures from the Southwest. A lovely handcrafted ring with matching earrings. Sterling silver with 1" oval stone. In full & half sizes 5-9. $15 + 40¢ post. Earrings, clip back w/½" oval stone $15 + 40¢ post. Old Pueblo Traders, 600-B2T-So. Country Club Rd., Tucson, Arizona 85716.

Moving sentiment

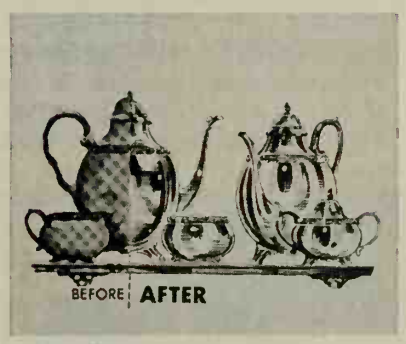
"To love and be loved is the greatest joy on earth." Symmetric bird and floral motifs is fun to work in cross stitch embroidery. Kit includes design on cotton, embroidery thread in soft pastels, needle and directions. Finished size 20" x 16". $5.95 + 50¢ post. The Stitchery, Dept. BH2, Wellesley, MA 02181.

Make a family photo tree

A decoupage kit with everything included except your own photos. Designed so you only punch out as many 1" ovals as you need for photos, adapts up to 20. 1-step decoupage glaze preserves them. 8½" x11" plaque. #7991, $6.98 + 50¢. Lillian Vernon, Dept. H23, So. Fulton Ave., Mt. Vernon, NY 10550.

Bargain silver-plating

Any item replated at sale price—no extra charge for dent removal, straightening. They'll look better than new. Worn antiques, heirlooms quadruple silver-plated by America's largest replaters. 100% guaranteed. Free price list. Silver-Plating Div., Senti-Metal Co., BH2, 1919 Memory Ln., Columbus, OH 43209.



continued

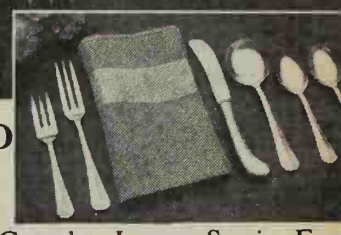
STERLING SILVER PISTOL-HANDLED FLATWARE OF 1776...*Reproduced as authentic replicas in satin finish stainless*

NOT $44.95! NOT $34.95! ONLY $22.95!

Your home can reflect the gracious atmosphere of Early American Colonial elegance when you grace your table with this incredibly beautiful service. Through a special purchase, we can offer you the famous Pistol-Handled Flatware in magnificent, satin finish stainless steel at just a fraction of what you would pay for luxurious Sterling Silver. Each piece is a masterpiece of authenticity—an exquisite replica of the famous settings that highlighted many a candlelit Colonial dinner. The knives are the genuine hollow pistol grip handles; the forks are the graceful 3-tined design. And the entire 50-Piece Set is made of modern stainless steel for carefree service.

LIMITED SUPPLY AT THIS SPECIAL LOW, LOW PRICE

Don't be disappointed! Take advantage of this amazing low price while our supplies last. Order now and we'll send you the complete service for 8, including 8 Pistol Grip Hollow Handle Knives; 8 Dinner Forks; 8 Salad Forks; 8 Soup Spoons; 16 Teaspoons PLUS a SPECIAL FREE GIFT of a matching Butter Knife and Sugar Spoon—50 pieces in all. The entire set is yours for just $22.95 on full money back guarantee if you are not absolutely delighted.



Complete Luxury Service For

50 PIECE SET ONLY $22

While Supplies Last

CROWN-CASTLE Ltd., Dept. PGS-150
51 Bank Street
Stamford, Conn. 06901

Please send me the 48 Piece Stainl Steel Pistol Grip Flatware set plus FREE Butter Knife and Sugar Spoon just **$22.95** on full Money Back Guaran if I am not absolutely delighted. Ple add $2.00 for postage and handling.

Enclosed is $_____

Name_____
(Please PRINT Clearly)

Address_____

City_____

State_____ Zip_____

☐ **SAVE: SPECIAL OFFER.** Order two s for just **$44.95** postpaid.

Conn. Residents Add 6% Sales Tax

107 GLOBAL STAMPS only 10¢

RUSH REPLY for this spectacular collection from every corner of the globe. King Tut commemorative, Mongolia triangle, other colortul stamps shown plus pictorials, topicals, new issues and old—Africa, Asia, Europe, North and South America, Australia, Antarctica. 107 different stamps: also stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Send 10c—get your valuable collection by return mail.

WILLIAMS STAMP CO., 2BH5, St. Stephen, N.B. Canada

Personalize your stitchery

Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly).

15/$1.25: 45/$2.25 or 60/$2.75.

HOLIDAY GIFTS
Dept. 402-E, Wheat Ridge, Colorado 80033

NEW MODEL Hand EMBOSSER

for Personalized Stationery

Emboss your own personal stationery for a lifetime by just pressing a handle. Makes expensive looking raised letter impressions of any 3 line name and address on PAPER & ENVELOPES (reversible). Requires no inks, accessories, service or maintenance. Ideal for adults, teenagers, home or office, clubs, etc. Print clearly 3 lines desired. No more than 24 characters per line. 1 to 3 lines **$9.95** plus 65¢ postage. For 4 lines add **$1.00**.

NEW DELUXE DESK MODEL
$11.95 plus 75¢ postage.
Send 25¢ for catalog • Pa. Res. add 6% Tax.

POSTAMATIC CO. Dept. BHG-275 Lafayette Hill, Pa. 19444

LIFE LONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook. **$1.00** ppd. Satisfaction Guaranteed.

WEST-BERG ENTERPRISES, LTD.
Dept. 502-B, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917

PROTECT YOUR CHILD—PROTECT YOUR VALUABLES

Stainless steel dog tag and 26" chain and clip. Great for luggage—cameras—pets—etc. Send name, address, phone number and $2.00 for each tag to:

FUTURA ENTERPRISES Dept. BHJD
602 Syracuse Ave., N. Massapequa, N.Y. 11758

BASEMENT TOILET

Flushes up to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Increases the value of your home. Financing available. Dealer inquiries invited. Free catalog.

DOSS, Dept. J-46, Box 10947, Houston, Tex. 77018

CACTUS PLANTS

FROM SEED
ALL KINDS AND FORMS

Curious odd-looking, strange species of plants; thrive anywhere with little care. Flowers of exquisite beauty and fragrance. Send 15c in coin for 50c Pkt. **or 2 Pkts. for 25c** and Big Seed Catalog. **FREE**

R. H. SHUMWAY SEEDSMAN
Dept. 316 ROCKFORD, ILL. 61101

TRICKER'S WATER LILIES

NEW FULL COLOR CATALOG...

Just 25¢ (to cover postage and handling costs) brings you America's most complete water garden catalog. Exquisite Tropical or Hardy Water Lilies, rare and unusual Ornamental Fish.

Write to the office nearest you

Box 398, Dept. A-2, Saddle River, N.J. 07458
Box 7845, Dept. A-2, Independence, Ohio 44131

WILLIAM TRICKER, INC

DEFROST FAST AND EASY

Defrost refrigerators and freezers without fuss or muss with our Infra-Red Electric Defroster. Just plug it in. No need to remove food from refrigerator. UL listed.

ELECTRIC DEFROSTER
$7.98 + $1.00 Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-25
San Francisco, Calif. 94105

FREE
COLOR CATALOG

Build Your Own Grandfather Clock for under

$200

(Including West German Movement)

- Do-It-Yourself Case Kits, parts pre-cut
- Solid ¾" black walnut, mahogany, cherry
- Movements and dials
- Finished Clocks
- Direct Factory prices

master charge | BANKAMERICARD

Write for free color catalog

EMPEROR CLOCK COMPANY

Dept. 704 Fairhope, Ala 36532

WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS

Visit our Factory

FOR THE SOFT LIFE

"KRIS" — These great little softies could spoil you for all other sandals (except Sofwear) with their supple, marshmallow soft patent uppers and cushiony foam insoles, self-adjusting, elasticized back straps and comfortable 1½ inch heels. In versatile colors: White, Bone or Black. A super value and perfect gift idea for only $12.95. Sizes: 4 through 12; Narrow, Medium or Wide widths. $1.00 extra per pair for sizes over 10. Add 90¢ postage for each pair ordered. Refund if not delighted. Free catalog.
SOFWEAR SHOES, Dept. KR, 1711 Main, Houston, Texas 77002.

Sculptured frog

Actually he's the prince in disguise! He's pleading for you to be his valentine. He'll carry your message "Be My Valentine." Approx. 6" high, $10.95 ppd. Order style Q-36. Spear Eng.Co.,3082 Spear Bldg.,Colorado Springs, CO 80933.

Sleeps and eats golf?

Framed and ready to hang, a tasteful joke for the serious golfer. With green backing and replica golf ball dear to his heart. A gag gift for every golfer. $2.98 + 35¢ post. Anthony Enterprises, Dept. BHG25, 585 Market, San Francisco, CA 94105.

Calling card money clip

A special gift for any businessman. A handsome clip that features any business card, including logo, or lodge emblem. Finely etched in miniature on sterling silver. $22.98 + 50¢ post. Holiday Gifts, Dept. 402-R, Wheat Ridge, CO 80033.

Saddle seat trainer

Trimmed with gay western motif, it has attached adjustable stirrups for extra appeal. Of durable, washable plastic; features adjustable clamp to fit any size toilet. $4.98 + 95¢ post. Holiday Gifts, Dept. 402-M, Wheat Ridge, Colorado 80033.

FLAMEPROOF PROTECTOR RUG

Place this touch of Americana by your fireplace so that flying embers won't harm your rug, floor or furniture. Handsome American eagle on heavy, flameproof cotton duck fits snugly against hearth. Rug in half-moon shape is black with bright gold eagle. 22" x 43".

$6.98 plus 50¢ postage.

HOLIDAY GIFTS
Dept. 402-C, Wheat Ridge, Colorado 80033

RELIGIOUS COLLECTION

Enormous selection of 51 all different religious stamps of the world. Represented are monasteries, shrines, cathedrals, abbeys, saints, religious dancers, nativity and special pilgrimage issues. EXTRA! Also includes scarce Holy Family painting of Spain in mint condition. Send 25¢ today. Wonderful approvals included.

D. M. Darling & Co. Dept. HK Rockville, Md. 20850

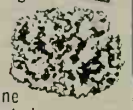
COFFEE STARTER

AWAKE TO FRESH PERKED COFFEE...

Every morning you will have delicious, hot freshly perked coffee waiting for you . . . all made automatically while you're asleep. Just put water and coffee in your electric percolator the night before, plug cord into starter, starter into outlet, set timer . . . that's all! Next morning, fresh coffee. Works with any model electric percolator. $9.95 plus 55c postage, two for $19.95 ppd.
Send check or M.O. Satisfaction guaranteed.
J.W.HOLST,INC. Dept. BC-25, 1864 E. US 23 East Tawas, Mich. 48730

YOURS FREE
OLDS' GATEWAY TO GARDENING — 84-page guide with tips for better gardening.

INTRODUCTORY OFFER!
Packet of finest Mixed Asters and Black-seeded Simpson Lettuce — a 65¢ value for 25¢! Limit one per customer. Stamps accepted.



OLDS SEED COMPANY
Box 1069, Dept. E, Madison, Wis. 53701

Special Offer. Easy-to-grow carnation plants from seed. Loads of giant everblooming flowers. New, largest flowered Tetra-snapdragons. Sturdy 2½ ft. spikes, bloom all summer. Send 25¢ today for both packets and Seed, Plant and Nursery Catalog **FREE**

R. H. SHUMWAY SEEDSMAN
Dept. 311 ROCKFORD, ILLINOIS 61101

HAND PAINTED FULL COLOR COAT of ARMS

Individually, Researched, Designed, Personalized.

FAMILY COAT OF ARMS SHIELD

Send name and last known country of origin. Hand rubbed wood, walnut finish. Full 9" x 7", antiqued gold colored mantle and scroll. Hand painted Full Color Coat of Arms. Ready to hang. Complete with only **$9.95** Family Tree Chart Report & Reference Sources. Fully Documented. plus $1 pp. Above Available In Large 14" x 11" Wall Shield Order CA #255 . . . $19.95 plus $1.00 pp.

COAT OF ARMS

Hand Painted 8" x 10" Full color. Description. Reference sources. Definition of Heraldry. Family tree chart send name & country of origin. CA239 only $3.95 ppd.

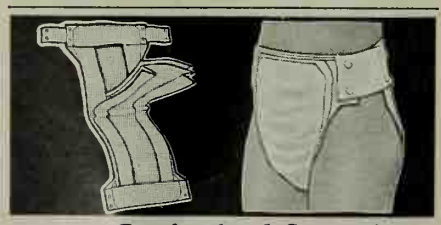
No Genealogical Representations intended or implied. Send check or M.O. Satisfaction Guaranteed.

CADLYN'S Dept. BH2
2077 New York Ave., Huntington Sta., N.Y. 11746

HIGH QUALITY PLASTIC COATED PERSONALIZED PLAYING CARDS

. . . are the perfect gift for your card playing friends. Personalized in gold, these lovely plastic coated cards are of the highest quality and come in a plastic box. Choose any three initials, any two first names like Bob and Joan, or any last name like "The Smiths." 2 decks to a gift box. Available in white, navy, green, red, or blue. Choose 2 colors. $5.95 plus 50¢ postage and handling.

WEST-BERG ENTERPRISES, LTD.
Dept. 502-A, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917



. . . For Lack of Control

BE SURE WITH "EVER-SAFE"!

"EVER-SAFE" is Cool, Undetectable, Comfortable & Effective. Weights only 7 oz. Novel "fluid barriers" with heat-welded seams enclosing absorbent launderable liners in soft vinyl, prevent escape of any moisture. Clothes, bedding stay dry. Use 2 sets of liners for full nights sleep without change. Moneyback guar. Sizes for all ages, adults & children. **ORDER BY WAIST SIZE!** Complete with liner, $6.95; extra liner, $3.95; 50 disposable liners, $7.95.

RALCO MFG. CO. Dept. 305
1534 E. Edinger, Santa Ana, CA 92705
(Sold by Mail Since 1965)

WALLET PHOTOS

actual size 2½" x 3½"

BORDERLESS 20% LARGER PICTURE AREA

FULL COLOR **20 for $2.60**

add 40¢ postage & handling each set

DELUXE ROUNDED CORNERS

SILK TEXTURED SMUDGE-PROOF SURFACE

BLACK & WHITE **40 for $1.60**

Just the thing for family and friends! Send your favorite photo (up to 5"x7") or negative for top quality reproduction. Original returned unharmed.

KEYSTONE PHOTO SERVICE, Dept. B2

Mail to post office nearest your home:
P.O. Box 2203, Atlanta, Ga. 30301
P.O. Box 2382, Boston, Mass. 02107
P.O. Box 8408, Chicago, Ill. 60680
P.O. Box 61859, Houston, Tex. 77061
P.O. Box 1766, New York, N.Y. 10001
P.O. Box 60887 T.A. Los Ang., Cal. 90060
P.O. Box 609, San Francisco, Cal. 94101
P.O. Box 2057, Washington, D.C. 20013

CLEANS SILVER FAST

Magic Silver Leaf goes in the dishpan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Lasts a lifetime, never wears out. Odorless and nontoxic.

SILVER LEAF
$2.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-25
San Francisco, Calif. 94105

r mother on her day

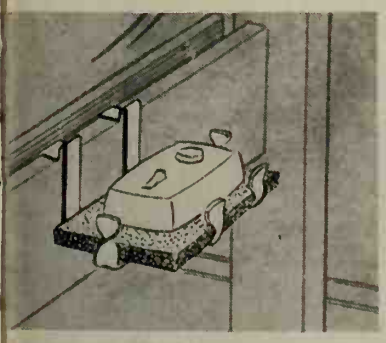
autifully hand-enameled in red d green on a snowy white back-ound, glinted with golden highlights. solid brass and gold plated. A col-tor's item, #4449 $1.98 + 35¢ post. an Vernon, Dept. H23, 510 So. ton Ave., Mt. Vernon, NY 10550.

ving jigsaw puzzle

ingenious puzzler—a jigsaw ade from your own photo. 8″ x 10″ m print or negative you send. (re-rned) Hand-colored $2.98 + 25¢ st. for each puzzle, Black & White .98 ppd. American Studios, Dept. -2, LaCrosse, WI 54601.

ursery rhyme decorations

lor decorations from favorite les. Humpty Dumpty, The Pig Go-g to Market, etc. Children will be lighted with them. Set of 20/$1 25¢ post.; 2 sets/$2 ppd. Ameri-n Consumer, Dept. FT-34, Caro-e Rd., Philadelphia, PA 19176.



lanket control guard

need to search for the control to ange temperature. Electric Blan-t Control Guard holds it securely. ips to bed where most convenient reach. $1.98 + 35¢ post. Anthony nterprises, Dept. BHG25, 585 arket, San Francisco, CA 94105.

ntinued

COOKS BIG STEAK FOR TWO

LaCotta Steak Maker™ The Natural Greaseless Way To Turn On Flavor

From the wine country of Northern Italy where good food is a Tradition — this fantastic new gourmet cooking discovery makes steaks, chops, chicken, fish so exquisitely flavorful, so unbelievably succulent and tender, guests will beg you for your secret. But your secret is not a recipe it's a new way to cook. WITHOUT FAT, GREASE, WATER OR SOFTENERS.

© 1975

LA COTTA IS TOTALLY AND TASTEFULLY DIFFERENT

It's made of special volcanic rock found only in Northern Italy's wine country. This porous rock works like magic to draw out fat, bitterness and acidity from food. Five different lead-free stones are ground together in a secret formula, then moulded into the cookware; aged, sun dried, and now ready for your gas or electric range. The result is a revolutionary new way to cook; a new taste experience.

THE LA COTTA COOKING REVOLUTION OBSOLETES THE METAL PAN

It doesn't build up the intense temperatures that toughen meat. ▪ Porosity draws out fats, bitterness, acidity — Lets you taste natural food flavors. ▪ Spreads and holds heat evenly, so there's less shrinkage. ▪ Self-basting, preserves natural juices. ▪ Makes meats tender, succulent without tenderizers or spices. ▪ cleaned in plain hot water — no soap necessary.

SPECIAL INTRODUCTORY OFFER LIMITED TIME ONLY — $9.95

As exclusive distributor for the U.S., American Consumer is proud to offer La Cotta to you at this special introductory price, backed by American Consumer's own money back guarantee. Over one million La Cotta Brand cookers have been sold. So join the Cooking Revolution NOW. Prompt delivery guaranteed — we've received a huge shipment, but hurry and get your order in!

La Cotta Recipe Collection

FREE RECIPES

If you order now, you'll receive these fabulous illustrated recipes. Chock full of exciting dishes to make with your new La Cotta Steak Maker.™

----- MAIL NO-RISK COUPON --

AMERICAN CONSUMER Dept. LS-42
Caroline Road,
Philadelphia, PA 19176

Please ship_____(LS) La Cotta Stea Maker(s)™ at $9.95. **Save!** Order 2 f only $18.95. Add $1.00 per order t partially cover postage and handlin Satisfaction guaranteed.

Total amount enclosed $_____ (ad sales tax where applicable).

Enclose check or money order. N COD's please.

CHARGE IT. Use your bank cred card. Just fill in your number an expiration date of card here:_____

Master Charge BANK NUMBER ☐☐☐☐

Master Charge # _____

Bank Americard # _____

Name _____

Address _____ Apt. _____

State _____ City _____ Zip _____

Easy to grow in soil or water

ti plant

Hawaiian "Good Luck"

It grows out of a log - so fast you can almost see it grow! All you do is put the Ti log in water and watch it grow. When it sprouts, put it in a pot. The bigger the pot, the bigger it grows... from one to six feet tall. You can have the size you want. Grows in sun or shade - it blossoms!

The Ti plant makes an ideal gift. Your choice of red or green leaves. Guaranteed to grow!

ONE FOR **$1.00** 3 FOR **$2.50**

Please add twenty-five cents for postage and handling. Send cash, check or money-order to:

ROBERTA'S DEPARTMENT BH-11
P.O BOX 630, SHELBYVILLE, INDIANA 46176

LEARN FLOWER ARRANGING at home. Make professional corsages, arrangements, wedding designs. Unusual spare, full time money making opportunities, or hobby. Free information on exciting home-study course. *No salesman will call.*

MAIL COUPON TODAY

Norm Morris
LIFETIME CAREER SCHOOLS Dept. B-293
2251 Barry Ave., Los Angeles, Calif. 90064
Please send me at no obligation your FREE Booklet "Opportunities in Floristry"

Name _____

Address _____

City _____ State _____ Zip _____

Enjoy new comfort with your back, shoulders and head gently raised and cushioned on this light buoyant foam wedge. Provides a gradual slope for more healthful, restful sleep. **Head Elevation** comforts diaphragm hernia, hypertension, acid regurgitation; breathing, bronchial and heart ailments. **Leg Elevation** eases varicose and other leg discomforts. 27" long. Washable zipper cover. **FOAM-SLANT** comes in heights most often prescribed by doctors. Order 4" high for 2 pillow users **$15.00**; 7½" high for 3 pillow users **$17.00**; or choose extra high 10" at $20.00 or 12½" at **$23.00**. We pay postage, ship in 6 hours. Send check to:

Better Sleep Inc. BOX BW
New Providence, New Jersey 07974
MONEY BACK GUARANTEE

BASEMENT TOILET

Flushes UP
TO SEWER OR SEPTIC TANK

— NO DIGGING UP FLOORS —
— Write . . McPHERSON, INC. —
Box 15133 • Tampa, Florida 33684

SHRINK STOMACH

Waist Watchers will feel muscle tighten and see stomach shrink from first day you use the Waist Wheel. A few rolls back and forth from knee position equals 100 sit-ups. Progress Chart included.

SINGLE WAIST WHEEL **$5.98**
Mailing 80c Each
DUAL WAIST WHEEL **$7.98**
Mailing $1.00 Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-25
585 Market St., San Francisco, Calif. 94105

---

the 6-FOOT CROSSWORD PUZZLE!!

All puzzle fans will find this **SIX-FOOT** puzzle to be the **ultimate challenge.** It's the world's longest crossword puzzle. This brain teaser contains 1,972 definitions on geography, history and current events. Colorfully bound definition book includes incredible answer section. You'll spend many happy hours on this puzzle. "Genuine mind-boggling" gift for your friends. $2.95 plus 25¢ postage.

WEST-BERG ENTERPRISES, LTD.
DEPT. 502-D, 2842 E. SERENDIPITY CR.
COLORADO SPRINGS, COLORADO 80917

WE HAVE YOUR SIZE
2 to 14, AAAA to EEE

SEND FOR FREE COLOR CATALOG of 406 brand new Spring shoe fashions, all stocked in hard-to-get sizes at low prices. Shown: Arch sandal with patented, molded arch construction, and deep cushion.

Shades of tan or white, soft kidskin leather **$19.99.**

HILL BROTHERS Dept. 912
241 Crescent St., Waltham, Mass. 02154

"Humble" desk plaque

Gold-colored metal desk plaque proclaims in black lettering "It's hard to be humble when you're as great as I am." 4" x 4" stained wooden stand. A unique gift for an office friend or use it on your desk at home. $1.98 plus 25¢ postage. Anthony Enterprises, Dept. BHG25, 585 Market, San Francisco, CA 94105.

God made us a family

Words that hold people together on a lovely wooden plaque with a beautifully colored Italian scroll border. Laminated for permanence and ready to hang. Enjoy reading this saying. A gift for any occasion. 8"x6" $1.98 + 35¢ post. Cadlyn's, Dept. BG2, 2077 New York Ave., Huntington Station, NY 11746.

Horsehead pendant

A lovely addition to your casual wardrobe or a gift. A trio of horses in full natural tones (one each in chestnut, black and grey) on white porcelain stone. Size of half dollar. Chain & settings in goldtone. $5.98 + 75¢ post. (IL res 5% tax) House of Minnel, Dept. 225E, Deerpath Rd., Batavia, Illinois 60510.

Handy bath reader

Everyone enjoys having magazines in the bathroom. Keep yours from winding up soggy and torn. This good looking wall rack holds 10 issues plus 2 handy rolls of bath tissue. It comes finished in antique pine or honeytone pine. 11¾"x4½" x 18"H. $14.95 ppd. Yield House, Dept. D52X, No. Conway, NH 08360.

CUSTOM PRINTED SHIRTS

The latest craze—you think of the slogan and we'll print it! Any slogan . . . for your team . . . club . . . candidate . . . your favorite hobby . . . or whatever. Up to 30 letters printed on these quality cotton sweat-shirts or T-shirts. Machine washable, paint will not run or fade. Colors are powder blue or navy blue. Size S, M, L, XL. Specify size & color. Add $2.00 extra for printing on both sides. We ship in 48 hours.

Sweatshirt **$6.95**
T-shirt **$4.95**

Write for FREE catalog of gifts

HOLIDAY GIFTS
Dept. 402-B, Wheat Ridge, Colorado 80033

Color PHOTO Bargains

16 WALLET SIZE or 3—5 x 7 ENLS. or ONE 8 x 10 ENL. — Your Choice **$2** Full Color

or Super! 12 WALLET SIZE with FREE 5x7 ENL.

Finest quality silk finish smudge-proof photographic paper. Send any color photo (8x10 or smaller), color neg., or slide (photo preferred). Ret. with order.
Add 35c per selection for postage and handling, and additional 50c extra for First Class service.
Satisfaction guaranteed or money back

QUALITY VALUES 614-K, New Rochelle, N.Y. 10804

END TELEPHONE EMBARRASSMENT!

Don't cover the phone with your hand!

a "Privacy Button" for your phone!

telephone SOUND BARRIER

INSTALL IT YOURSELF IN SECONDS!

When talking on the telephone, it is often necessary to cover the mouthpiece with your hand so you can speak to someone else without the caller hearing what is said. By pressing a small button you now achieve a positive cut-off of the phone transmitter, permitting you to talk with another person in the same room without interrupting the party on the line. SOUND BARRIER can save time, explanations and embarrassment of being overheard.

BLACK, WHITE, BEIGE, GREEN

$4.95 each POST PAID GUARANTEED

Send check or money order to Dept. B-2
GOODRICH PRODUCTS El Segundo, Ca 90245

GIANT Fringed PETUNIAS

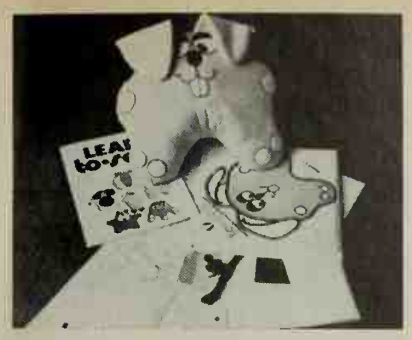
WAVED and RUFFLED MIXED 4" to 5" blooms in gorgeous solid and variegated colors, deeply fringed, beautifully veined. Send 15c for big packet or 2 packets for 25c and Seed and Nursery Catalog. **CATALOG FREE**

R. H. SHUMWAY SEEDSMAN
Dept. 309 ROCKFORD, ILL. 61101

Remodelling? Redecorating? Buy your new Lighting Fixtures at 50% off list price. Send $2 (deductible on 1st order) for 70 page full color catalog, price list and free lighting guide booklet. Money Back Gtee on all fixtures. **Kedco, Suite 200, 14007 N. Stemmons, Dallas, Texas 75234.**

Primary pillow kit

Practically a sewing course in a package. For the young girl (or all-thumbs adult) who wants to begin sewing, this kit is the happy way. Kit includes everything to make the animal except the stuffing. Specify rabbit or dog. $4 + 40¢ post. Cartoon sewing book, 60 pg., $2 + 25¢ post. To-Sew, Box 974, Malibu, CA 90265.

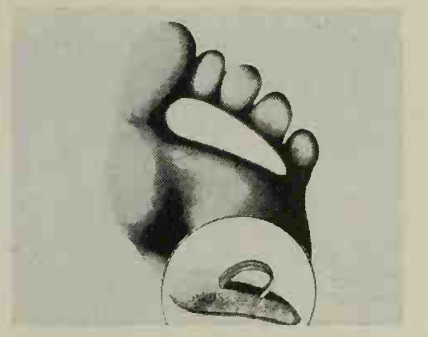


Woman's place plaque

Here's a wry dig that makes humorous argument on both sides of today's most controversial issue. A most unusual gift to surprise the liberated woman in your life with. Made of hardwood, 4¼" x 6" $3.95 + 35¢ post. West-Berg Enterprises, Dept. BH-2, P. O. Box 4749, Colorado Springs, Colorado 80930.

Relief from bent toes

Unique orthopedic pads provide soft, yet effective toe support which help to strengthen and alleviate pain from crooked toes. Helps toe tip corns disappear. Elastic yarn slips over toe. Washable. Specify shoe size. $3.98 pair; + 20¢ post. Anthony Enterprises, Dept. BHG25, 585 Market, San Francisco, California 94105.



A placemat for your pet

Decorated and personalized with your pet's own name. Foam mat won't slide around as animal eats, saves messy spills and drips on floor. Nice for dogs or cats, in bright yellow background with black lettering. 22" x 14". Specify dog or cat. $1.69 + 35¢ post. Holiday Gifts, Dept. 402-S, Wheat Ridge, CO 80033.

continued

Just tell people Yours is a Nor-Wes Chalet!

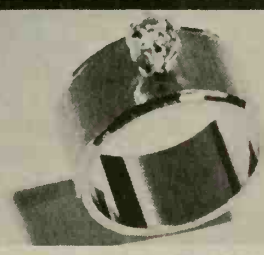
15 designs in superb Western Red Cedar — customized to your wishes. Architect designed, precut & numbered ready for fast erection anywhere.

Send $3 for Information Package

24-page color brochure, floor plans, prices; 2 cut-out models for table-top assembly; color photos of furnished interiors. (24-page brochure only $1.50 airmail)

1075 MARINE, NORTH VANCOUVER, DEPT 143, B.C., CANADA (TEL. 604-988-5221)

Nor-Wes
CEDAR CHALETS LTD
IN THE HEART OF THE WESTERN RED CEDAR COUNTRY



Spinel-Wide Band

A beautiful bit of permanent sparkle caught in a 6 prong setting. A ½ Ct. LIONITE white synthetic Spinel on a wide textured band. In White or Yellow Gold Plate, $7.95; Sterling Silver, $12.95. State ring size.

N. Y. residents add sales tax.
Send 50¢ for color Catalog and Ring Size Card
Immediate Delivery. Prompt Refund if Not Satisfied.

Lions
665 MIDDLE NECK RD. DEPT B-84
GREAT NECK, N.Y. 11023

NEEDLEPOINT PORTRAIT KITS

Create beautiful needlepoint portraits. No experience necessary. Likeness guaranteed. Kit includes artists portrait of your subject on canvas, wool, needle and inst. Size 10"x14" $24.95, 14"x18" $34.95, 18"x22" $39.95. Each additional subject on same canvas add $15. Send any clear color or B/W photo (returned) with color info. Also available in embroidery kits 14"x18", $24.95. Each additional subject on same linen add $15. We do pets too, same prices. Please add $2.00 for insured post. and handling. N.J. res. add 5% tax.

NEEDLEPOINT PORTRAITS LTD.
Studio 201, 71 Stillwell Road, Kendall Park, New Jersey 08824

FABULOUS NEW ART CONCEPT TURNS ANY PLAIN WALL INTO A

"MAGIC WINDOW"

12 Beautiful Nostalgic Oil Paintings Displayed In A Rustic Window Frame Reproduced As A Dramatic Art Print For Your Hom

Crown-Castle, Ltd. Dept. MW-230
51 Bank Street
Stamford, Connecticut 06901

Please send me the full color art print "MAGIC WINDOW" (21½" x 22¼") for only $1.98 on full money back guarantee. (Please add 35¢ for postage and handling).
Enclosed is $ _____

Name _____ (Please PRINT Clearly)
Address _____
City _____
State _____ Zip _____

☐ SAVE MONEY! Order 2 "MAGIC WINDOW'S" For Only $3.49 plus 35¢ postage. Extra print makes a lovely gift.

Conn. Residents Add 6% Sales Tax

Imagine the delight of turning a drab, barren, windo wall into a cheerful window on the world...a co "Magic Window" with 12 different nostalgic scene warm, familiar scenes that bring back fond memori happy childhood days, unforgettable friends and ma moments of yesteryear.

This Unusual Art Print REQUIRES NO PICTURE FRAM

Another unique feature of this unusual art print is th does not have to be framed. All you do is mount it o inexpensive piece of flat backing and simply hang it o wall. The 12 colorful scenes are already "framed" b realistically printed, rustic window frame. And it's a lifesize—22¼" wide by 21½" high.

LIMITED SUPPLY...MAIL COUPON TODAY

If you would like to transform a barren wall into a col "MAGIC WINDOW," we urge you to mail your order t The cost of this unusually lovely art print is only $ and is sold on a Money Back Guarantee.

Imported from strange lands of the mysterious Far East — this valuable collection of 53 genuine postage stamps from Borneo, Burma, Hong Kong, Malaysia, Nepal, Siam, Sarawak, Singapore, Viet Nam, etc. Supernatural Demon-God (half-man, half-bird), ferocious wild beasts, ceremonial dancers, weird oriental idols, many others. Guaranteed worth over $1.50 at standard catalog prices — all for 10¢! Also, fine stamps from our approval service which you may return without purchases and cancel service at any time — plus big FREE Illustrated Catalog!

Jamestown, C25BH, Jamestown, N.Y. 14701

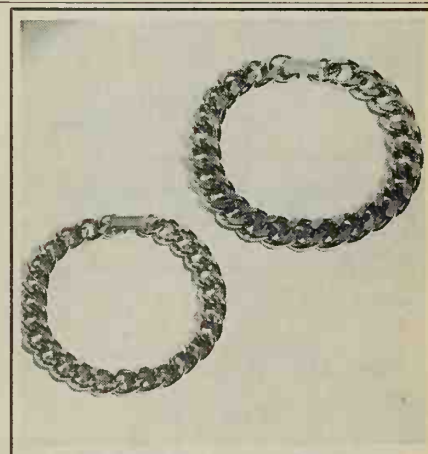
CHINA STORAGE CADDY

Neat way to store a complete dinner service for eight. Saves valuable cupboard space. Prevents chipping and breakage. All metal caddy with soft vinyl cushioning. Stores 40 pieces—8 each cups, saucers, soup bowls, dinner plates and dessert plates. Use for your best china, or everyday dinnerware! 9" high x 11½" across.

$3.49 plus 75¢ postage.

Write for FREE catalog of gifts.

HOLIDAY GIFTS
Dept. 402-F, Wheat Ridge, Colorado 80033



COPPER CURE-ALL?

We're not making any claims, but sportsmen, socialites and actors share the copper craze. They swear by some magic mumbo-jumbo, copper gives aches and pains the brush off. 100% pure copper.

Men's Copper Bracelet $3.98
Women's Copper Bracelet $2.98
Mailing 30¢ Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-25
585 Market St., San Francisco, Calif. 94105

BUILD FOR FUN OR PROFIT

This country style windmill is fast disappearing in most areas. A rustic and charming look in any yard. The 22 in. windsails will show the wind directions as it rotates, 8 ft. tall to top of sails. No trouble with angles. Plans and material list $1.50 plus 30 cents postage. Free brochure for other projects.

HAMMOND BARNS Dept. BH36
Box 584, New Castle, Indiana 47362

DOLLS

A THRILLING CAREER AWAITS YOU

YOU LEARN to make and restore dolls of all kinds—old and new. Wonderful hobby, profitable part time business. Turn your love of dolls into rewarding pastime. Design and create doll clothes, repair mechanical dolls, authenticate old dolls. Easy to read lessons and free consultation to insure your satisfaction.

DON'T DELAY—Start today for your exciting future. Send for FREE BOOKLET. No salesman, no obligation.

Norm & Marge Morris
LIFETIME CAREER SCHOOLS Dept. D—696
2251 Barry Avenue, Los Angeles, Calif. 90064

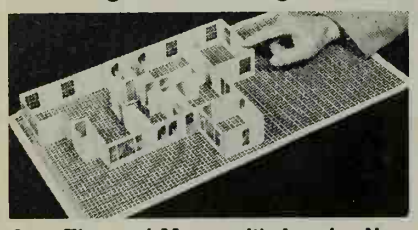
PLEASE SEND FREE BOOKLET

Name _____

Address _____

City _____ State _____ Zip _____

Building or Remodeling A Home?



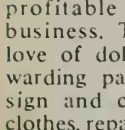
Save Time and Money with Amazing New

HOME-A-Minute Kit

Plan ahead, see how layout will look before you build or remodel. Here's everything you should have and know to help save many dollars. Dozens of windows, kitchen cabinets, doors, fiber partitions, etc. at ¼ scale. Put your home ideas in 3-dimensional form. Arrange furniture fixtures to fit your scheme. Build, dismantle and originate any number of floor plans. Live in your new or remodeled home before you actually build. Kit also includes 65 page book to help estimate actual costs, financing, etc. Only $4.75 plus 50¢ pp and hdlg., two for **$8.95** plus $1.00 pp & hdlg.

Send check or money order.

J. W. HOLST INC., Dept. BK-275
1864 E. U.S.-23, East Tawas, Mich. 48730



BEGONIAS

5 BULBS $1.00

beautiful indoor-outdoor

Camellia Flowered Plants

10 FOR $1.75

20 FOR $3.00

Lowest price offered. Tuberous type, double blossoms, mixed colors. Easily grown in pots or beds. **Top size bulbs.** Supply limited. **Order today, postpaid.**

R. H. SHUMWAY SEEDSMAN
Dept. 317 ROCKFORD, ILL. 61101

UP TO 200

ZOYSIA GRASS PLUGS FREE!

By Mike Senkiw
It's true the things people are saying about Amazoy Meyer Z-52 Zoysia Grass (Reg. T. M.).

It grows so thick and luxurious that walking on it is unforgettable . . . like walking on a thick, pile carpet.

Your Zoysia lawn drives out crabgrass and weeds all summer long. It stays green and beautiful in blistering heat, when other grass burns out. It cuts mowing by ⅔ . . . it's perfect, for summer homes and "problem" areas.

There's no need to rip out your old grass. Plug in Amazoy Zoysia Grass and let it spread into beautiful turf that never needs replacement. It will neither heat kill nor winter kill . . . merely goes off its green color after heavy frosts and regains fresh new beauty every spring — a true perennial! Every plug fully guaranteed to grow in any soil in your area. © ZEN 1975

To end lawn problems, send for Free interesting facts and low prices of Amazoy incl. Pre-season Bonus Offer. No obligation. Mail coupon to

DEPT. 269, ZOYSIA FARMS
(Our 20th Year) General Offices & Store
6414 Reisterstown Rd., Balto., Md. 21215

Name _____

Address _____

City & State _____ Zip _____

PAGE SIZE MAGNIFIER

Page Magnifier is handy for looking up telephone or map directory listings, stock market reports, etc. The whole page is magnified at one time. Wafer thin and measures 7" x 10".

PAGE MAGNIFIER
$1.98 + 25¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-25
585 Market St., San Francisco, Calif. 94105

CURTAIN CHARM

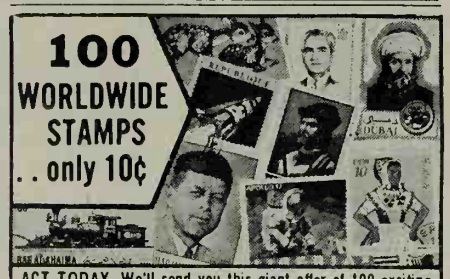
With Ball Fringe on Unbleached or White Muslin

20", 25", 30", 36", 40" long.... **6.50** pr.
2 pairs to window as shown.....**13.00**
45", 54", 63", long ..... **8.50** pr.
72", 81", 90" long ..... **10.00** pr.
VALANCE 9" x 80" **2.75**
Unbleached 80" wide per pr.
White muslin 74" wide per pr.

For years New England housewives have used these charming Country Curtains in their homes. Practical, long-wearing, these unusually attractive curtains of off-white or pure white muslin retain their crisp appearance with a minimum of care.

Please enclose check or money order. Sorry, no COD's. Mass. res. add 3% sales tax. Postage and handling: under $10 add $1, for orders $10 and over add $1.75. Send for free brochure showing other curtain styles, tablecloths and bed ensembles. Satisfaction guaranteed.

COUNTRY CURTAINS
Dept. 24, Stockbridge, Mass. 01262



100 WORLDWIDE STAMPS . . only 10¢

ACT TODAY. We'll send you this giant offer of 100 exciting postage stamps from romantic Europe, the exotic Orient, angry Africa, everywhere! All genuine, all different—our greatest offer yet. Get the scarce Kennedy, Shah of Iran, Space stamps shown PLUS other exciting new, old issues from great empires and tiny republics. Also stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Rush 10c today for your valuable collection.

GARCELON STAMP CO., Dept. BH2C, Calais, Maine 04619

WIDE SHOES FOR MEN

EE to EEEEEE • Sizes 5-13

100 styles, top quality, popular prices, money-back guarantee Send for FREE CATALOG.

Not sold in stores

Hitchcock SHOES, INC.
Dept. 38A, Hingham, Mass. 02043

---

160 CRAFT IDEAS FREE

Love to make beautiful, useful gifts and crafts? Send for this Idea Book with over 160 exclusive projects you'll see nowhere else. All available in easy-to-assemble kits, complete with everything you need.

Send just 25¢ to cover postage & handling to:
GIFT CRAFT CATALOG, Dept. G-204, Handcraft Bldg., Des Moines, Iowa 50337.

Handcrafted labels

Why accept the ordinary when Ann's Italic Calligraphy will make your address label truly unique. Booklet 500 labels $4. Specify white or mix of five gumstock colors. Free sample sheet of other products personalized with Ann's Calligraphy. Uncommon Press, S-B, 9140 SW Locust, Portland, Oregon 97223.

Pet's coat of arms

Send your pet's name, breed, color and markings, and artist will hand-paint a color portrait. If your pet is a mixture, send a photo. Touches of gold, red & black will enhance the pet's beauty. 8" x 10" $2.95. In black frame $4.95 + 50¢ post. West-Berg Ent., Dept. BH-2, Box 4749, Colorado Springs, CO 80930.

W. C. Fields cards

A kit that contains regulation decks of plastic-coated playing cards and a booklet called "16 Proven Ways to Cheat." It's a collector's item and a gift that card players would enjoy. $2.50 + 55¢ post. 2 decks are $4.95 postpaid. Order from J. W. Holst, Inc., Dept. BF-25, 1864 East US-23, East Tawas, Michigan 48730.

Full Size, Home Gardener GREENHOUSES at America's Lowest Prices!

Redwood greenhouses. UVI or fiberglass coverings. Also aluminum-glass designs.

8 FT. U.V.I. MODEL, ONLY $119.95

WRITE FOR FREE COLOR BROCHURES

Peter Reimuller—The Greenhouseman™
P.O. Box 2666-G2, Santa Cruz, Ca. 95063

---

temporarily SMOOTH-OUT

Baggy Eyes

in just 3 Minutes . . .

NEW! Transitory cosmetic "Face-lift" cream smooths out Wrinkles and Puffs under-eyes in just 3 minutes to last all day. Used by thousands of women world wide to look younger! Invisible, with or without makeup. No hormones or harmful drugs. Safe, easy to use ephemeral type cream for all day smoothing of age lines and puffy-eyes. Trial Size: $3.00 Or Regular Size: $5. (Sorry, No c.o.d.'s) Guaranteed by: Formulex Laboratories, Dept. BH Box 6508, Houston, Tex. 77005.

PORTABLE CAMP KITCHEN

Plan No. 3705-3 Build it yourself for leisure camping. Easy-to-follow step-by-step plans for $2 show you how. Folds to fit trunk, 24" x 40" x 14". Better Homes and Gardens, P.O. Box 374, Des Moines, Iowa 50302.

Giant DAHLIAS

FROM SEED IN 10 WEEKS

World's most famous varieties. Produces gorgeous blooms from July to frost. **Send 15c in coin for big Pkt. or 2 Pkts. for 25c** and **FREE** Copy Of Our Big New Garden Catalog

R. H. SHUMWAY SEEDSMAN
Dept. 310 ROCKFORD, ILL. 61101

HAIR CATCH-IT TRAY

For every home barbershop. Handy catch-all hair tray snaps on quickly. Keeps itchy hair from falling down back and on floor. You don't have to sweep floor afterwards. Just empty hair clippings in wastebasket. Soft plastic shoulder tray wipes clean easily. Keeps hair off clothing. Ideal for use when giving home permanents too. Saves clothing from spots, stains.

$1.69 plus 35¢ hdlg.

HOLIDAY GIFTS
Dept. 402-H, Wheat Ridge, Colorado 80033

My-Ro Seal-A-Crack.

No-mess bathtub caulk in self-adhering vinyl strips. Six bath-coordinated colors, at hardware stores everywhere.

My-Ro Products, Inc.
Milwaukee, Wisconsin 53212

---

902 Calorie Charts are available in convenient pocket-size folder. Order extra copies for yourself and family. 5 copies $1.00. **Better Homes and Gardens, P. O. Box 374, Des Moines, Iowa 50302.**

FREE 54 INCH GLASS BEAD NECKLACE

SPIRIT OF '76

RED WHITE BLUE

GET ACQUAINTED OFFER

Go American—celebrate with US. New color catalog of unusual jewelry included—no obligation to buy. Send 25c to cover handling. Offer good in U.S.A. only—Expires June 30, 1975.

JEWELART INC. Dept. BH
7753 DENSMORE AVE.
VAN NUYS, CALIF. 91406

Allow 4-5 Wks. Delivery

Remember Burma-Shave?

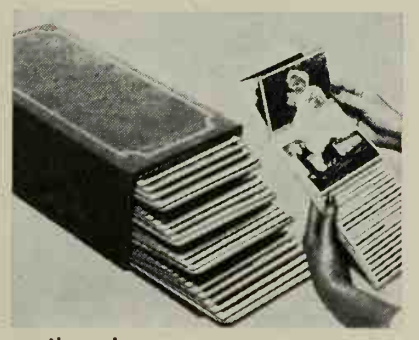
Enjoy a bit of nostalgia with this marvelous collection called "Verse by the Side of the Road." It's the story of the Burma-Shave signs and jingles that for years made motor travel extra fun. A hardbound beauty that would make a handsome gift. $4.95 + 50¢ post. Holiday Gifts, Dept. 402-N, Wheat Ridge, CO 80033.

The safe gem

Wear the beautiful Kenya Gem, it rivals the finest blue-white diamond. It's scintillating brilliance never fades and no one but your jeweler will be aware of the differnece. Set in 14K solid gold and priced from $45 a carat. Color booklet free. Kenya Gem, Dept. BH2, 1760 North Howard St., Philadelphia, PA 19122.

Photo memory chest

Perfect way to display, store and protect your precious photographs and negatives. Holds 200 photos, instamatic, Polaroid or any size up to 3½" x 5". Four removable photo display trays that show photos in sequence. $12.95 + 50¢ post. Crown-Castle, Ltd., Dept. PM-28, 51 Bank St., Stamford, CT 06901.



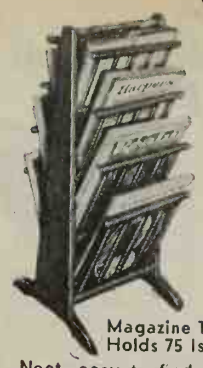
continued

If Tweezing Your Brows and Applying Eye Makeup Makes You Frantic . . . Fret No More!!!

A noted eye doctor was approached by a woman who complained that without her glasses she can't see what she is doing and with her glasses, she can't do what she is seeing. Knowing that no available magnifying mirror can give a strong image without distortion, the doctor hand-ground prescription lenses and silvered them to provide a distortion-free focusing mirror. This optically perfect mirror is now available in both compact form, (as pictured), or on a stand, with a flexible, adjustable "goose-neck" arm for "hands-free" grooming. It allows you to see clearly without your glasses, regardless of your prescription or need for bifocals. A necessity for contact lens wearers. 2¾" diameter compact is handsomely designed in white and gold, with plain mirror on one side—Magic Focus mirror on the other. $5.00 each; 2 for $9.50. Add 50¢ post. Standing model has a 4" diameter Magic Focus mirror; brass arm; white base and trim. Cost is $14.95 plus $1.00 postage. Tuck compact in your purse; keep standing mirror on your vanity. You'll be amazed and delighted with the results. Money back if not completely satisfied.

THE FERRY HOUSE Dept. BH-275, Briarcliff Manor, N. Y. 10510

YIELD HOUSE ORGANIZES YOUR READING



Neat, easy to find, flat & unwrinkled. Organize all your magazines the way you've always wanted. In our unique racks for home, for office, for reception room. We make them in rugged N.H. Pine & build them to last. You can also make them in easy-to-assemble Kits. All Postpaid.

FULLY FINISHED		NOW SALE-PRICED!	MONEY-SAVING KITS	
In your choice of warm Honeytone or deeper Antique Pine.			Easy 1-hour assembly. Pre-cut and sanded. Ready to stain or paint.	
Tree	(12x13x30"H)	$32.50	Tree Kit	$19.95
Rack	(23x27x5"D)	$26.95	Rack Kit	$17.95
End Table	(16x21x23"H)	$29.95	Table Kit	$19.95

SEND 25¢ FOR OUR NEW SALE CATALOG
Country Pine Furniture, Money-Saving Furniture Kits, Now on Special Sale!

YieldHouse
Dept. D52A
North Conway, N.H. 03860

PLATFORM DEMI BOOT

Ideal pant boot, 8½" high in kidskin-soft stretchy Polyurethane on nylon. Non-skid rubber-like sole. 1⅞" heel. **Brown, Honey Beige, Black, Navy, Red, White.** Washable. **Sizes 5-10,** one width fits all.

Satis. Guar. $5 dep. on COD. **$11** Add 90¢ post.

VICKI WAYNE
610-B2D-So. Country Club Tucson, Az 85716

Sleek Crystal Hurricanes

Add a decorative touch. Made of old - fashioned wavy glass, in two pieces for easy washing. 9¾" high overall. Pair $8.75 ppd: 6" ivory candles, 60¢ pr. ppd. 1,000-item Americana Catalog free with order or enclose 50¢.

Ov. 100,000 people a year visit our Shop

STURBRIDGE YANKEE WORKSHOP
the Nation's Center for Early American
325 Brimfield Turnpike, Sturbridge, Mass. 01566

1000 RETURN ADDRESS LABELS

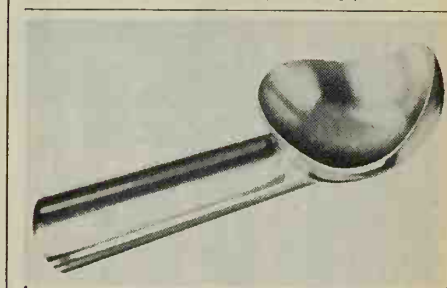
$1.00

USE YOUR ZIP CODE

FREE HANDY BOX

Quick and easy way to put your name and return address on letters, checks, books, etc. ANY name, address and zip code up to 4 lines beautifully printed in black on crisp white gummed labels. 1¾" long. Free decorative box for purse or desk. Set of 1,000 labels, just $1 postpaid. Money back if not pleased. Don't know your zip code? We'll look it up for you. **Send for free catalog.**

Walter Drake & Sons
3052 Drake Building
Colorado Springs, Colo. 80940



SUPER SCOOPER

Amazing dipper scoops ice cream like magic! Self-defrosting liquid hermetically sealed in handle lets you scoop hardest ice cream with ease. Cuts through coldest ice cream, gives you uniform attractive scoops. Makes all other ice cream dippers old-fashioned! Lifetime action—never loses it's power, always works. Sanitary, rust-proof. For southpaws too **$5.95** Ppd.

HOLIDAY GIFTS
Dept. 402-G, Wheat Ridge, Colorado 80033

TEXAS BEAUTY

$5.95 ppd

(initials free with this ad)

Money Back if not delighted

Popular purse in finest simulated leather. 12" x 12" with 5 pockets—4 outside, one inside. Choose from Black, White, Red-White-Blue, Red, Bone, Navy, Tan or Brown. Gold tone initials. Prompt shipment. Free Catalog.

TEX-MADE, BOX 16125, DEPT BHG, HOUSTON, TEXAS 77022.
Sales representatives wanted

RATTAN SWAG LAMP

$18.95 plus $2.00 postage

SEND 25c FOR CATALOG

Fully electrified with dimmer switch, adjustable height from ceiling, 15" spread, 13" high, with 18 ft. chain and hooks for hanging. Painted in white, green, blue, yellow, orange, pink or black add $4.00. Use up to 150 watt bulb.

VISIT OUR WAREHOUSE SHOWROOM

FRAN'S BASKET HOUSE

ROUTE 10, DEPT. BH2, SUCCASUNNA, N.J. 07876

GIANT SHAGGY ASTERS

RED ★ WHITE ★ BLUE ★

3-25¢ PACKETS ONLY 25¢, 75¢ Value Red, White and Blue. Gorgeous 5 in. Blooms. 2½ inches thick on stately stems. Send 25c for these lovely asters. Will include my Big Seed Plant & Nursery Catalog. **FREE**

R. H. SHUMWAY SEEDSMAN
Dept. 313 ROCKFORD, ILL. 61101

STUDY INTERIOR DECORATION AT HOME

Leading school offers top course. Individual programs. Illustrated lessons—color & fabric samples. Rewarding career or hobby. Certificate. Send for Catalog C28.

N.Y. SCHOOL OF INTERIOR DESIGN
155 East 56th St., N.Y. 10022

Save ½ on WALLPAPER

Flocks and Vinyls

Get new 1975-76 catalog. Actual sample sheets — textures, weaves, damasks, companion papers — all pre-trimmed, washable, vinyl-bonded — only 75¢ to $1.25 single roll! Also strippable Flocks and scrubbable Vinyls at great savings. 73 selections. Send 35¢ today for huge catalog.

MUTUAL WALLPAPER Dept. 20, 812 W. Main St. Louisville, Ky. 40202

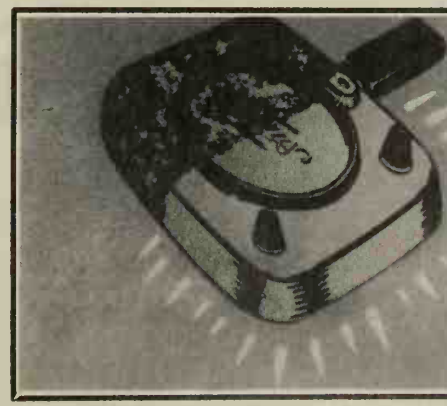
INDIAN-LINCOLN CENTS *By The Pound!*

I'm selling my trunkful from the 1880's up to WW II.

One pound	$11
Sample sack of 25	$3

Add $1 per lb. (pstg & hdlg).

MRS. PENNY FISHER
Box 1778-FB, Encino, Ca. 91316



CARBON REMOVER

New miracle cleaner for aluminum, chrome, stainless steel, cast iron, porcelain, copper and brass. Removes carbonized grease from frypans, waffle irons, skillets, etc. 7 oz. can.

CARBON CLEANER
$2.98 + 50c Mailing Ea.

Calif. residents add 6% sales tax
Satisfaction guaranteed

Anthony Enterprises
585 Market St., Dept. BHG-25
San Francisco, Calif. 94105

Inter-State Nurseries delivers Seven Giant Ruffled Glads 25¢

Hamburg, Iowa 51640

Postpaid & Guaranteed

Double your money back if not completely satisfied

New & superior varieties ...if bought by name they would cost 75¢. Colors range from white to pink, purple, yellow, lavender, rose, orange. This year we added Red Beauty—one of the brightest glads known. Big bulbs, 1 to 1¼ inches across. Will bloom this summer.

Free Spring Catalog

1975 issue– 84 colorful pages packed with values.

INTER-STATE NURSERIES

125 E Street, Hamburg, Iowa 51640

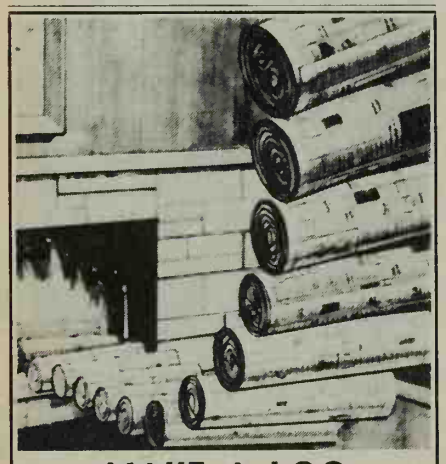
☐ FREE Spring Catalog ☐ 7 Glads 25¢

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

Glads will be shipped at proper planting time.



MAKE A LOG

Change old newspapers to logs for the fire in seconds! Just roll up newspapers using LOG ROLLER, tie them with special binders and pop them into the fire. Logs will burn nearly two hours.

Log Roller Kit with 112 Binders ..... $2.98 + 55¢ Mailing Each

100 Binders $1.29 + 20¢ Mailing Ea. 100

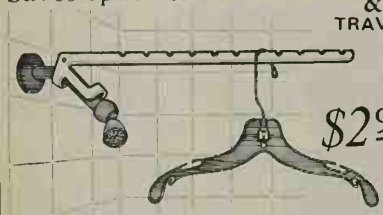
Calif. residents add 6% sales tax.

Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-25

585 Market St., San Francisco, Calif. 94105

Saves space & time — FOR HOME & TRAVEL



$2.98

Handy HANG-DRYER

Dry all your washables overnight, anywhere. Our sturdy steel dryer - with attractive white rustproof vinyl finish - fits all shower heads, slips on/off instantly. Lightweight, fits easily in suitcase for travel. Holds 11 hangers.

Satisfaction Guaranteed

$2.98 each + 25¢ postage.

SAVE: Two for $5.75 (and we'll pay post.)

American Century

135 So. La Brea, Dept. 3025

Box 36232, Los Angeles, Calif. 90036

EARLY TOMATO

An extremely early tomato WAYAHEAD, ripening big, red tomatoes by July 4th, has been developed at Jung Farms in Wis. Send only 10c for a trial pkt. to the *Jung Seed Co., Box 81, Randolph, Wis. 53956.* They will include a pkt. of Super Giant Zinnias plus a copy of America's most colorful seed and nursery catalog.

SAVE $9.95 Harvest full-size fruit from Stark Bro's dwarf trees.

2 for $9.95

Now you can have the fun of planting them in your own back yard and harvesting your own fruit, often in two years. Only 8-to-10-feet tall at maturity yet bear full-size fruit. Red & Gold Special includes one each of our improvements of the world's two most popular apple trees for ideal cross-pollination and increased yield. These are not tiny whips or seedlings but hardy, 3- to 5-foot branched two-year-old trees.

Stark Bro's Red & Gold Dwarf Apple Tree Special

1 *Starkrimson Red Delicious Dwarf Apple Tree: World's most popular apple, improved.

1 *Starkspur Golden Delicious Dwarf Apple Tree: World's best all-purpose golden apple. **Both for $9.95 Reg. $19.90**

(offer not repeated in Free Catalog)

Order today! Here's How:

Send $9.95 for each special plus $1.50 for postage and handling and add sales tax where applicable to STARK BRO'S NURSERIES, BOX F12125, LOUISIANA, MO. 63353. Order catalog #91150C, Red-Gold Dwarf Apple Tree Special.

For a free Stark Bro's catalog only, write us at the above address.

IT'S EASY TO GROW YOUR OWN PLANTS WITH Shumway's "GROWTH PACKED" FLOWER SEED $1

15 BIG PACKETS FOR PLUS 25¢ FOR PACKING & HANDLING.

HERE'S WHAT YOU GET...

7 PKTS. PERENNIALS-1 EA:	7 PKTS. ANNUALS-1 EA:
1. Painted Daisy	1. Marigold, Spun Gold
2. Hardy Phlox	2. Tetra Snapdragons
3. Carnations	3. Zinnia, Oark Jewels
4. Double English Daisy	4. Petunia, Confetti
5. Double Hollyhock	5. Bush Balsam
6. Baby's Breath	6. Everlasting Flowers
7. Viola, The Czar	7. Aster, Powderpuff

PLUS a 50¢ PACKET OF GIANTS OF CALIFORNIA GERANIUMS

FREE! MAMMOTH SEED & NURSERY CATALOG INCLUDED WITH ORDER

SEND ONLY $1 FOR 15 PKTS. AND CATALOG PLUS 25¢ FOR PACKING & HANDLING.

ALL OFFERS SENT POSTPAID. NO C.O.D.'S

R. H. SHUMWAY SEEDSMAN

Dept. 314 Rockford, ILL. 61101

GROUND COVER

ENGLISH IVY 1-year, heavy, rooted cuttings, 6" to 10". Hardy evergreen, fast-spreading.

PACHYSANDRA A fine evergreen ground cover in sun or shade. 1-year, heavy cuttings, 3" to 4".

MYRTLE (Vinca Minor) Extra large leaf, purple flowers. Bare rooted clumps. 6-12 runners per clump.

100 of any one ONLY $17.95 $75.00 per 500

WILSON IVY Small evergreen leaves, fast growth. Very hardy. Postpaid planting time. No C.O.D.'s **FREE ILLUSTRATED CATALOG.** Pa. destinations add 6% tax.

MUSSER Box 3B INDIANA PA. 15701

STOKES

SEED CATALOG FREE

Select from 1300 varieties. Many exotic exclusives from England, Europe, Canada. Send for it today.

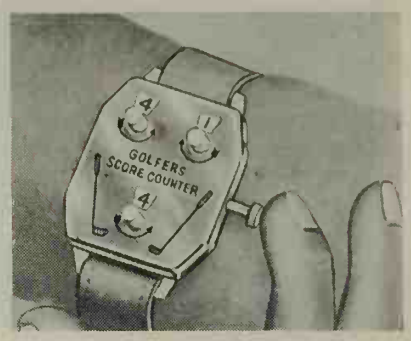
STOKES SEEDS, INC.

1455 Stokes Building, Buffalo, N. Y. 14240

I KNOW YOU BELIEVE YOU UNDERSTAND WHAT YOU THINK I SAID, BUT I AM NOT SURE YOU REALIZE THAT WHAT YOU HEARD IS NOT WHAT I MEANT. ©

Communication gap plaque

How's that again? A wall plaque which will rivet every eye's attention. Black letters on a golden plate in a pine-finish plaque. 4" x 5". A conversation piece that makes an unusual gift. Use it as a door prize. $1.98 plus 25¢ postage. Anthony Enterprises, Dept. BHG25, 585 Market, San Francisco, CA 94105.

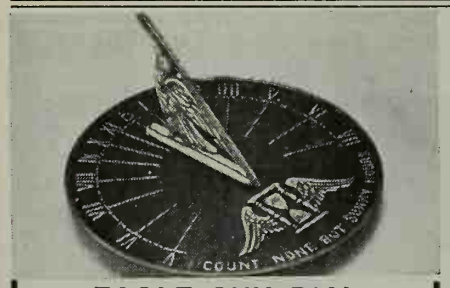


Automatic golf scorer

Keep track of your golf score the easy way. Wear it like a watch; no need to carry a pencil & tally card. Automatically counts strokes and scores total. Three different windows. In gold-tone, tarnish-proof metal case with leather strap. $3.50 + 50¢ post. Holiday Gifts, Dept. 402-T, Wheat Ridge, CO 80033.

Genuine gold coin

Here's a most exciting coin investment. Also, offered for the coin shown in a goldtone holder for a bracelet or necklace. Included with order is a list of gold coins under $25. A modest start in gold investing or collecting. Coin $17; holder $3. Centre Coin Co., Dept. GL, Box 1, Sherman Oaks, California 91413.



EAGLE SUN DIAL

Tell time like the ancients did 3,000 years ago! This heavy 9" diameter aluminum sun dial is an authentic reproduction. Raised Roman numerals, lettering ("I count none but sunny hours") in goldtone. Weather resistant antique verdi green finish. Perfect for garden, pool, patio.

$6.98 plus 50¢ hdlg.

HOLIDAY GIFTS

Dept. 402-U, Wheat Ridge, Colorado 80033

How to Housebreak Your Pet

Train-O-Mat® makes it easy

No more stained carpets. When dog scents chemically-odorized mat, instinct says, "Here's the spot." No fuss or bother. Mats are disposable; both pole and 18" square holder are washable. Kennel-tested. Satisfaction or money back.

Holder & 2-mo. supply of mats 4.98
Holder & 6-mo. supply of mats 6.98
Attachable 12" pole for male ... add 50¢

Enclose 75¢ postage.

G & G RESEARCH

Box 12274-24 Dallas, Texas 75225

GROW Brilliant Colored GERANIUM

PLANTS FROM SEED. New double and Semi-Double varieties, all shades. Described in New Seed & Nursery Catalog. Send 15c in coin for 50c Packet **or FREE 2 Packets for 25c** & New Catalog

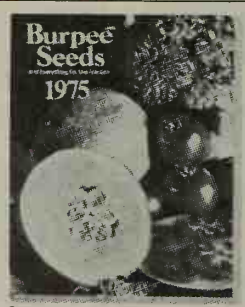
R. H. SHUMWAY SEEDSMAN

Dept. 315 ROCKFORD, ILL. 61101

FANTASTIC FIT™ PANTSFORMER

PantsFormer determines perfect accuracy for adjusting the crotch depth and curve of any pants pattern. This quick and easy to use fitting aid that can be used by any member of the family is a homesewer's dream that really works! Send just $2.95 plus .25 handling to Fantastic Fit Products, 1200 Mt. Diablo Blvd. Suite 321, Walnut Creek, Calif. 94596. Calif. residents add 6% sales tax. Other pattern aids available.

BH 2 75



Burpee's New 1975 Garden Catalog-FREE

Featuring new, exciting vegetable and flower varieties for the home gardener.

The new 164-page Burpee Catalog is a comprehensive planting and growing guide with over 1400 vegetables, flowers, fruits, shrubs and trees. Plus helpful hints from Burpee's horticulture experts on how to have a more productive garden. **Send for your free copy of Burpee's Catalog today.**

W. ATLEE BURPEE CO., 4965 **Burpee Bldg., Warminster, PA 18974; or Clinton, IA 52732; or Riverside, CA 92502** (Please mail to nearest address.)

YES. PLEASE SEND ME THE 1975 BURPEE GARDEN CATALOG FREE.

NAME_____

(PLEASE PRINT)

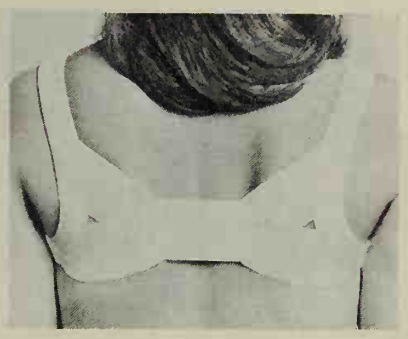
ADDRESS_____

CITY_____ STATE_____ ZIP_____

Push button phone

Star Touch, you can use it on any dial system anywhere. Also, has a memory inside that remembers the last number you dialed. Fitted with a standard cord and plug, ready to plug in. A wonderful "special" gift. $119.95 + $2 shipping chgs. Catalog 50¢. Grand Com Inc., Dept. BH2, 324 5th Ave., New York, NY 10001.

Posture maker



Can help both men and women correct slouch and slump. Also, helpful in holding your body straight, shoulders back and head high. Soon you automatically assume the position nature meant you to have. One size fits all, $3.98 + 50¢ post. American Consumer, Dept. PM-78, Caroline Rd., Philadelphia, PA 19176.

Dislike smokers?

Here's a polite way to get your message across. Tastefully asks visitors in your home or office to refrain from smoking. Engraved black lettering on aluminum plate. Mounted on a walnut base, 4¼" x 2". Order style DEA-2 $3.95 ppd. Spear Eng. Inc., 3080, Spear Bldg., Colorado Springs, CO 80933.

continued

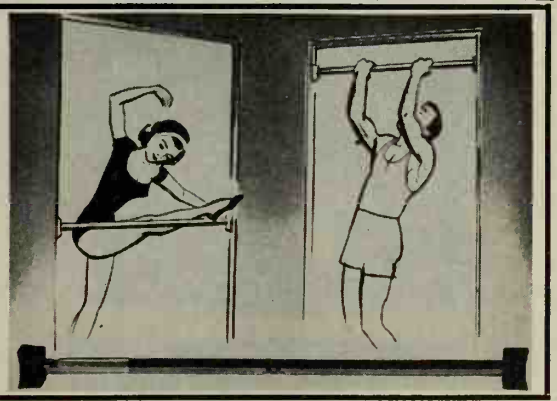
GYM BAR

A home exerciser for the whole family. Ideal for reducing, improving figure. Fits across doorway at any desired height. Expands for secure fit. Fits door widths 24" to 37". With instruction folder.

GYM BAR
$9.98 + $1.50 Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-25
San Francisco, Calif. 94105



BABY'S ARRIVAL

Record Baby's arrival elegantly with a taste of exquisitness. Goldtone infant lovingly reaching out to you with arms extended. Mounted on a beautiful wooden base with a layer of white Italian carrara marble. Engraving on base plaque permanently inscribes name, date, time of birth, length and weight. The perfect memento for parents and grandparents. $12.95; two for $21.95

FLYING W COMPANY
2630 Madison Avenue, Indianapolis, IN 46225

TALL GALS

LOLA
$17

Send Today for FREE Shoe Fashion Booklet V
SIZES up to 14
See how easy it is to be fitted Direct via Mail in Shoecraft Famed Fifth Avenue Shoes at low money saving prices.
NO RISK TO YOU!
Satisfaction Guaranteed or Your Money Back.
SAVE MORE MONEY!
No Extra Charge for Sizes to 14
A real looker in natural "buffalo" leather. Sizes 9 to 13 Medium.

SHOECRAFT 603 FIFTH AVE. NEW YORK 10017

"XTRA Sweet" Sweet Corn

HENRY FIELD SPECIAL FOR HOME GARDENERS

New *"Illini Chief XTRA Sweet"* is actually twice as sweet as any other sweet corn at harvest, and *four times* as sweet 18 hours after harvest. If you like your sweet corn really sweet, this one is a "must" for you. The cob is small but the big, beautiful, golden kernels are deep and extremely tender. Every medium-sized stalk bears two or more ears each, usually maturing in mid-July. Tests at Henry Field's show it makes the best frozen corn of all. Generous-size packet (about 50 seeds) only 10¢ each, postpaid. (Sorry, limit of 5 packets.) Hurry, order yours now.

Delicious FRESH or FROZEN!

SPECIAL! 1 Packet for only 10¢ ppd.

HENRY FIELD Seed & Nursery Co.
494 Oak St., Shenandoah, Iowa 51602

Yes, I'll try "Illini Chief XTRA Sweet." I enclose _____¢ in coin. Also send your new Spring Catalog, free.

NAME _____
ADDRESS _____
CITY _____ STATE _____ (ZIP NO.)

Since 1892

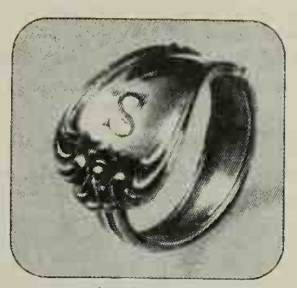
The Latest Rage In High-Fashion Jewelry

Silver Rings MADE FROM Teaspoons

Princess Gr

only $2.98

style: "Coronation"



style: "Queen Anne"

style: "Duchess of Kent"

...each one hand-engraved wit your choice of initial FREE!

Yes, we've taken genuine silver plate Victorian-pattern teaspoons severed the bowls . . . and handshaped the exquisite handles into most unique and beautiful rings you've ever set eyes on.

A Conversation Piece In Itself

Unlike any other ring you've ever seen in your entire life. Eas adjustable to fit any finger . . . this classic pattern spoon-ring mak a prize addition to any woman's jewelry wardrobe.

Perfect as a gift.

A treasure to own . . . also a distinctive and memorable gift . because you cannot find it in any store, no matter what price you willing to pay.

Comes engraved with your own script initial.

Only $2.98 plus 35¢ (for postage and handling). Satisfacti Guaranteed. When ordering, please print name and initial clear

ROYAL REGENCY, DEPT. RI-19
380 Madison Ave., N.Y., N.Y. 10017

Please rush the _____ teaspoon rings checked below, for which enclose $2.98 plus 35¢ postage & handling per ring.

CHECK RINGS DESIRED:

☐ Princess Grace (shown above) . . . Initial____
☐ Coronation . . . . . Initial____
☐ Queen Anne . . . Initial____
☐ Duchess of Kent . Initial____

Name_____
Address_____
City_____ State_____ Zip_____

NEED HELP GETTING UP?

Cushion-Lift® Chairs lift you slowly and safely to your feet and provide help comfort and independence for people afflicted with Arthritis, Rheumatism, Stroke or Parkinsonism.

Write for information.

ORTHO-KINETICS, INC.
Box 436-184
Waukesha, Wis. 53186 • Phone (414) 542-8847

Name _____ Address _____ City _____ State _____ Zip _____ Tel. _____

CROCKERY COOKERY
257 tested slow cooker recipes

Delicious food from your Crock-Pot® or other slow cooker. Rib-sticking stews, hearty soups, tasty meats, poultry and vegetable dishes to whet your family's appetites. Elegant gourmet dishes include Teriyaki Steak, Stuffed Turkey Breasts, Chicken Marengo, Gourmet Leg of Lamb, Burgundy Duckling, Flank Steak in Mushroom Sauce, and Rhineland Sweet-Sour Cabbage. Hot appetizers and beverages. Includes breads, cakes and puddings! $4.95 paperback, $6.95 hardback. Add 50c shipping. Satisfaction guaranteed! **H. P. Books,** Box 5367, Dept. BH-25 Tucson, AZ 85703. 4058 N. 14th Ave.

NOW - NEW BORDERLESS
24 COLOR WALLET PHOTOS ONLY $2.00

FREE One photo in plastic

SPECIAL! 36 Black & White only $1.00

Beautiful silk-textured & smudge-proof. Send Polaroid color print or photo (up to 5" x 7"), neg. or slide. Original returned unharmed. GUARANTEED! Add 45c for shipping. ROXANNE STUDIOS, Box 1012, L.I.C., N.Y. 11101 Dept BH-5

MARKET PLACE
For ad rates write Classified 100 E. Ohio Chicago

HANDICRAFTS

★ **GLASS BLOWING KITS** and Supplies—Free Literature. Willis Glass, Box 3460, Anaheim, California 92803.

NURSERY STOCK & SEEDS

★ **SWEET ONION PLANTS.** 600 assorted sweet onion plants with free planting guide $6.00 postpaid. Tonco, Farmersville, Texas 75031.

STAMP COLLECTING

"EXOTIC SET"—10c with Approvals. Gorliz, Box 76457BHC, Atlanta, Georgia 30328.

★ **315 WORLDWIDE STAMPS-25c.** Others included on approval. JGS-9, Inc., Box 525, Merrifield, Virginia 22116.

OF INTEREST TO ALL

★ **COATS OF ARMS:** 500,000 names, 32 countries. Free Catalog. The Ship's Chandler, Wilmington, Vermont 05363.

★ **SAVE FUEL—SAVE MONEY!** Practical, proven methods for reducing oil, gas, electricity usage in homes, apartments. Send for: "Energy Savings for Buildings"—$2.50 Postpaid. Energy Resources, Box 2662, Denver, Colorado 80201.

OF INTEREST TO WOMEN

HOMEWORKERS! TO $125.00 WEEKLY addressing for firms. Begin immediately! Information—stamped, addressed envelope. FHP, 39-T2K2, Brooklyn 11235.

$800 MONTHLY POSSIBLE addressing-stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, MO. 64024.

★ **HOMEWORKERS NEEDED** painting Novelties. Roland, Box 56, Hammonton, N.J. 08037.

$300 WEEKLY POSSIBLE—stuffing envelopes. Start immediately! Details $1 refundable. Royal-B6, Box 36643, Los Angeles 90036.

BUSINESS OPPORTUNITIES

BECOME OUR MAIL ORDER DISTRIBUTOR with $150 Investment. Free brochure. Audit Controls, 330 Brookside Ave., Fair Lawn, N.J. 07410.

★ **$250/THOUSAND, STUFFING ENVELOPES.** Free Supplies. Rush Stamped Addressed Envelope. Tri-Mac, Box 34255-GR, Clermont, Ind. 46234.

SPARETIME—MONEY MAKING OPPORTUNITIES

★ **HOW TO MAKE MONEY** Writing Short Paragraphs. Information Free. Barrett, Dept. C-59-X, 6216 N. Clark, Chicago, Ill. 60660.

IMMEDIATE EARNINGS STUFFING ENVELOPES. Beginner's Kit, $1.00 (refundable). Verco, 863 Arcturus Circle, Foster City, CA 94404.

★ **HOW TO MAKE MONEY** Addressing. Mailing Envelopes. Offer details 10c. Lindbloom Supplies, 3636 Peterson, Chicago 60659.

STUFF ENVELOPES. $25.00 Hundred. Immediate Earnings. Send stamped addressed envelope. United, Box 492-C, San Diego, CA 92112.

★ **STUFF-MAIL ENVELOPES.** $250.00+ per thousand profit possible!! Offer details: stamped envelope. Kings, B-37K-BH2. Jamaica 11422.

SLEEP LEARNING

LEARN WHILE ASLEEP! Strange catalog free! Autosuggestion. Box 24-BH, Olympia, Wash.

CLASSIFIED'S GUARANTEE

CLASSIFIED guarantees refund of any initial money sent in direct response to the above ads. B-2.

GET RID OF UNWANTED HAIR

Amazing Lemos Permagon destroys hair roots instantly—one by one—without pain. No wire connections. Uses tiny batteries (included). Same electrolysis system experts use to remove hair permanently from face, arms, legs and body.

LEMOS PERMAGON $9.98 + 50¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-25
585 Market St., San Francisco, Calif. 94105

PUT SHELVES IN YOUR SHOWER!

SHOWER CADDY

Put shelves on your shower without any special installation. This rust-proof chrome-plated metal shower caddy simply snaps onto neck of shower nozzle. Held in place by rubber grips at top and a suction cup at bottom. A shelf for bottles; a place for soap and a hook. 17" x 5'. $3.95 plus 45¢ post.

WEST-BERG ENTERPRISES, LTD.
Dept. 502-C, 2842 E. Serendipity Circle
Colorado Springs, CO 80917

MAGIC MUSHROOM KIT

Add the magic of mushrooms to your cooking. A gourmet touch! Grow your own and save dollars, enjoy the fresh hand-picked taste. No planting needed, just water the box and watch them grow. First crop is ready in about 30 days, and you get a repeat crop every six weeks. You'll love the delightful taste treats you can make with fresh mushrooms.

$4.98 plus 75¢ hdlg.

HOLIDAY GIFTS
Dept. 402-V, Wheat Ridge, Colorado 80033

I WANT EVERY READER of this Paper to have my big red EARLIANA TOMATO

"KING OF THE EARLIES" Big solid, scarlet fruit, disease resistant, heavy yielder. Ideal for table or canning. Send 15c for big packet or 25c for 2 packets and Seed and Nursery Catalog. **FREE**

R. H. SHUMWAY SEEDSMAN
Dept. 308 ROCKFORD, ILL. 61101

CHAIR CANING KITS

Now any one can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit. Tools, natural Cane & "easy-to-follow" instructions postpaid for only $4.00. Extra cane $2.00 per chair-lot. Illinois residents, please add 5% sales tax. Available only from

NEWELL WORKSHOP
Dept. S-3, 128 Drawer
HINSDALE, ILLINOIS 60521

Soft sandal

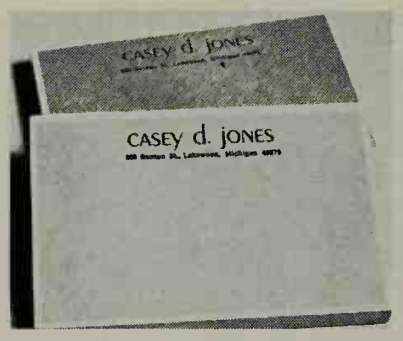
Of soft leather with crepe soles, ¾" arch wedge and adjustable straps to assure a perfect fit (in any width). 4 thru 12, no ½ sizes over 10, in medium width only. In bone, white or dark brown. Style "Pamela" $11.95 + 90¢ post. Sizes over 10, $1 extra. Sofwear Shoes, Dept. BH-2, 1711 Main, Houston, Texas 77002.

Commuter coffee cup

When you're being driven someplace, you'll enjoy having a coffee break right in the car! Don't waste time stopping; commuting mug has a spillproof cover with an opening for sipping. Fits into an outer cup that adheres to the dashboard. 3¾" high. $3.25 ppd. 2/$6. Bruce Bolind, Dept. BH-2, Boulder, CO 80302.

Take a soothe-a-bath

Bathe away tension fast, enjoy pure relaxation with your head and shoulders cradled on a heavenly cushion of air . . . Soothe-A-Bath Pillow. 16" x 20"; 4 suction cups hold it in place; wet-proof to keep hair dry. Gold fleur-de-lis pattern on white or pink. $4.98 ppd. Better Sleep, Dept. BH-1, New Providence, NJ 07974.

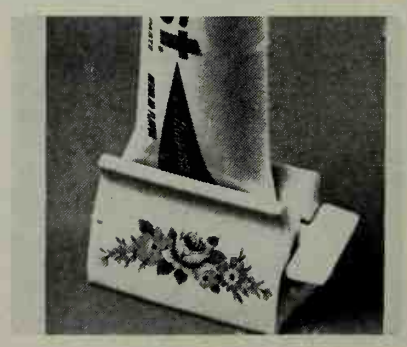


Post cards

Striking soft grey cards with a light border. Imprinted with your name and address on two lines. Choice of black, red or green ink. Size 6" x 4". Pad of 100/$5.95 + 35¢ post. Specify color of ink, print name & address clearly. Order From West-Berg Ent., Dept. BH-2, Box 4749, Colorado Springs, CO 80903.

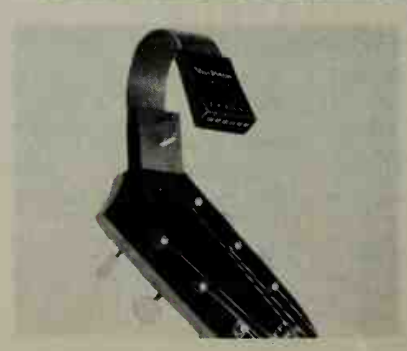
Remove fuzz from sweaters

New scientifically designed D-Fuzz-It removes matting, pilling in seconds. A comb that restores a new look with a few strokes on knits, cashmere, wools and orlon. Brush away all unsightly balling etc. $1.49 + 20¢ post. Order from Anthony Enterprises, Dept. BHG25, 585 Market, San Francisco, CA 94105.



Don't squeeze toothpaste

Simply slip your tube of toothpaste (holds any size) into the slot of this pretty floral porcelain dispenser and turn key. Tube is automatically rolled as the required toothpaste is used. 2" W, order one for each bathroom. $3.50 ea., 2/$6.50 + 45¢ post. Ferry House, Dept. BHE, Briarcliff Manor, N.Y. 10510.

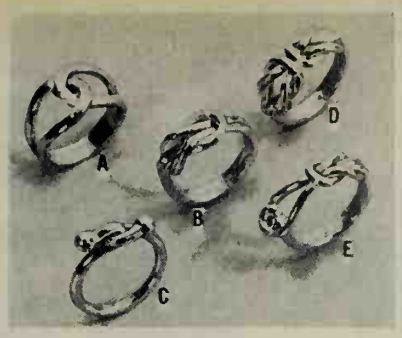


Tune your guitar

Like a professional with this new invention. Ideal for beginner or accomplished guitarist. Six precision tuned reeds clamp onto guitar; then adjust strings. When proper pitch is reached corresponding reed vibrates. $5.95 + 45¢ post. Ed Sale Guitar Co., Studio BH-2, Avon by the Sea, New Jersey 07717.

Love knot rings

A fashionable look for your fingers that you'll surely want to wear in multiples of 2, 3, 4 or 5. Available in heavy sterling silver at $5.00 each or in 14-kt. solid gold at $50 each. Send ring size (3 through 9) and specify style letter desired. Lions, Dept. 92BG, 665 Middle Neck Rd. Great Neck, New York 11023.

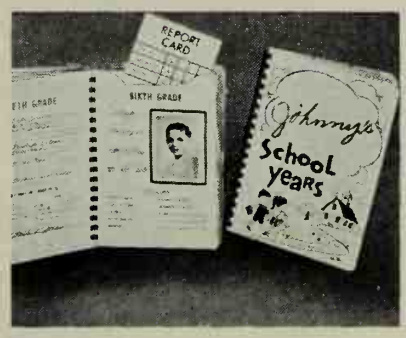


Oriental pillow

You'll enjoy stitching this handsome pillow, in vibrant yellow with pristine white & touches of green against a bittersweet background. Kit includes design on rayon and cotton fabric for a 14"x14" box pillow cover, crewel yarns, piping, zipper, directions. $6.95 + 50¢ post. The Stitchery, BHG2, Wellesley Hills, Mass 02181.

School years album

Ideal keepsake for your happy memories. Envelope-page holds clippings, report cards, photos, etc. from kindergarten thru 12th grade. Special health record page. Heavy cover, plastic rings, 6½"x9¼" Plain sch. yrs. $1.29; personalized $1.59 + 35¢ post. Holiday Gifts, Dept. 402-P, Wheat Ridge, CO 80033.

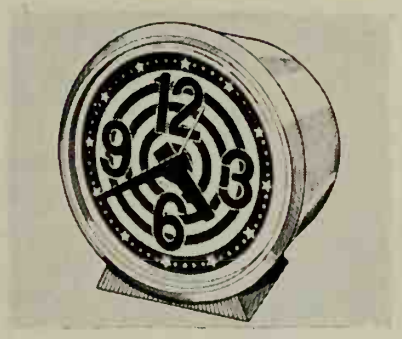


Banjo bonanza

A collection of 30 top hit songs played by America's leading banjo artists. Includes: *Dueling Banjos, Raindrops Keep Falling On My Head, Those Were The Days* etc. 2-record stereo album, $4.95 + 25¢; 8-track stereo tape $6.95 + 25¢ post. TV Music, Inc., Dept. BB-47, 380 Madison Ave., New York, NY 10017.

Wake up to living color

"Banner" Keywound Alarm Clock by Westclox makes reveille almost fun. Bright, bold design in red, white and blue with matching hands. One key winds time & alarm. 4" high. A super gift. $2.99 + 50¢ post. (IL res. add 5% tax.) Color catalog 25¢. Clocks 'N Stuff, Inc., Dept. A-32, 315 Fifth St., Peru, Illinois 61354.



Handy bedspread caddy

For easier bed-making, no folding heavy spreads, pull hidden caddy from between spring & mattress; lay spread back. Legs swing into position. Ideal for low or no footboards. King, queen, or double beds need two. $7.83 ea.; 2/$14.83 + 90¢ post. Garrett's, Dept. BHG-2, Box 12274, Dallas, TX 75225.

Handsome shoe

Made of super soft urethane with cushioned insoles, 1½" rope covered heels, and crepe soles. Very lightweight with adjustable sling straps. Sizes 4-12 in N, M, W, beige, navy, white or brown. Order "Jackie" $12.95 + 90¢ post. Sizes over 10, $1 extra. Sofwear Shoes, Dept. BH2, 1711 Main, Houston, Texas 77002.

Skiing Fever Sale!

on name markers for mailboxes, lamp posts & lawns

order before February 28th
save $2.00

order before March 31st
save $1.00

we ship in 48 hours/satisfaction guaranteed or your money back

Spear **DAY-n-NIGHT** MARKERS

LAMP POST & WALL MARKERS

STYLE BR $6.95

STYLE EB $8.95

STYLE NB $9.95

STYLE OB $11.95

MAILBOX MARKERS
(FIT ANY MAILBOX)

STYLE M $5.95

STYLE MF $6.95

STYLE EM $7.95

STYLE NM $8.95

STYLE OM $9.95

STYLE NOM $12.95

LAWN & HANGING MARKERS

STYLE EL $8.95

STYLE NL $9.95

STYLE HR $5.95

STYLE NH $8.95

Along about this time of the year, a lot of people get skiing fever, so we're having a skiing fever sale! Here's how it works. If you order before February 28, deduct $2.00 per marker. Or, if you prefer, go skiing for a while and order before March 31 and deduct $1.00 per marker. If you hurry you'll save more, but either way, you save money!

Spear name markers are a thoughtful personalized gift for anniversaries, housewarmings, and many other occasions. Order today!

- Same wording both sides. Any wording you want up to 17 letters & numbers on long (18") plate 6 on short (7") plate.
- Black baked enamel coated aluminum plates with embossed white reflector beaded letters.
- Solid rustproof aluminum plates, scrolls and frames.
- Easy to install. Exceeds U.S. Postal Regulations for mailbox identification.

THE SOONER YOU ORDER – THE MORE YOU'LL SAVE!
48-hour shipment — satisfaction guaranteed or your money back.

If you wish to use your charge card, please fill out appropriate boxes below:

☐ master charge ☐ BANKAMERICARD ☐

Expiration Date Month/Year
Master Charge Interbank No.
Credit Card No.

SINCE 1949 SATISFACTION GUARANTEED OR YOUR MONEY BACK
WE SHIP IN 48 HOURS

Spear ENGINEERING COMPANY
4948 Spear Building, Colorado Springs, Colo. 80933

STYLE →		ANY WORDING YOU WANT

PRICE $

ADD POSTAGE & HANDLING
REGULAR .95
FASTEST $1.65

LESS $1.00 or $2.00 see *

TOTAL

ORDERED BY _____
ADDRESS _____
CITY, STATE, ZIP _____

*IMPORTANT—Deduct $2.00 from price shown if postmarked before Feb. 28, 1975; deduct $1.00 if order postmarked after Feb. 28, but before Mar. 31, 1975.

FUND-RAISING GROUPS & INDIVIDUALS—earn handsome profits. WRITE FOR DETAILS

The man next door®

A frequently heard winter comment is that motorists don't know how to drive on ice or snow. That's not true. They know how to do it just great, but the guy ahead of them doesn't.

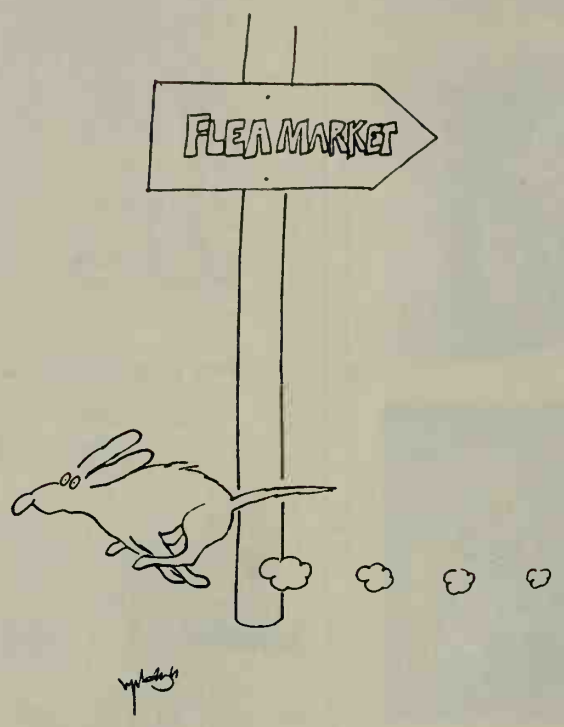
Bill Norman says that his main objection to inflation is that he always seems to be the inflatee.

Eleven-year-old Judy is fiercely involved in the feminist movement. She declares in advance she wouldn't let Kent Foreshaw carry her books home from school even if he should ever offer to.

Two good rules for keeping a friend is never to lend money or recommend a restaurant.

Rosemary is taking her semester exams at college and writes home that she hopes they are only final, not terminal.

Inspecting all the woks (I think that's it) given to the newly married Bud Funseths set my wife Christine to wondering whatever happened to all the waffle irons that people used to get.



I wouldn't mind going to the supermarket if Chris would give me a hint as to whether some of those brand name products she has on her list are detergents, drain cleaners, or breakfast cereals.

"Good morning! Today is the first day of the rest of your life sentence."

Uncle Dodd Buckner says that in his long life he has neither opposed nor encouraged progress, merely survived it.

The poet asks if spring can be far behind, and in our climate the answer is, "You better believe it."

You still hear the expression, "The greatest thing since sliced bread," even from people under 40 who must wonder what other kind there ever was.

Andy Otis, our commissioner of public works, appreciates the importance of concerned citizens, except that the ones who are the most concerned about getting the streets repaired are also the most vocal about the resultant detours.

Isabel Norman, carrying an armload of packages, announces it is better to buy at today's unthinkable prices than to wait until they become unimaginable.

My son, Burt, is deeply disappointed in our family, especially me. He has been watching television shows and doing some reading. As a result he realizes that the road to fame is to keep a notebook and jot down things that happen around the old homeplace and, presto, he'll be a famous writer.

There are obviously two helpful types of family to have. One is the warm, gentle kind, where everybody is supportive and nobody gets mad. There is wonderful Dad, compassionate Mom, and loving (if funny) siblings.

The other is the family in which Dad comes home drunk every night after having spent his paycheck on the horses, Mom is acid-tongued and slatternly, and the children are in continuous competitive turmoil.

Burt, Jr., says we have failed him miserably, because we don't quite fit into either category. I kind of like to think that we come closer to the first one, but then I am neither a famous writer nor an objective observer.

The point is that he had about a dollar invested in notebooks that were still empty.

"Don't you want me to be a great author?" he asks, and I agree that it would be a fine idea.

"Then," he demands, "couldn't you all be either sweeter or rottener?"

I tell him that a great writer works with the material he has at hand and does the best he can.

What worries me is that he's now scribbling very industriously every evening.

Burton Hillis

CIRCULATION 8,000,000
March 1975 • 75¢

Better Homes Gardens®

INSTALLMENT DECORATING: FURNISHING A ROOM IN EASY STAGES

7 FANCY CAKES THAT TASTE AS GOOD AS THEY LOOK

MORE HELP IN GETTING THE KIND OF HOUSE YOUR FAMILY REALLY WANTS

BEGINNING A NEW SERIES ON DO-IT-YOURSELF REMODELING

NURSERY SCHOOL CO-OP: A DESIGN TO DELIGHT SMALL FRY

KITE FLYING: AFFORDABLE FUN FOR ALL THE FAMILY

BURLINGAME
FEB 28 1975
LIBRARY

Let the sunshine in! Armstrong Solarian.®

The sunny floor that shines without waxing.

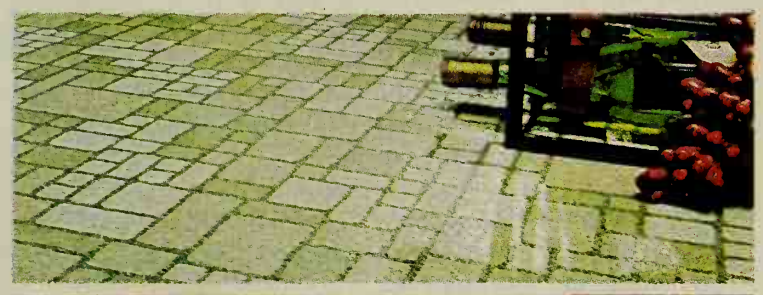
What a way to sunbrighten your day! And Garden Court, shown here, is just one of the sunny Solarian patterns. What makes them shine so bright? Solarian is born to shine. It has a special Mirabond® wear surface, so it keeps its shine far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines: just sponge-mop with a detergent and rinse thoroughly. Even black heel marks will come up easier.

Where foot traffic is heaviest, you may eventually see a reduction in gloss. So, if you need it, your Armstrong retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine the way you like it.

Armstrong floor fashion center

You'll find your nearest Armstrong retailer in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® retailers, offering a complete selection of Armstrong floors, color-coordination assistance, and professional installation. Look for this sign.

Below are two more of the many Armstrong patterns with our "shines-without-waxing" wear surface . . . Colonial Classic and Sunstone. See them all at your retailer's store. Or use the coupon below to get complete color brochures and maintenance instructions.



Armstrong
7503 Elm Street
Lancaster, PA 17604

Please send me the booklet *How to Keep Your Armstrong Floor Looking Its Best* and color brochures of all the "sunny floors that shine without waxing."

NAME_____

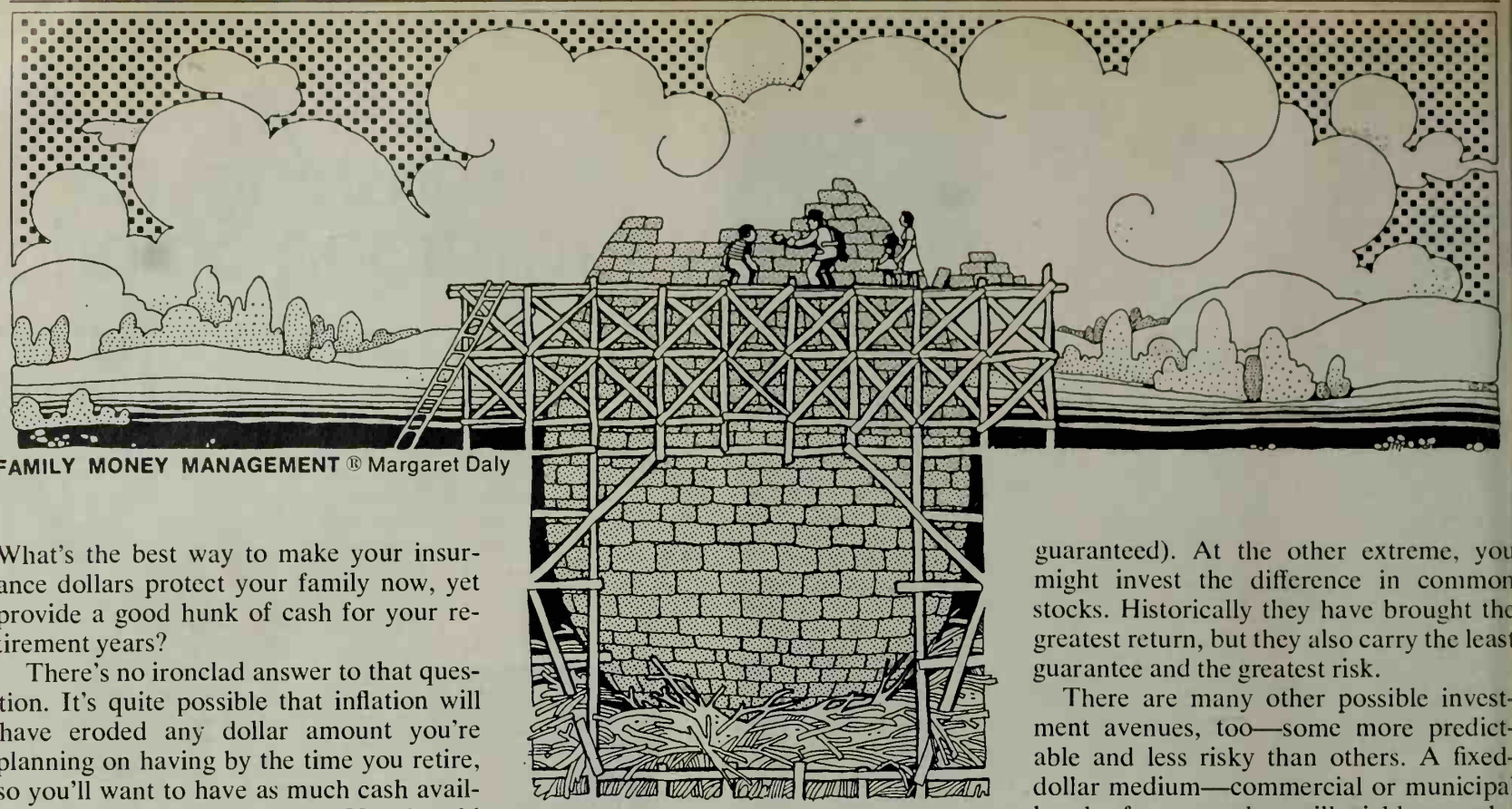
ADDRESS_____

CITY_____ STATE_____ ZIP_____

Armstrong

CREATORS OF THE INDOOR WORLD®

Certain floor designs copyrighted by Armstrong



FAMILY MONEY MANAGEMENT ® Margaret Daly

Life insurance: how it can help you build a nest egg

What's the best way to make your insurance dollars protect your family now, yet provide a good hunk of cash for your retirement years?

There's no ironclad answer to that question. It's quite possible that inflation will have eroded any dollar amount you're planning on having by the time you retire, so you'll want to have as much cash available at that time as you can. Yet the old truth generally holds: the greater your dollar goal, the more you must risk the dollars you invest.

What are your choices? Say you know how much insurance you want minimally for your family's protection. And you have determined a specific, minimum sum you can afford each year to cover your insurance and retirement fund needs.

You'll get lots of advice about how to allot your insurance nest egg dollars. Some people will tell you to use all the money to buy whole life insurance, because it builds up cash value that you are guaranteed to have when you retire. Other people will advise you to buy term insurance instead, and invest the rest to build up a retirement fund. (Term insurance creates no cash value, so it's less expensive, and you'll have money left over to invest elsewhere.)

With the term-plus-investment approach, you have several choices. You can take the difference and put it into a savings account, for example, where you probably can count on a fairly steady return (although precise interest rates aren't guaranteed). At the other extreme, you might invest the difference in common stocks. Historically they have brought the greatest return, but they also carry the least guarantee and the greatest risk.

There are many other possible investment avenues, too—some more predictable and less risky than others. A fixed-dollar medium—commercial or municipal bonds, for example—will yield a predetermined amount if held to maturity. U.S. savings bonds also offer a guaranteed return—currently six percent—if held to maturity. Mutual funds have a good track record over the years, despite their recent doldrums. Even government paper, like Treasury notes and bills, are a possibility, although they may take more cash for each purchase.

To keep things simple, we'll look at just three possibilities (in the table below) for your combined insurance and retirement nest egg needs: 1. Whole life insurance, 2. Term insurance plus savings, and 3. Term insurance plus common stocks. Then you can take these principles of comparison and adapt them to other possibilities.

continued on page 56

THREE WAYS TO COMBINE INSURANCE AND INVESTMENTS

If, at age 30, you start investing $1,200 a year this way, here's what happens in the next 35 years:	Guaranteed Results			Possible Results		
	Smiths Whole life insurance	**Browns** Term insurance + savings (5% interest)	**Greens** Term insurance + stocks (9% yield)	**Smiths** Whole life insurance	**Browns** Term insurance + savings (5% interest)	**Greens** Term insurance + stocks (9% yield)
Cash if man lives to age 65	**$35,000** (guaranteed cash value of the policy)	**$23,000** (savings deposits —no interest)	**0**	**$76,000** (guaranteed cash value + dividends)	**$62,000** (deposits + interest)	**$127,000** (investments + dividends + gains)
Estate if man dies at age 30½	**$60,000** (death benefit)	**$60,660** (death benefit + first bank deposit)	**$60,000** (death benefit)	**$60,000** (death benefit)	**$60,675** (death benefit + deposit + interest)	**$60,690** (death benefit + investment + dividends + gain*)
Estate if man dies at age 64½	**$60,000** (death benefit)	**$83,000** (death benefit + savings deposit)	**$60,000** (death benefit)	**$120,000** (death benefit + additional insurance bought with dividends)	**$122,000** (death benefit + savings + interest)	**$187,000** (death benefit + investments + dividends + gains)
Estate if man dies at age 65½ without new insurance	**$35,000** (guaranteed cash value of policy)	**$23,000** (savings deposits —no interest)	**0**	**$76,000** (guaranteed cash value + dividends)	**$62,000** (deposits + interest)	**$127,000** (investments + dividends + gains)

© Meredith Corporation, 1975. All rights reserved. Printed in U.S.A.

"Honey, where'd you hide my other sock?" That static cling season is here again. Better use Downy.

Now that cold weather's with us, so is static cling. Socks are hiding. Pants are twisting. Clothes are clinging like crazy.

But Downy helps stop static cling before it even starts. At the very same time Downy rinses in softness and April Freshness, it helps rinse *out* static cling.

Which is really a sensible way to keep clothes from clinging to each other. And clinging to your family.

And you thought Downy was only a fabric softener.

HARDEST TO JAM. EASIEST TO UNJAM. THE KITCHENAID STAINLESS STEEL DISPOSER.

It digests tough stuff like bones and corn husks that many other disposers can't handle. Because of the powerful KitchenAid ½-horsepower motor. Plus the heavy-duty KitchenAid grinding elements and 18 undercutters.

And if there should be a jam? The exclusive Wham Jam Breaker* makes short work even of stubborn jams with 120 jolts per second. At the touch of a button.

What's more, the disposer is warranted for 5 years. If it should fail due to manufacturing defects, it will be repaired at no charge during the first year; you'd be charged only for labor during the next four years.

Ask your KitchenAid dealer for a demonstration of the KitchenAid stainless steel disposers. Check the Yellow Pages under "Dishwashers." Or send us the coupon.

*Patent Pending.

KitchenAid®
Built better. Not cheaper.

KitchenAid Division, Dept. 5GC-3
Hobart Corporation
Troy, Ohio 45374

Tell me about your stainless steel disposers.

Name_____

Address_____

City_____

County_____

State_____

Zip_____

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — MARCH, 1975; VOL. 53, NO. 3

FAMILY MONEY MANAGEMENT
2 Life insurance: how it can help you build a nest egg

FOOD
58 He cooks: stuffed mushrooms parmigiana
76 Step by step to spectacular cakes
87 Prize tested recipes
Fruit breads/Start with sauce mix
92 Win money for your recipes

EQUIPMENT
55 A busy person's guide to cleaning house
68 The unplastic kitchen

BUILDING
42 How to get the house you want
Planning your own and building it too
44 Moving into a good new development
46 Buying a shell and finishing the interior
48 The ups and downs of stud walls

CARS IN YOUR FAMILY
6 Where to go for auto service

PETS
16 How to shop for a horse

FAMILY HEALTH
24 Summer camps for handicapped kids

CRAFTS
82 March sewing special: denim does it!
70 Kite flying: affordable fun for all the family

FAMILY GROOMING
32 How to have the hair you want

DECORATING
29 Upholstery how-to: basics for beginners
60 Installment decorating: furnishing a room in stages

FAMILY TRAVEL
113 Springtime travel adventure in the Rockies

GARDEN
23 Speedy strawberries
72 Heritage roses: living links with the past

EDUCATION
66 Nursery school co-op: a design to delight small fry

NEWS AND SHOPPING
50 Good news
90 How to order material from the magazine
124 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 93

Cover photograph: Marjorie Nichols Hufnagel

CUSTOMER SERVICE: For service on your magazine subscription or book club membership, write Customer Service Director Michael K. Curtis, 1716 Locust Street, Des Moines, Iowa 50336.

Editor JAMES A. AUTRY
Managing Editor MYLES CALLUM Art Director BILL YATES
Administrative Editor DUANE L. GREGG Editor-at-Large GEORGE BUSH

Foods and Equipment Editor DORIS EBY
Kitchens, Appliances, Home Management Editor JOAN McCLOSKEY *Senior Associate Food Editor* NANCY BYAL
Associate Food Editors SALLY P. TORPEY NANCY HOPKINS

Building and Outdoor Living Editor NOEL SENEY
Garden Editor HAMILTON MASON *Associate Editor* BEVERLY GARRETT *Architectural Editor* STEPHEN MEAD
Remodeling and Home Maintenance Editor DAVID R. HAUPERT *Improvement Ideas Editor* RUSSELL O'HARRA

Interiors and Design Editor RICHARD W. JONES
Table Settings and Home Entertaining Editor ELIZABETH CRASTER *Home Furnishings Editor* SHIRLEY VAN ZANTE
Associate Designer ROBERT E. DITTMER *Projects Designer* DAVID ASHE
Associate Editor PAMELA WILSON CULLISON *Christmas Ideas Editor* MARGO GARRITY

Health and Family Life Editor GERALD KNOX
Money Management Editor MARGARET DALY *Leisure Products and Pets Editor* DOUGLAS M. LIDSTER

Travel and Transportation Editor GORDON GREER
Automotive Editor TONY SWAN *Regional Travel Editor* KATE KEATING

Crafts and 100's of Ideas Editor NANCY LINDEMEYER
Crafts Editor CIBA VAUGHAN *Associate Editor* REBECCA JOHNSTON

Special Interest Publications
Editor NEIL KUEHNL *Managing Editor* RICHARD W. ROYER *Associate Editor* ROBERT A. DICKELMAN

Copy Editor MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS *Editorial Research Associate* C. RAY DEATON

Associate Art Director GERALD PREATOR *Assistant Art Director* ERNEST SHELTON
Graphics Designers ROBERT C. FURSTENAU JOHN CASWELL BRYAN E. McCAY *Art Production Manager* RAY WOODS

New York—Eastern Editor MARGARET McMAHON *Senior Design Editor—East* CAROL BASSIN HELMS
Associate Editor LESLIE COLCORD *Shopping Editor* ANN LIVELY
Los Angeles—Senior Associate Editor, Western States ELIZABETH GILRAIN *Chicago—Contributing Editor* JESSIE WALKER

Test Kitchen Director MARION VIALL *Reader Service Director* TERRY WADLE *Photo Studio Manager* LUE CALKINS
Properties and Location Manager JIM HIRSHEIMER

PRESIDENT/PUBLISHING GROUP AND MAGAZINE DIVISION GENERAL MANAGER **WAYNE A. MILLER**
Division Vice-Presidents Group Publishing Director JACK D. REHM FRED STINES
Editorial Director JAMES A. AUTRY
Operations Director JAMES R. NARBER Controller ROBERT E. GERHARDT

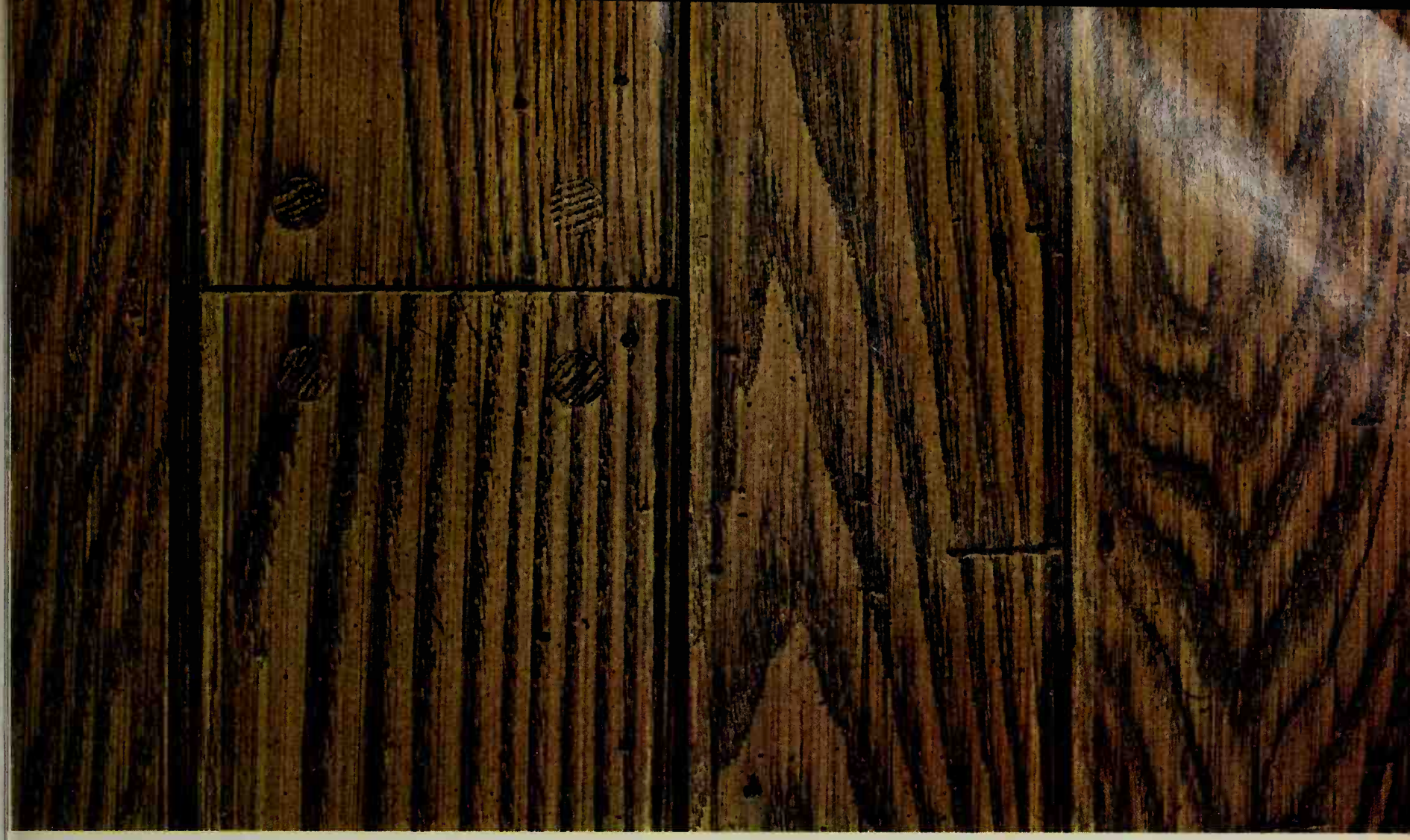
Publisher MORTON BAILEY JR. Advertising Director J. WESLEY SILK

CORPORATE OFFICERS **Chairman and Chief Executive Officer E. T. MEREDITH III President ROBERT A. BURNETT**
Senior Vice-President H. Y. ENGELDINGER
Group Presidents WAYNE A. MILLER, Publishing JOHN GREGG, Printing JAMES CONLEY, Broadcasting
Vice-Presidents FRANK FURBUSH DONALD L. ARNOLD JACK BARLASS WALTER VOSS JAMES A. RIGGS
Vice-President, Finance and Treasurer WILLIAM H. STRAW Controller Wm. DEAN ANKRUM
Vice-President, General Counsel, and Secretary GERALD D. THORNTON Assistant Secretary THOMAS G. FISHER

Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

Subscription Inquiries and Changes of Address: Write to Subscription Information Dept. Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336 and be sure to enclose an address label from a recent copy. Please give us five weeks notice prior to your change of address. **Subscription Prices:** $6 per year to the United States and its possessions. Canada, add $2 per year. Other countries, add $4 per year.

© Meredith Corporation, 1975. All rights reserved. Printed in U.S.A.



Earthwood

At last! A hardboard paneling that goes nature one better.

Forester.™

Driftwood Honeywood

Early American or Modern, you want the natural look for your home. Solid natural wood paneling is expensive, and not always practical. But now you have a choice.

New Forester hardboard paneling from Masonite Corporation offers the natural look of solid wood in a practical hardboard paneling at a price you can afford.

Forester's nearly endless variations in grain and texture give it the look of wood paneling. The texture even goes into the grooves.

But Forester goes nature one better. The colors—Earthwood, Driftwood, Honeywood—are consistent from panel to panel.

And Forester is easier to install. It's washable and resistant to peeling, splintering and cracking.

We've combined all the natural beauty of the forest with all the practical beauty of Masonite brand hardboard paneling. We thought it was about time somebody did.

See Forester today at a nearby Masonite dealer. You'll find him in the Yellow Pages under "Paneling." Or write Masonite Corporation, Dept. BHG-3: Box 777, Chicago, Illinois 60690.

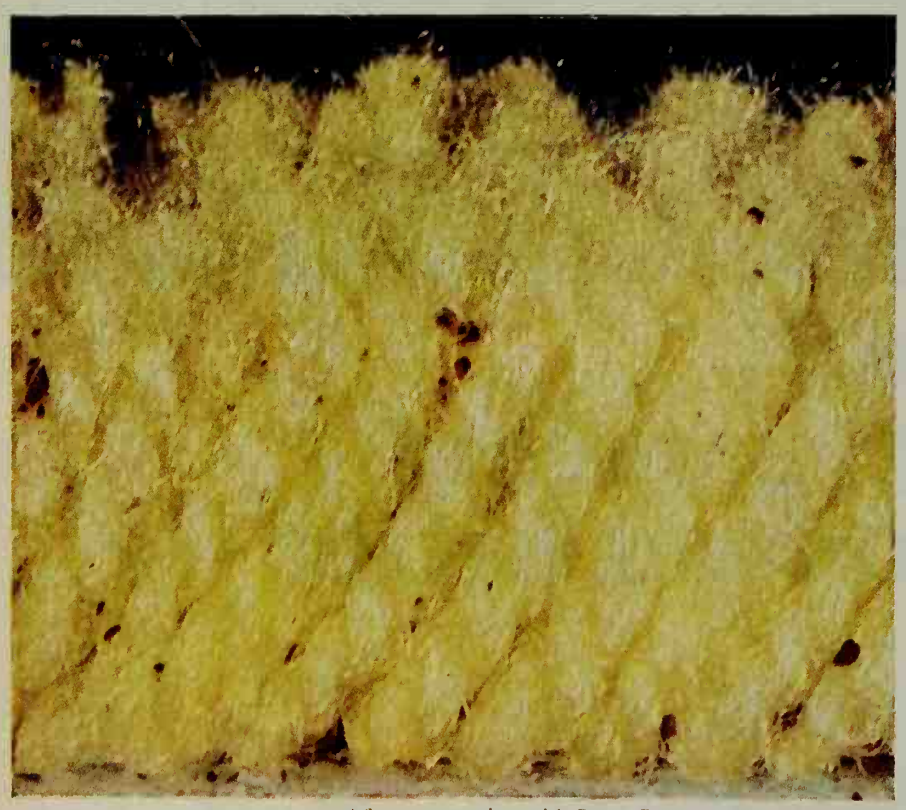
The extraordinary difference.

Masonite is a registered trademark of Masonite Corp.

Man-made finishes on real Masonite Brand hardboard

MASONITE CORPORATION

After vacuuming with Sears regular rug attachment.*



After vacuuming with Sears Powermate attachment.*
(Actual unretouched photographs)

The most powerful Powermate vacuum Sears ever sold.

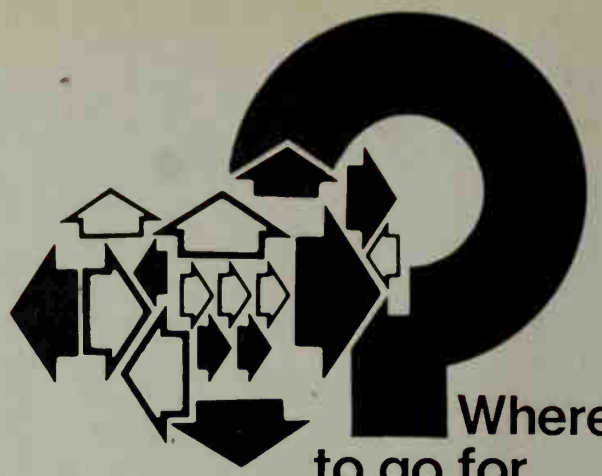
This Powermate® has a bigger cleaning area than ever; gives you more cleaning action than any Powermate Sears ever sold before. Adjusts to the deepest shag with a touch of your toe. Built-in edge tool even gets dirt in the corners. See the Kenmore Powermate at most Sears, Roebuck and Co. stores.

Also in the catalog. Model No. 2499.

*These Powermate results witnessed by Good Housekeeping Institute

Sears

CARS Tony Swan



Where to go for auto service

Do you, like most Americans, live in or near a metropolitan area? Then chances are there are two dozen service stations, a half-dozen independent garages, a like number of specialty repair shops, a dealership service facility, one or more mass merchandising centers, and a diagnostic center or two, all within a few miles of your home—all vying for your auto service dollars.

Just as you wouldn't take a child with measles to an optometrist, you shouldn't take your ailing car to just any service practitioner. Each facility offers unique services, and the ideal solution to car service problems is to have a good family car doctor and some awareness of the specialists available. First of all, you must have a basic understanding of how each practitioner operates —what he can and can't do for your car.

Independent garagemen are the general practitioners of autodom. The owner usually is chief mechanic as well, in a business that averages four people. Customer contact is the independent garageman's stock-in-trade. Since he can't afford advertising, he must build a clientele of repeat customers. That means you, as customer, can get to know the man who actually will do the maintenance and repairs. You can explain your car's symptoms in detail and ask questions about the garage operation or the general care of your car.

The maintenance or repair bill in an independent garage is usually lower than in most other non-specialty shops. This is true both because the owner's overhead is lower and because he must be competitive with grandiose operations that have the edge on him with advertising.

On the negative side, independent garages can't afford to pay their employees as much as larger facilities, so these shops have a difficult time holding onto highly experienced mechanics. Also, smaller garages often lack the really sophisticated diagnostic equipment of larger operators, which often is a handicap when working on the more complicated, newer model cars.

Service stations also can provide personalized service at moderate prices. But pumping gasoline and selling oil is the primary business of the corner station, which relegates mechanical work to sideline status. Most of the work done is minor in nature—things like oil changes, lubrication, tire repair or rotation, and brake adjustments. Because of their conveniently long hours, service stations provide flexible service, which accounts for their doing nearly 30 percent of all routine auto maintenance work in the U.S.

Major diagnosis and repairs are best handled elsewhere. The service station doesn't have the equipment for complex jobs. And since so few major repairs are attempted at stations, the mechanics don't see enough of any one problem to become versed in handling it. Also, the service station is noted in the industry as the starting point for aspiring mechanics. The same teen-agers who have difficulty trying to find the filler tube to pump gas are given their first crack at repairs on your car.

Like independent garagemen, neighborhood station operators must depend on customer satisfaction to stay in business, so they are anxious to build a steady clientele. This is not true of service stations set up on superhighways along well-traveled tourist routes. Such stations see a customer but once, which makes their suggestions for suddenly needed repairs immediately suspect. In fact, much of the gouging that gives the auto service industry such a bad reputation is perpetrated in these wayside stations. Having all needed repairs completed before setting out on a holiday drive will help you avoid these traps.

continued

For special tuna dishes, start fresh with Real Mayonnaise.

Thank goodness for BEST FOODS.®

FAMILY FOOD IDEAS

TUNA TACOS

BEST FOODS makes this hearty filling delicious.

- 2 cans (7 oz each) tuna, drained and flaked
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/4 cup minced onion
- 1 package (5 oz) taco shells
- 2 cups coarsely shredded cheese (8 oz)
- 2 cups finely shredded lettuce
- 1 1/2 cups chopped drained tomato

Stir together first three ingredients. Set aside. Arrange taco shells upright in 13 x 9 x 2-inch baking pan. Sprinkle about 2 rounded tablespoons cheese in bottom of each shell. Heat in 350°F oven 5 minutes or until cheese is melted. Remove from oven. Spread about 2 tablespoons tuna mixture on top of cheese. Sprinkle with lettuce and tomato. Serves 6.

BAKED TUNA AND NOODLES

It takes BEST FOODS to make a supper this easy.

- 1 tablespoon NUCOA® Margarine
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- 1 can (4 oz) mushrooms, drained or 8 oz fresh mushrooms, sliced
- 2 cans (7 oz each) tuna, drained and flaked
- 1 medium tomato, peeled, chopped and drained
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup BEST FOODS Real Mayonnaise
- 1 package (8 oz) noodles, cooked
- 1/2 cup coarsely shredded Cheddar cheese

In small skillet, melt margarine over medium heat. Saute onion, green pepper and mushrooms stirring frequently, until tender, about 5 minutes. Stir together with next 6 ingredients. Add noodles, mixing well. Turn into greased 2-quart casserole. Top with cheese. Bake uncovered in 400°F oven 20 minutes or until heated and cheese is melted. Serves 6.

TUNA BURGERS

Whole-egg BEST FOODS helps hold the patties together.

- 2 cans (7 oz each) tuna, drained and flaked
- 1/2 cup finely chopped celery
- 1/3 cup BEST FOODS Real Mayonnaise
- 2 tablespoons minced onion
- 2 tablespoons chili sauce
- 1 teaspoon lemon juice
- 1/4 cup seasoned fine dry bread crumbs
- 2 tablespoons MAZOLA® Corn Oil
- 4 rolls, split lengthwise
- Cole slaw

Stir together first 6 ingredients; shape mixture into 4 patties. Coat with bread crumbs. In skillet heat corn oil over medium heat. Add patties and fry about 5 minutes, turning to brown both sides. Serve on rolls with your favorite cole slaw. Serves 4.

Best Foods, a Division of CPC International Inc. CPC International

BRING OUT THE BEST FOODS AND BRING OUT THE BEST

Kohler

There are products designed to wear out. And there is that which endures. Kohler enameled cast iron endures. Beautifully.

A Kohler enameled cast iron tub remains beautiful to look at. Stays rich and radiant this year, next year, and for many years to come.

There's good reason. Cast iron tubs have a strength, depth of color, vividness, and lustre that other materials cannot match. Cannot retain. (The stain and acid resistant enamel on a Kohler tub is five times thicker than on a steel tub.)

It's the quality you feel everytime you bathe. It's the solid warmth, the color, the quiet security, the comfort. It's not something you have to be told. It's something you feel.

Kohler cast iron tubs come in a wide variety of shapes and sizes. And Kohler offers an unmatched selection of colors, including Black Black, the bold accents, and original deep tones ... 13 in all. We offer slip resistant bottoms and safety grip rails.

(C)

(B)

(A)

endurables

And consider this.

They're a better value. The Kohler cast iron tub you install today will serve you beautifully long after your furniture and appliances have been replaced.

There's a Kohler cast iron tub for every building and remodeling plan. Don't settle for less.

There's no better value than a Kohler enameled cast iron tub—ask your plumber, builder or architect.

(A) Sunflower Steeping Bath, 20-in. deep, with special comfort and safety features. In 13 colors, plus white.

(B) The 16-in. Mendota . . . has slip-resistant bottom. Shown in Mexican Sand.

(C) The Caribbean—6-ft. long, 3-ft. wide. Has Safeguard, grip rails. Shown in New Orleans Blue.

(D) The Guardian—for extra safety. Shown in Pink Champagne.

(E) The Birthday Bath in Antique Red. Ball and claw feet in gold electroplate.

(F) The Villager for economical comfort. Shown in Harvest Gold.

(D)

(E)

(F)

THE BOLD LOOK OF KOHLER

For more great bathroom ideas, send 25¢ to Box AC, Kohler Co., Kohler, Wis. 53044. Kohler plumbing products available in Canada.

CONSUMER CHECK✓OUT™

BY AMY WHITE

A lost pet. An anguished, heartbroken child. It's the kind of tragedy any parent wants to avoid. That's why Sergeant's®, the pet care people, have come up with a way to care for your pet if it does get lost. So that it can be found! Sergeant's new **PET TRACER™**, an identification tag for pets that really helps protect against loss. The chrome-plated stainless steel tag is personalized by being engraved with your pet's name, your name and telephone number, and comes with a fastener for attaching to your pet's collar. If it saves your child from one teardrop, **Sergeant's PET TRACER** is more than worth its price.

In 1886 homemakers bought their first cake of Bon Ami. Today, **Bon Ami** Polishing Cleanser has the same fine qualities including the unique polishing agent feldspar. Other cleansers contain harsh, abrasive silica. Prove it to yourself. Sprinkle a small mound of cleanser on your sink. Rub your finger in it. Feels gritty, right? Do the same with **Bon Ami**. It's different, softer. That "grittiness" you felt, which many people think is normal in cleansers, is actually harmful to your sinks, tubs, appliances, cookware of porcelain, stainless steel and chrome. It scratches and dulls surfaces. Rival, West Bend, Corning and other cookware and appliance makers recommend **Bon Ami** Polishing Cleanser to help maintain original newness. **If your grocer doesn't stock it, ask him to order it.**

Caulk the bath or kitchen yourself if your husband's busy. It's easy with **KWIK-SEAL®** Tub & Tile Caulk by **DAP®**. Just squeeze the tube to make neat, white, watertight seals around tub, sink and shower joints. **KWIK-SEAL** takes care of those unsightly cracks. Prevents moisture damage. Resists mildew. Stays flexible. And it's so versatile, too. You can use it to grout and point tile. Patch Styrofoam plastic items such as picnic coolers. Caulk around window and door frames to prevent heat loss. So keep a tube handy. **KWIK-SEAL** is just one of a hundred quality home care products from DAP — the name people know best in home fix-up. DAP Inc., Dayton, O. 45401.

continued

Auto service

Mass merchandisers, such as Sears, Montgomery Ward, and K-Mart, have established auto service centers at their larger retail stores. Their sales gimmick is the low-cost parts they can offer through high-volume buying. These parts are less expensive than those sold at dealerships or independent garages, but generally are of equally high quality.

Mass merchandisers, though, are high-volume oriented even in auto service. They thrive on jobs that most often need doing, such as minor tune-ups, shock changing, battery replacements, and on the most common cars, such as standard Chevys, Fords, and Plymouths. Like neighborhood service stations, mass merchandisers are thrown by major repairs or unique cars.

Franchised specialty shops have applied assembly-line reasoning to the auto repair business. They do a single job (usually mufflers, brakes, tires, or transmissions) so their employees can become adept and therefore faster at the task. Since facilities are geared to only one car function, the shops can buy parts in boxcar quantities for additional savings.

This specialization can mean substantial savings, but only if you're sure that you need the particular service. Specialty shop operators suffer from tunnel vision, and when you bring a car to them you can be fairly sure they'll diagnose the problem as the only thing they have a cure for.

And don't be snowed by a franchised name on the shop. Franchises are sold to anyone who has the cash and is willing to agree to buy all parts through the franchising company. Virtually no specialty franchiser polices individual shop practices or provides training for franchise holders and their mechanics, though in at least one case this is beginning to change.

Service departments at new car dealerships are specialty shops, in a sense. They specialize in a single company's products and are operated under a franchise, allowing them to use the company's name and to benefit from national advertising. Most of the dealer service departments are large, so specialization often is carried further with air conditioning, tune-up, brake, transmission, and even wheel alignment specialists.

Though the cost of repairs at a dealer service department is normally higher than at any other kind of facility, the overall quality of these operations is high, too. The best equipment is on hand, manned by the highest paid mechanics in the service industry. And a direct hookup with the parent company's supply network minimizes the problem of parts availability.

Unfortunately, this doesn't mean that you will always receive the best possible service, for the dealer service system has problems all its own. Most dealers consider car sales, not service, as their main line. The service area is required by franchise to provide warranty work on new cars, and many dealers view service as a bothersome necessity, and treat it accordingly. Some don't want your business, and the bankers' hours they schedule prove it. The result is a colossal variation in customer satisfaction from one dealership to the next.

But unlike specialty shop franchisers, the auto makers attempt to oversee dealer operations. Your complaint, sent to the district sales office (listed in the new car owner's manual) or to the Detroit headquarters, will, almost always, elicit a response. This is a real advantage to the customer; when he deals with an independent garage, there is no one to complain to beyond the shopkeeper himself.

In most cases a customer's gripe will be satisfied through the joint cooperation of auto maker and dealer. But it must be noted that, except in the case of warranty work, the dealer doesn't have to go along with the manufacturer's advice. The dealer is an independent businessman, and the manufacturer who supplies his products has little direct coercive power. If there's a standoff between the dealer and the auto company, the customer loses. Fortunately, this situation occurs rather infrequently.

Auto diagnostic centers are the newest wrinkle in the auto service business. Originally they were to be the Mayo Clinics of the auto service world. You would take your car to a diagnostic center, and for a fee of from $30 to $50 the latest space-age equipment would be used for an examination. You would know precisely what was wrong, and right, with the car—from windshield wipers to differential. But no sooner had the idea been born than it was corrupted. Service shops of all kinds set a booth aside as a diagnostic center, charged for the diagnosis, then did the work they prescribed. It is as nonsensical as going to a barber to ask if you need a haircut—such diagnoses are hardly unbiased.

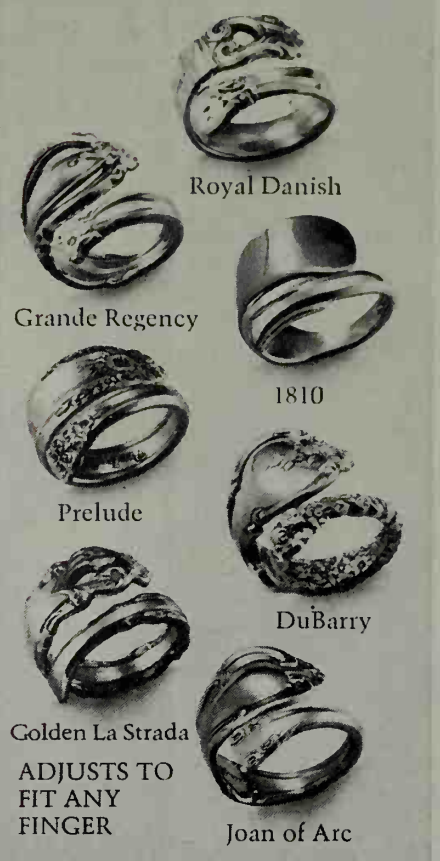
Diagnostic centers, however, are still a fine concept, and a few

continued

An inspired idea for today's fashionable hands

Stunning Spoonhandle Rings.

by International Silver



©1974 International

Here's a fabulous idea in finger fashions—sterling spoonhandle rings. Each is the exact replica, in miniature, of a spoon (without the bowl) in one of International Silver's best-loved silverware patterns.

In 7 styles, each just $11.95 (except La Strada, with edges electroplated in 24kt. gold for $14.95).

At fine stores or order direct.

FOR PHONE ORDERS, call 800-243-3755 toll-free (in Connecticut, call collect 235-5155) and give us your charge card number. TO ORDER BY MAIL, use this coupon.

American Archives, Dept. PA-45
122 Charles Street, P.O. Box 1776
Meriden, Connecticut 06450

Please send me, postpaid, the following sterling silver spoonhandle ring(s) @ $11.95 each (indicate quantity of each ordered):

___Royal Danish ___Grande Regency ___1810
___Prelude ___DuBarry ___Joan of Arc
___Golden La Strada ($14.95)

*Name*_____

*Address*_____

*City*_____

*State*_____ *Zip*_____

CHECK ONE:
☐ I enclose check or money order payable to American Archives.
☐ Charge my purchase to:
☐ Diners Club ☐ American Express
☐ Master Charge ☐ BankAmericard

Account #_____

Expire Date_____ Signature_____

Total amount enclosed or charged_____

No C.O.D.'s. Conn. residents add sales tax. Offer good in U.S.A. only, except where prohibited or restricted by law.

Congoleum

The most no-wax cushioned floors in your color. Like 38 in Brown.

You want color, comfort and easy maintenance in a new floor. Congoleum has all three. The most patterns in your color. The comfort of cushioning. The ease of a no-wax, Shinyl Vinyl® floor. In dramatic designs like this new *Highlight®*.* A no-wax, Shinyl Vinyl floor stays fresher looking longer, usually with just sponge mopping. In time, a re duction in gloss will occur on areas o heavier use. We recommend Congoleur Vinyl Dressing to provide a higher shine if preferred.

Find us in the Yellow Pages unde "Flooring". Come in soon for your colo

*Pattern #40001 shown.

continued

Auto service

pure specimens still exist. To evaluate them, the first question to ask is, "Do you perform repairs?" If so, the facility is a service shop, not a diagnostic service. The second question is, "Do you have a dynamometer?" This is an expensive piece of equipment used to simulate actual road conditions. The device can measure acceleration, braking, turning, cruising at highway speed and loading, such as trailer towing or hill climbing. It is the only machine that can instrumentally measure all of these critical car maneuvers.

Only you can decide which of the six kinds of service facilities serves your particular purpose best. And in looking at the facilities in your area, you'll discover that the six types presented here are far from absolute. There are, for example, service stations that do most of their business in repairs, and keep a boy outside on the pumps for side income. There are independent garages that employ a hundred men, and dealer service departments with few trained technicians.

Each operation must be evaluated on its own merits, but there are some guidelines worth remembering.

As a general rule, the closer you can get to the man who repairs the car, the better. Big operations—most often dealer service departments, mass merchandisers, and sometimes franchise shops—suffer from giantism. and the customer is lost underfoot. prime example here is the use- or misuse—of contact men. contact man is the fellow who greets the customer at the door jots down what is to be done on brief work order, then ushers the customer out of the building tucks him away in a waiting room. The contact man is a service salesman. He is not, as he appears, the shop's grand master mechanics. In fact, many are not mechanics at all and are therefore unqualified to diagnose problem. The all-important symptoms of the car's ailment seldom end up on the work order, so the mechanic has little indication what's wrong. It's as if your doctor scheduled brain surgery based on information received about you from an orderly.

There is no substitute for knowing the mechanics. Few of us want to mistrust everyone we do business with, and the best way to avoid such cynicism is to deal with the men who have earned your trust with their honesty and ability.

Of course, if you're new in town, or have never had work done on your car, you won't know any mechanics. In that situation, look for a shop whose employees have passed the voluntary certification tests given by the National Institute for Automotive Service Excellence (NIASE). An orange and blue plaque in the service area will tell you that certified mechanics are available. ■

I passed up reducing sessions and lost 77 pounds.

By Jerrie Wooley — as told to Ruth L. McCarthy

Hardly a sitting-pretty pose, but at 197 lbs. this was my best angle.

Some things you can afford in life, and others you can't. Me? I couldn't afford to get fatter than 197 pounds. Nor did I have the money for those group sessions where they talk you into reducing. But I was determined to lose weight.

I'd been overweight for as long as I could remember. Fact is, I used to think I'd been born with a lot of "fat cells". But the real reason was I couldn't walk away from my mother's cooking. So by the time I got to eighth grade, I weighed near 160 pounds.

My mother finally took me to a doctor and he gave me reducing pills. They helped me lose some, so I could graduate in a "skinny" dress. But shortly after graduation, I gave up the pills and started eating and gaining all over again.

Why, I even got married fat. Young, too. At the age of seventeen. My life from then on was one diet and reducing pill after another.

At 170 pounds, after my second child was born, I developed bulging varicose veins — which called for an operation. "But not till you lose a lot of weight," the doctor warned. I got so discouraged at this point, I went home and eventually ate myself up to 197 pounds. It was terrible.

Now that I'm 120 lbs., it sure feels good to get into junior-size clothes.

Even my uncle who comes to visit us only once a year noticed it. "Are you staying in the kitchen because you're ashamed of how you look?" he yelled from the living room. That hurt.

FAMILY FOOD IDEAS

But that's what got me into action.

I'd been reading those ads about that reducing-plan candy, Ayds®, and when a nurse friend suggested I try them, I bought a box of the vanilla caramel kind at our local store.

I'm a great label reader. And when I read that Ayds contain vitamins and minerals, but no drugs, I started on the plan with hope. Stubbornness, too. I was determined to prove to my family I could lose weight without spending a lot of money on weekly sessions.

On the Ayds plan, I took one or two Ayds before meals with a hot drink and they really helped me cut back. However, it wasn't until I'd taken off 19 pounds that I realized how it showed. We were at my sister-in-law's for dinner and being from the country, she sets a big table. Well, I didn't want to insult her by turning down seconds, so I owned up to reducing. She said: "We kind of noticed you were losing" and didn't force me to eat after that.

Of course, my doctor was delighted. Losing over 70 pounds on the Ayds plan sure made my varicose veins operation easier. They had to wrap me in bandages from my thighs down, but at least they didn't need a crane to get me up.

When I finally got down to 120 pounds, I could hardly believe it myself. But the biggest thrill is to walk into a store and, thanks to the Ayds plan, now find racks of clothes that'll fit me.

Note: For a free, fact-filled 32-page booklet on overweight, its causes, and how Ayds works to help you lose weight, send 10c for postage/handling to Campana, Dept. BH-035 Batavia, Illinois 60510.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'1"	5'1"
Weight	197 lbs.	120 lbs.
Bust	42"	34"
Waist	34"	25½"
Hips	52"	34½"
Dress	20½	11

(Advertisement)

"If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *you're crazy!*"

Mrs. Faye C. Haynie
An outstanding LaSalle graduate from Madisonville, Kentucky

"Less than a month after I mailed my final lesson I was hired by a decorator firm. What makes my career so special is that I choose my own hours . . . and I feel like Onassis when I compare my earnings with what I used to earn," writes LaSalle graduate, Mrs. Faye C. Haynie, "If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *"you're crazy!"*

If you have a natural love for attractive homes, why don't *you* become an interior decorator? Here's how one woman made her dream of a wonderful career come true.

It seems only yesterday that Mrs. Faye Haynie of Madisonville, Kentucky was working in a job she didn't like . . . as a million other women do.

Today, she enjoys a good income in an exciting career of her own . . . having the time of her life as an interior decorator.

How did Mrs. Haynie accomplish this miracle?

One day she answered an advertisement of LaSalle Extension University, a correspondence insitution, describing the attractions of a career in interior decorating.

When she realized how much fun it could be to learn decorating in her spare time at home, she decided to enroll. That was the beginning of a whole new life for her, and one of the reasons for her happiness today.

LaSalle training has helped many women increase their decorating skills. LaSalle could help you do it, too. Why don't *you* send for the booklet offered below?

An ideal career for women

There are few other fields to match the pleasures and rewards that a woman — whether married or single — can enjoy as an interior decorator. Consider for a moment:

You'll be able to put your natural talents and creative urge to use in designing beautiful and exciting rooms for clients.

Your hours will be spent shopping for the unusual. In glamorous showrooms, antique shops and galleries. Selecting whatever is lovely and unique . . . in fabrics, furniture and accessories. Applying your "decorator's touch" to beautify a home, a suite of offices, a hotel or apartment house lobby. Whatever your assignment, you'll earn money doing work you enjoy.

You'll enjoy the freedom of not being tied down to a set routine. Or 9 to 5 office grind. You can often choose to work full or part time.

Best of all, in addition to the money and satisfaction in accomplishment, you'll delight in meeting new and interesting people. Clients often become friends.

For a beginning, you may prefer a position in a decorating studio, home furnishing gallery, or smart department store. With experience, you'll have every opportunity to build an independent business of your own.

How you train at home

The LaSalle Course in Interior Decorating has been prepared to give you practical, complete and up-to-date preparation for this exciting modern career. Lessons come to you by mail; they are as fascinating as the work itself. Much of the study material included is unique in a course of this kind. You get fine quality sketching equipment, coloring materials, stencils that make it easy for you to draw room plans, and much more.

Step by step, you are shown how to develop your creative ability. You are taught the principles of color and design and the historic background of today's decoration. You are trained in the selection and use of furniture, fabrics, accessories, lighting. You learn how to achieve beautiful settings to delight your clients and build your reputation.

Even before you have finished the course, you may want to apply your new knowledge to glorifying your own home.

At each step, you are given practical assignments which are then carefully reviewed by your instructors and returned to you. You are coached with care for your work as a decorator.

The LaSalle Course in Interior Decorating is backed by more than sixty years of leadership in the field of home education. More than 2,000,000 people have enrolled for home-study courses with LaSalle.

Mail attached card for free booklet

If you are seriously interested in the opportunities offered by a career in Interior Decorating — if you are prepared to devote a few hours of your spare time each week to conscientious study in order to achieve your goals — send for the free booklet offered by LaSalle. There is no obligation. LaSalle, 417 South Dearborn Street, Chicago, Illinois 60605.

LaSalle Extension University
A Correspondence Institution

Founded in 1908 • A world leader in home study • Certificate of Approval from the Superintendent of Public Instruction of the State of Illinois • More than 2,000,000 students have enrolled in LaSalle courses

If you're serious about a career in Decorating...send for free booklet.

© 1973 LaSalle Extension University

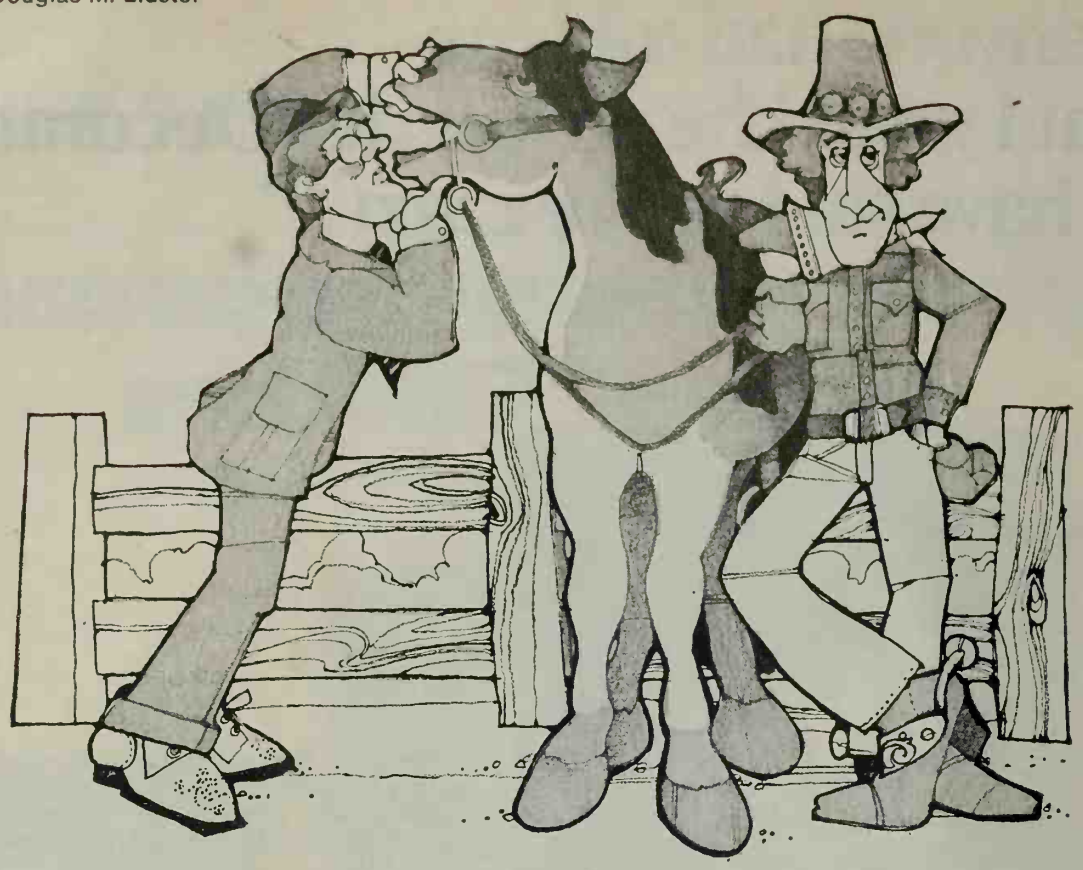
IF CARD HAS BEEN REMOVED, MAIL THIS COUPON

LASALLE EXTENSION UNIVERSITY
A Correspondence Institution
417 S. Dearborn Street, Dept. 63-054, Chicago, Illinois 60605

Please send me your free illustrated booklet "Your Career in Interior Decorating," describing the LaSalle home study course.

Print Name.....Age.....
Address.....Apt. No.....
City.....
State.....Zip.....
26G 2

PETS Douglas M. Lidster



How to shop for a horse

In our motorized society, practically no one needs a horse. Even with today's high fuel prices and lowered speed limits, you'll get where you want to go much cheaper and faster—and more comfortably—in a car. But this logic hasn't deterred an estimated eight million people from taking a horse into their hearts.

Most aspiring equestrians are teen-aged riders who have prevailed on Mom and Dad to build a small barn, paddock area, and perhaps a ring, or to resurrect an existing facility. These people don't hesitate to seek expert advice about constructing and furnishing these quarters, but when it comes to buying a horse, many go it alone. That is a mistake. For the novice, outside counsel is a must. The reason is obvious: a horse is a sizable creature (and a considerable investment), and unless its temperament, training, and health are knowledgeably assessed, a family can end up with a thousand pounds of trouble.

Choosing the right type of horse

Even before you seek out an expert, there's a bit of homework you can do on your own. Horses come in various breeds, sizes, ages, colors, and shapes. Tackle the first category first, to eliminate those breeds of horses which would be unsuitable for your family's purposes.

Thoroughbreds were developed for speed, and if the thought of your youngster on one of Secretariat's cousins gives you goose pimples, your fears are warranted. Leave Thoroughbreds to jockeys, fox hunters, and expert riders, not for novices.

Standardbreds are used in trotting and pacing races. Like Thoroughbreds, they tend to be too "hot" for pleasure riding, and, besides, their gaits aren't the most comfortable.

Draft horses—Percherons, Shires, Belgians, and Clydesdales—are more at home pulling plows and beer wagons than carrying young riders. Moreover, their huge size doesn't make them suitable for youngsters.

The American saddle horse has been bred and trained for the show ring in which it displays a high-stepping elegance. Most likely, any horse so schooled will prove too high-strung for an inexperienced rider.

On the positive side of the equine ledger, five breeds are well qualified for a backyard life. Arabians are sturdy, intelligent, and domestic (those owned by desert tribesmen become members of the family). Morgans, a native American breed, display the same virtues. The Quarter Horse was developed for ranch work, and its versatility and tractability make it an excellent choice. Distinguished by its spotted hindquarter markings, the Appaloosa was as valued by American Indian tribes as Arabians were by the desert tribesmen in the Middle East, and the breed's domesticity is an appealing feature. Tennessee Walking Horses have smoother gaits and are calmer than their American saddle horse cousins.

Many families have had good experiences owning ponies. Ponies are not just small horses but distinct breeds suited for small riders. On the debit side, if you give a pony to a youngster who's still growing, he may one day find his stirrups dragging on the ground. But on the plus side, a pony will give a small child several years of riding fun and will require slightly less space and feed than a horse. Shetlands, Connemaras, and Welsh Mountain ponies are all sturdy and popular breeds.

A purebred animal of any species can be expensive, and horses are no exception. Even crossbreeds, the products of two purebreds of different breeds (for example, an Appaloosa stallion and Quarter Horse mare) can command several thousand dollars. Financial salvation, however, lies in "grades." Grade is the word for the mutts of the equine world, the "just plain horses" which inhabit riding academies, summer camp stables, and most backyard barns. Although a grade may not look as flashy as a Thoroughbred or as stylish as a Morgan, he can provide your family with years of enjoyable and reliable service—at a price your budget can handle without strain.

A horse's gender is an important factor, too. It takes a strong rider to control a stallion and a sturdy barn and fence to contain him. Mares are easier to manage, although they become somewhat testy when in heat. Therefore, since tractability is essential, your best bet would be a gelding (a castrated male). Most colts are

Drawing: Hellman Design Assoc.

continued

Official Rules for the Prime Is Meaty Sweepstakes

1. All entries must be accompanied by the starred (★) price area from a box of Gaines Prime or Prime Variety, OR the word PRIME printed in block letters on a 3" x 5" card. Entries must be on the Official Entry Blank or a 3" x 5" card. Print your name and address on entry blank or card and mail to: PRIME IS MEATY SWEEPSTAKES, P.O. BOX 5013, Kankakee, Illinois 60901.

2. No purchase is required.

3. The sweepstakes will run from February 10, 1975 until August 30, 1975. In order to qualify for the drawing, entries must be postmarked no later than August 30, 1975 and received no later than September 13, 1975.

4. Winners will be determined in one random blindfold drawing from all entries received prior to deadline. In the event any winner or winners decline winning prizes, or if for any other reason all prizes cannot be awarded after the initial drawing, a supplemental drawing or drawings will be held to award all remaining prizes. Drawing will be conducted by independent judges... Schneider & Associates...whose decision is final. Each entry has an equal chance of winning...there are no predetermined winners.

5. Your chances of winning are dependent on, and will vary according to, the actual number of entries received. Entry blanks will be distributed to a maximum of 110,000,000 households. The geographic area of this sweepstakes is nationwide, with exceptions noted below. All prizes will be awarded; only one prize will be awarded to any one person or household. List of winners will be available on request to: Winners' List, P.O. Box 3139, Kankakee, Illinois 60901.

6. The Prime Is Meaty Sweepstakes drawing will be held Sept. 26, 1975. Prizes will be awarded as soon as compliance of winning entries with these rules is verified. In order to be awarded a prize, winning participants must be available at the addresses shown on their entry blanks, or they must furnish a proper forwarding address to sweepstakes officials prior to date of drawing.

7. No substitution of prizes will be permitted. In the event a prize winner declines to accept a listed winning prize, that person will automatically be disqualified and a supplemental drawing or drawings will be held from the balance of non-winning entries to award the unaccepted prize.

8. This sweepstakes is not open to the employees (or their families) of General Foods Corporation, its advertising agencies, subsidiaries or affiliates, or Schneider & Associates.

9. Federal, state, and local regulations, if any, apply. Sweepstakes not open to residents of Georgia, Idaho, Missouri and the state of Washington, and void in any locality where taxed, restricted or prohibited by law.

Official Entry Blank

Mail to:
Prime Is Meaty Sweepstakes
P.O. Box 5013
Kankakee, Illinois 60901

I've enclosed the starred (★) price area from a box of Gaines Prime® or Prime Variety® dog food OR I've enclosed the word PRIME printed in block letters on a 3" x 5" card.

Name_____
(Please print)

Address_____

City_____

State_____ ZIP_____

Five years of free meat for you.

Five years of meaty Gaines Prime® for your dog.

The Prime Is Meaty Sweepstakes. It's our way of telling you Gaines Prime® and Prime Variety® dog foods are made with real meat plus delicious meaty by-products, vitamins and minerals.

The Prime Is Meaty Sweepstakes is our way of telling you Gaines Prime and Prime Variety are meaty and delicious.

The Beef flavor contains real red meat. The Chicken flavor, real tasty chicken. The Liver flavor, real hearty liver.

The Prime Is Meaty Sweepstakes. Enter today. The prizes are listed below:

1 First Prize. We will pay your meat bills and your dog food bills for 5 years.

At a bank of your choice, we will open a trust account for $7080 which will pay you $118.00 a month for 5 years, enough, we project, to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for 5 years.

50 Second Prizes. We will give you a check for $118.00, enough to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for a month.

500 Third Prizes. We will give you a check for $29.50, enough to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for a week. *(See rules on opposite page.)*

GF GENERAL FOODS

*Based on 1974 USDA Figures.

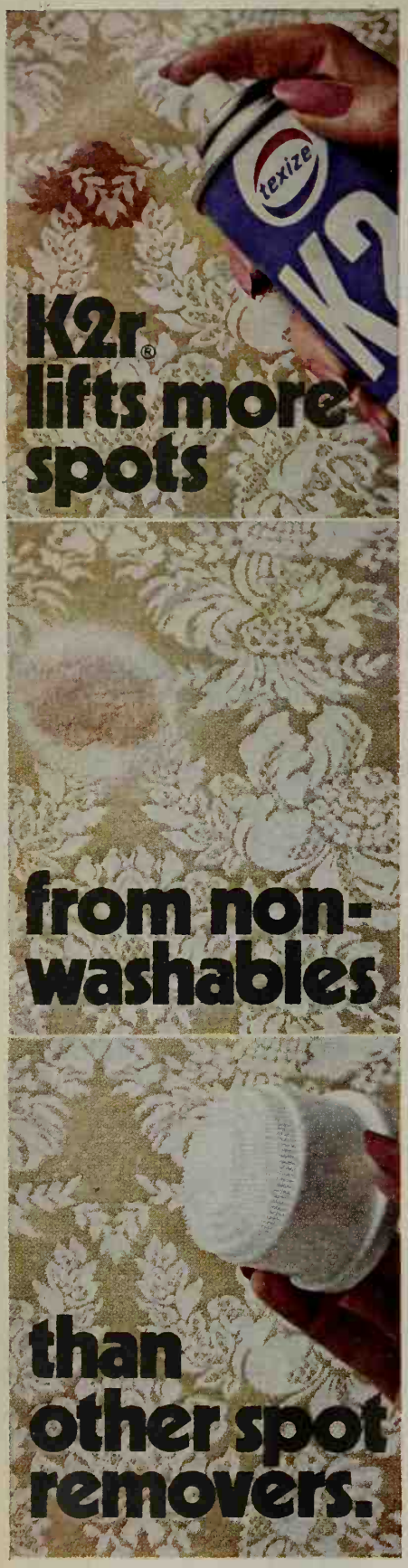
10¢ STORE COUPON 10¢

Save 10¢ on Gaines Prime* or Prime Variety* dog food

MR. GROCER: General Foods Corporation will redeem this coupon for 10¢ plus 5¢ for handling if you receive it on the sale of Gaines Prime or Prime Variety dog food and, if, upon request, you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to GENERAL FOODS CORPORATION, COUPON REDEMPTION OFFICE, P.O. BOX 103, KANKAKEE, ILL. 60901. **Good only upon presentation to grocer on purchase of Gaines Prime or Prime Variety dog food. Any other use constitutes fraud. Offer limited to one coupon per purchase.**

COUPON EXPIRES MARCH 31, 1976.
GENERAL FOODS CORPORATION

BHO-2386-5



K2r Spot-lifter lifts more spots from non-washables than other spot removers. Just about any spot from just about any non-washable fabric: clothing, carpets, drapes, upholstery, you name it. And K2r *lifts* spots out. So you don't rub them in. Just spray K2r on. Let it dry. And brush the spot away without a trace.

© MNP Texize Chemicals Company
Division of Morton-Norwich Products, Inc.

continued

How to shop for a horse

gelded as a matter of course, so there's a plentiful supply.

With regard to age, a horse under the age of five generally tends to be either too spirited or too untrained for an amateur. Six to 18 is the range to consider. An animal over 20 years old, quite bluntly, is living on borrowed time, and probably wouldn't have the requisite stamina for a young rider's demands. Since sellers understand this fact, many horses which later turn out to be older are advertised as being under ten—all part of the horse-trading game.

Colors are a matter of personal preference. English-style riders favor mounts of solid colors: black, brown, chestnut (light brown), bay (brown with black manes and tails), and gray. Westerners are attracted by pintos (patched coats), palominos (gold bodies with white manes and tails), roans (mixtures of white and dark hairs), as well as any solid color. But in choosing a horse, color is the least important factor; as a cowboy aphorism puts it, "A good horse is any color."

Shopping around

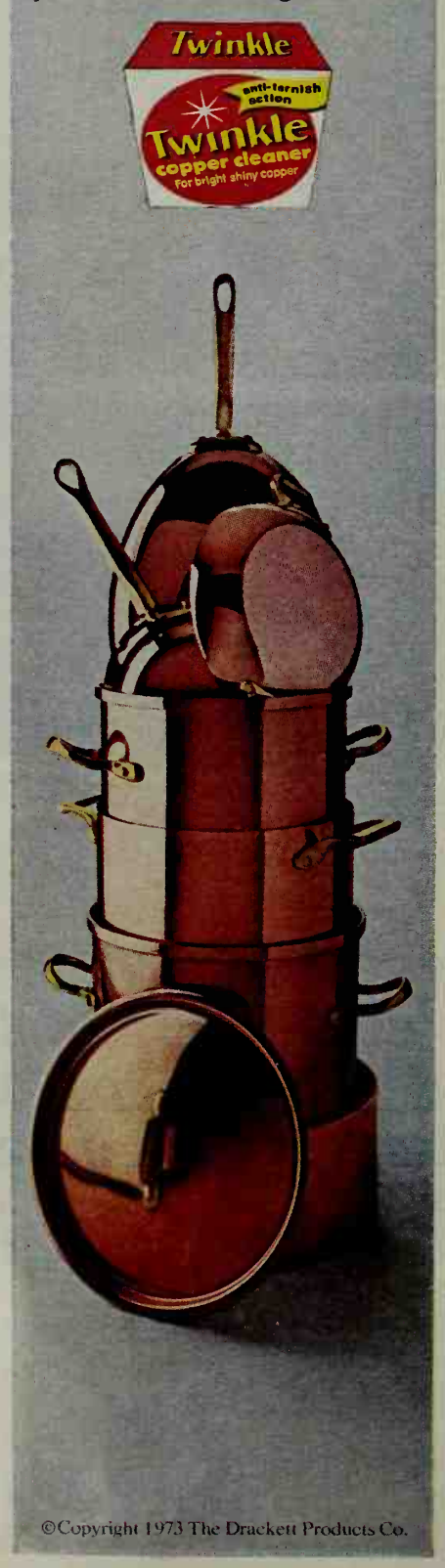
Your family's equestrians may be champing at the bit and urging you to scour the highways for an animal. But not so fast. First, do some comparison shopping. Check newspaper classified advertisements and notices tacked on stable and saddlery shop bulletin boards for local offerings. Or inquire at riding academies: someone is always selling an outgrown pony or a horse belonging to a rider who's going off to college. You shouldn't rely on anything but the raw data, naturally, since any description will make el Gluepot sound like a Triple Crown contender. As for auctions, they're fascinating places to visit, but you wouldn't want to buy there: the pace is too swift and the facilities too limited to allow a useful investigation. Attend an auction or two to discover the going rate for horses in your area, but remember to sit on your hands once the bidding begins.

Most important, find an expert. Your kids may be fine riders, but they probably have inflated notions of what kind of horse they want, and they don't know much about the kind of horse a backyard facility can maintain. The expert might be your youngster's riding instructor or the owner of the local stable, or perhaps the neighbor-

No other leading copper cleaner gives a shine that lasts longer than Twinkle.®

Know why? Twinkle contains chronite (no other copper cleaner has it). It really holds back retarnishing. Repeat—it holds back retarnishing.

Isn't Twinkle the copper cleaner you've been dreaming about?



©Copyright 1973 The Drackett Products Co.

hood veterinarian or a neighbor who's spent his life around horses. You want someone who understands your family's needs and who won't urge you to take on more animal than you can handle. Such a person can also be worth his weight in oats by directing you to horses for sale; of course you'll want to ascertain that he or she doesn't have a financial interest ("finder's fee" is the phrase) in promoting a particular animal.

Let's assume you've read an ad or have been told about a likely prospect. Expert in tow, your family arrives at the appointed hour to inspect the critter. Although your family's riders will be anxious to climb aboard for a trial spin, there are certain preliminary considerations, and that's where the expert steps into the picture.

"Why is he examining the teeth so carefully?" you wonder. That's how to determine a horse's age, a complicated process of "reading" various cups and grooves. The expert then steps back to make an assessment of the animal's conformation.

Conformation, the way a horse is put together, is a useful guide to performance and health. Just by looking at the animal, a good judge of horseflesh can tell if its head is too large or too small, if its neck is "put on right," and if its body and legs slope in all the correct places. Legs deserve particular attention, and the expert will make sure that bones are well formed and able to support the horse as it stands and moves.

Manners and performance come next. The expert already has gotten some idea of the former during his examination at close quarters; a horse that kicks, bites, or otherwise resists being handled should be quickly eliminated from consideration. Nor will a horse that's head-shy while being bridled or rambunctious during saddling be of much use. Tacking up the animal is the first step of the trial ride, and your family's riders should handle the chore by themselves. Does the horse stand quietly while being mounted? Will it move willingly, or does the rider have to kick and urge? Will it change gaits easily and are the gaits comfortable? How about balking or shying at objects? The rider and expert should compare notes after the ride, for the latter will have watched the horse's "way of going" to catch additional conformation faults.

Even if everyone agrees on a particular horse's qualities, there's a final and essential step. You wouldn't buy a used car without having a mechanic look under the hood, and the analogy

lds true for this form of horse-
wer. Have a veterinarian of
ur choice examine the horse,
haps performing certain tests
ascertain the presence or ab-
ıce of diseases. Of courses, if
was your consulting expert,
ı'll be able to save some time,
t otherwise have a veterinarian
commended by a stable or
rsey friend) make his inspec-
n as soon as possible.

Preliminary talks with the
ler have given you an indica-
n of the purchase price. It de-
ıds on a number of elements:
animal's age, training, and
ıdition; the eagerness of the
ler to dispose of the horse;
ur area's supply-and-demand
ture; and the time of year
rices tend to be lower in the fall
d winter because owners want
save on feed bills). Since
rses aren't fair-traded items,
gotiation is typically an ac-
ɔted part of the game. The
ce you pay can also include
ras thrown in like tack and/or
nsportation to your place. Nor
t always necessary—or advis-
e—to pay the total cost at one
ɔke of the pen. Aim for a trial
iod as part of the bargain,
ɔecially if the veterinarian
ɔn't made his examination
ıd what if the horse had been
nquilized for your family's in-
ection?). Realizing that you're
novice at horse-keeping, the
ler may ask for an additional
n as security in case you return
animal in deteriorated condi-
n. An extra fee, however, is
rthwhile for the chance to see
w the horse works out. A week
two should tell the tale.

ɔsing the transaction

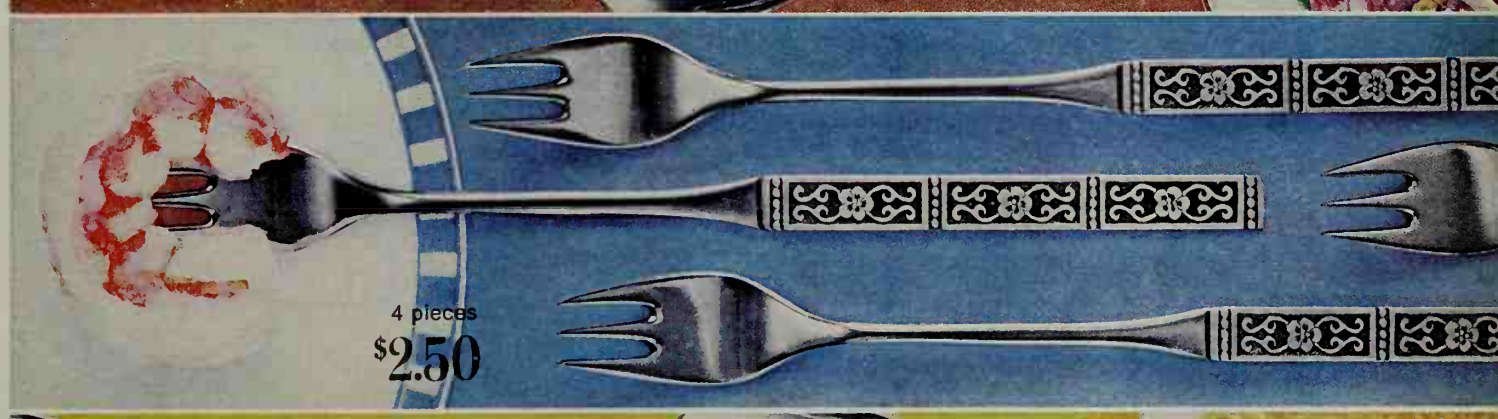
Any major purchase, whether
house, an automobile, or a
shing machine, calls for more
ın just a handshake to con-
de the deal. A written contract
equally important when buy-
a horse. Whether the seller is
ɔrofessional dealer or a private
rty, there should be no reluc-
ce about signing an agree-
nt; if there is, you might as-
ne that someone wants to hide
nething. You can draw up the
ıtract, which should read
nething like this:

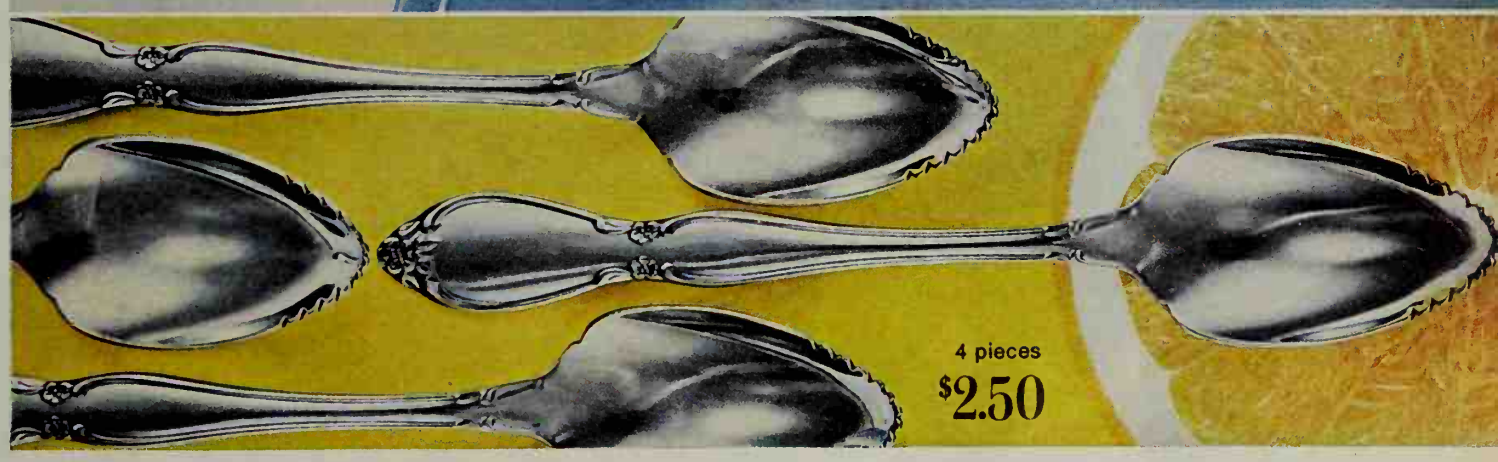
The Seller hereby sells to the
yer a bay gelding known as
rbit," which the Seller war-
ıts to be (1) ten years old, (2)
good health, (3) free from
es, and (4) to which Seller
ds title. Buyer agrees to pay a
l purchase price of $900,
ich includes the saddle and
dle taken by Buyer at this date
l transportation of "Orbit" to
Buyer's property two days
ıce. The above sum shall be
able as follows: A nonrefund-
e sum of $50 on signing this
eement, and the balance 14 days from this date, provided that (1) a licensed veterinarian of the Buyer's choosing shall have at the Buyer's sole expense certified "Orbit" to be sound and of good health, and (2) the Buyer finds "Orbit" to be suitable for the purpose of general pleasure riding. In the event that either (1) the veterinarian finds "Orbit" to be unsound or in ill health, or (2) "Orbit" proves to be unsuitable for general pleasure riding, then Buyer may return "Orbit" before the expiration of 14 days from this date, whereupon his liability will be limited to the $50 paid on

continued on page 119

Hostess Helpers special offer!

Handsome special pieces in Oneida Community Stainless to match your favorite pattern from the Betty Crocker Coupon Catalog.





Add extra elegance to special meals with these Hostess Helpers. Try Grapefruit Flambe served with the special fruit spoon—perfect for brunch. The graceful seafood forks add an extra special touch to your seafood entrees. And imagine how beautifully the dainty coffee spoons will set off your after-dinner coffee.

Special savings make this a wonderful time to order all three four-piece sets.

Betty Crocker

Hostess Helpers are available in the seven exclusive patterns shown.

Each four-piece set is only $2.50 except in Brahms pattern $2.95. Save by ordering any combination of three sets for $7.00. Brahms $8.25. If not entirely satisfied, return merchandise within 10 days and your money will be refunded.

Add to your set from time to time with individual pieces from open stock at big savings with Betty Crocker coupons found on more than 175 General Mills products.

General Mills, Inc., Box 96, Minneapolis, Minnesota 55460

All patterns *except* BRAHMS
☐ I enclose $2.50 for each set.
☐ I enclose $7.00 for any 3 sets.

BRAHMS pattern *only*
☐ I enclose $2.95 for each set.
☐ I enclose $8.25 for any 3 set

PLEASE INDICATE NO. OF SETS AND PATTERN CHOICE BELOW:

	Isabella	Patrick Henry	My Rose	Vin-land	Chate-laine	Via Roma	Brahms
4 Coffee Spoons							
4 Seafood Forks							
4 Fruit Spoons							

Name_____ Total Amt. Enclosed $

Address_____

City_____ State_____ Zip_____

Send check or money order. Include zip code. Good only within U.S.A. Expires 5/15/75.

RAGÚ®
NEW!
Italian Cooking
sauce
COOKS MEAT, FISH AND VEGETABLES ITALIAN STYLE!

INTRODUCING RAGU® ITALIAN COOKING SAUCE.

(BECAUSE THERE'S MORE TO ITALIAN COOKING THAN SPAGHETTI.)

All these marvelous Italian dishes were made with just one sauce. The kind of sauce Italians use to make the rest of their cuisine.

It's called Ragu' Italian Cooking Sauce. You can tell through the glass jar how authentic it is. A fine tomato stock, rich with plump tomato chunks, thick mushroom slices and imported spices.

Because it's so complete, you can poach with it, stew, sauté, bake and braise.

Use it to make everything on this page. They're really so easy, you barely need recipes. But we've included them anyway, so you'll understand how this sauce is different from anything you've ever used. Of course, these are only a few possibilities. Once you get started, you'll think of lots more of your own. But if you need more inspiration, you'll find a recipe booklet attached to each jar.

Look for it wherever you'd find other Ragu' products. New Ragu' Italian Cooking Sauce, the Ragu' Sauce you don't use for spaghetti.

ITALIAN POT ROAST

Season a 3-4 lb. bottom round, rump or chuck roast with salt and pepper. Brown the meat on all sides in oil. Add 1 minced garlic clove and one sliced medium onion. Brown lightly and drain. Add one full jar Ragu' Italian Cooking Sauce. Cover, simmer for 2½ hrs. Serves 6-8.

ITALIAN PORK CHOPS

Trim 3 lbs. pork chops (½" thick) brown in oil on both sides. Drain. Pour one full jar Ragu' Italian Cooking Sauce over chops. Simmer for one hour. Serves 6.

CHICKEN CACCIATORE

Dredge 6 large chicken pieces in ¼ cup flour. Brown in oil. Drain. Pour one full jar Ragu' Italian Cooking Sauce over chicken. Simmer, covered, for 45 minutes. Serves 6.

ITALIAN BEEF STEW

Brown 2 lbs. cubed stew beef in oil. Add one full jar Ragu' Italian Cooking Sauce. Cover, simmer for 1 hr. Dissolve a beef bouillon cube in one cup water. Add bouillon and 2 med. onions, quartered, 4 med. potatoes, quartered, and 4 med. carrots, quartered, to stew. Cover and simmer for ½ hr. more. Serves 6.

STEAK AND PEPPERS ITALIAN

Cut 3 lbs. London Broil steak in 3/8" slices. Slice 2 med. green peppers and sauté in oil until tender. Add one full jar Ragu' Italian Cooking Sauce. Simmer. Broil steak for 3 minutes on each side. Arrange on platter, spoon on sauce. Serves 8.

15¢ STORE COUPON **15¢**

THIS COUPON
IS GOOD FOR 15¢ OFF ON PURCHASE
PRICE OF A JAR OF
RAGU® ITALIAN COOKING SAUCE.

Mr. Dealer: Ragu' Foods, Inc. will pay 15¢ plus 3¢ for handling when this coupon is received at 1680 Lyell Avenue, Rochester, New York 14606 provided coupon was turned over to you by customer toward purchase price of a jar of Ragu' Italian Cooking Sauce. Invoices proving the purchase of sufficient Ragu' Italian Cooking Sauce to cover coupon redemption must be shown upon request. Customer must pay sales tax, if any. Coupon void if taxed, prohibited or restricted by law. Cash value 1/20 of 1¢. Limit one coupon per customer. Offer expires Jan. 31, 1976.

501C20078

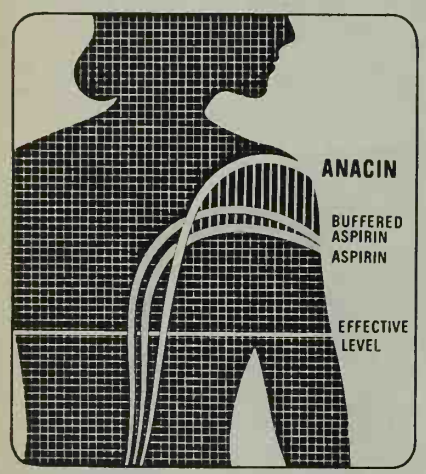
Name_____
(MUST be signed by customer at home.)

Address_____

City/State_____ Zip_____

Arthritis sufferers get a higher level of pain reliever. Enjoy effective relief from both minor pain and inflammation.

Compared with plain or even buffered aspirin, tablet for tablet, Anacin® builds higher levels of pain reliever in your bloodstream in the first few hours. And then, taken as directed, Anacin maintains a level of medication which not only relieves pain but also helps reduce inflammation that causes pain and stiffness. This reduction of inflammation is important to arthritics.



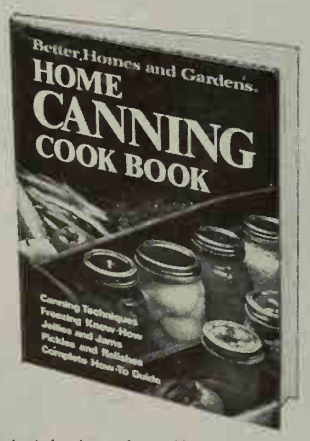
Anacin contains more of this anti-inflammatory medication doctors recommend most than the leading aspirin or buffered aspirin tablet. In minutes, Anacin speeds its relief for inflammation, pain and stiffness throughout your body to give you effective relief, long-lasting relief.

Remember, get Anacin and get effective relief. You will find Anacin is gentle to the stomach and you will enjoy more freedom of movement without pain.

Only $2.49

Complete canning guide

from Better Homes and Gardens®



Canning is easier than it used to be . . . and this book tells you everything you need to know about home canning, from basic equipment through shelf life. Included are instructions for canning salt- and sugar-free foods, yield and proportion charts, short cuts and warning tips, and ways to use your home canned foods in menus. You'll find canning instructions for fruits, vegetables, meat, poultry, fish, processing charts for pickles and relishes, along with instructions for making jellies and jams. There's even a section on general food freezing procedures. For you, for someone on your gift list, ideas that make a difference from Better Homes and Gardens. Hard cover just $2.49 wherever books are sold.

Ideas that make a difference

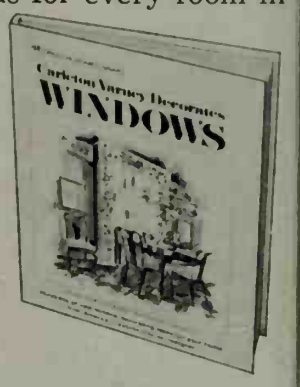
Better Homes and Gardens® Books

WHEREVER BOOKS ARE SOLD

New Ideas

CARLETON VARNEY DECORATES WINDOWS

Windows are a functional part of every room, and beautiful window treatments add a special warmth and charm to every decor. This new hard-cover book from Creative Home Library, published in association with Better Homes and Gardens, contains hundreds of ideas for stylish windows from Carleton Varney, one of America's most prominent interior designers. Chapters feature ideas for every room in your home including shades, windows in the door, venetian blinds, window walls, pelmets, valances and draperies. There are hundreds of original color illustrations by the author, a glossary of useful terms and how-to instructions with complete diagrams . . . all designed to help you create simple to simply elegant window decorations. Just $8.95, wherever books are sold.

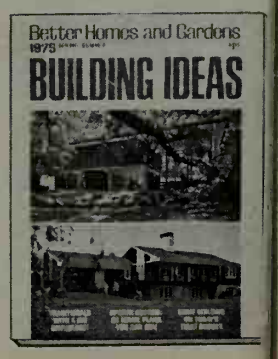


HOMEMADE COOKIES COOK BOOK

Bar cookies, jar cookies, festive cookies or cookies for special occasions . . . you'll find them all in this colorful new hard-cover cook book from Better Homes and Gardens. The collection of 219 easy-to-follow recipes includes everyday bar cookies, fancy bar cookies, easy drop cookies, refrigerator cookies, traditional holiday favorites, teatime fancies, molded and filled cookies, and 25 different brownie recipes. Also included are decorating and storage tips, gift cookie ideas with how-to instructions for making gift boxes, plus the best way to send cookies through the mail. Just $2.49, wherever books are sold.

BUILDING IDEAS Spring/Summer 1975

Traditional homes are featured in this colorful Idea Publication from Better Homes and Gardens, but they're traditionals with a big difference. Included are a contemporary rendition of the classic Cape Cod saltbox, a surprisingly fresh version of a turn-of-the-century bungalow and a unique "nouveau Victorian" house that combines old-fashioned charm with new-fashioned convenience. Other features include ideas for building on a budget, vacation homes, custom-built town houses with flair and style, a portfolio of homes for the architecturally adventurous and twenty-two house plans you can buy. Just $1.50, at your newsstand now.



Speedy strawberries

Plant strawberries now and you'll soon have sun-ripened fruit in your own backyard. Many of the new varieties yield respectably the first year; all will be in full production the second year.

Best of all, these quick returns come with little cash outlay and minimum work. You can buy 25 healthy plants for less than $4. The rule of thumb is one pint of berries from each plant. At the current prices of fruit, you'll have your initial investment back in short order. Even if you want a patch of 50 or 100 plants—which would bear enough for fresh use and give you a surplus for freezing and preserving—you can start for under $10.

The first step in strawberry raising is finding a place to set plants. Sun is a basic prerequisite—strawberries need at least six hours of sunshine a day. They do best in well-drained soil, so don't rule out a slope that might be on your lot but do reject low-lying, soggy spots.

If you can meet the sun and drainage requirements, you can grow strawberries. They don't have to be planted in the usual solid bed, although a patch of berries is ideal if you have the space. Strawberries are attractive enough to work as borders along walks, or edgings to perennial beds. Set the plants into patio pockets, or narrow strips of space at the back of the garage beside the house. Or, you can buy a good-looking strawberry jar with planting pockets, or a three-tiered round planter with bands that separate soil into terraces.

There are two kinds of strawberries: June-bearers that produce one heavy crop and everbearers that bear in June, then give scatterings of berries in midsummer and another main crop in late summer. June-bearers go into peak production the second year (pick flowers off the first year). Everbearers often produce ample crops the first season planted. Many gardeners still prefer the June-bearers; a single heavy crop is more convenient to freeze or preserve. Also, June-bearing types form runners and new plants quickly so it's easy to keep the bed renewed as the mother plants die (usually in two or three years). To get the advantages of both types of berries, plant half June-bearing, half everbearing.

Among the June-bearers, try Blakemore (extra early and good even in the South), Fairfax (early and great flavor), Surecrop (mid-season, large fruit), Cyclone (heavy bearing), Dunlap (mid-season and reliable), or Jerseybelle (bears late June).

Ozark Beauty, Superfection, Ogallala, and Streamliner are top everbearing varieties.

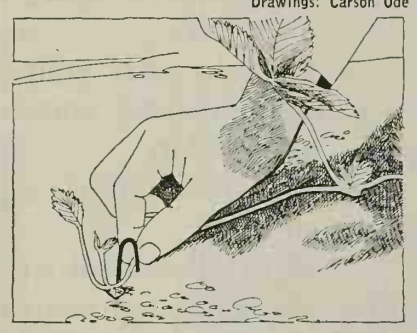
If you live where the weather is warm the year round, check with a local nursery for varieties developed for your area. Wherever you live, buy only plants certified to be free of virus. Don't plant trouble!

To prepare soil for your strawberries, spade to a depth of eight to ten inches. Spade in compost or dry bagged manure if it's available. With a trowel, dig individual holes for plants. Planting depth is important. Set crown of the plant (see drawing, bottom left) at ground level. Fan roots out over a cone of soil; firm soil over. Space plants 16 to 20 inches apart. Encourage runners to form new plants every 9 inches. Pin down these runners (see the drawing, bottom right), or bury them with soil. Remove unwanted runners. Some gardeners set everbearers 12 inches apart, then remove all runners.

After the plants are established, cover soil around them with ground corncobs or straw. Supply one inch of water a week.

With an established bed, feed after, not before harvest. In cold climates, mulch the entire bed heavily in winter; add mulch after the first frost. In spring, loosen the mulch as plants turn green, but don't remove the mulch completely until the weather is at least ten above zero day and night.

Drawings: Carson Ode



Snapper is fast.

This means Snapper mowers combine outstanding design features that help you get through with the work of caring for your lawn faster, and easier.

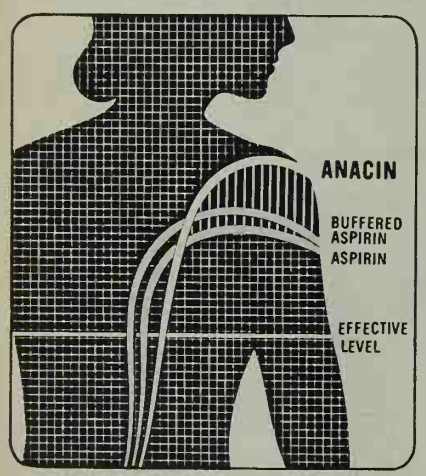
Whatever size lawn you've got, we've got a Snapper to match it. With a Snapper you'll finish it beautifully. And fast.

SNAPPER®

McDonough Power Equipment, Inc. Dept. BHG1, McDonough, Georgia 30253. A Fuqua Industry.
See your Yellow Pages or write for a free brochure. All Snapper mowers meet A.N.S.I. safety specifications.

Arthritis sufferers get a higher level of pain reliever. Enjoy effective relief from both minor pain and inflammation.

Compared with plain or even buffered aspirin, tablet for tablet, Anacin® builds higher levels of pain reliever in your bloodstream in the first few hours. And then, taken as directed, Anacin maintains a level of medication which not only relieves pain but also helps reduce inflammation that causes pain and stiffness. This reduction of inflammation is important to arthritics.



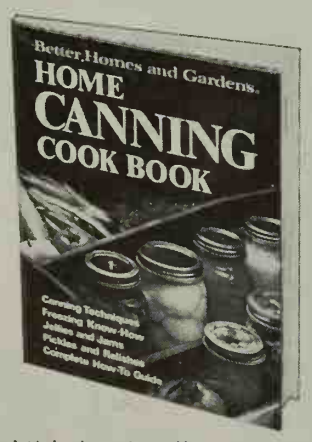
Anacin contains more of this anti-inflammatory medication doctors recommend most than the leading aspirin or buffered aspirin tablet. In minutes, Anacin speeds its relief for inflammation, pain and stiffness throughout your body to give you effective relief, long-lasting relief.

Remember, get Anacin and get effective relief. You will find Anacin is gentle to the stomach and you will enjoy more freedom of movement without pain.

Only $2.49

Complete canning guide

from Better Homes and Gardens®



Canning is easier than it used to be . . . and this book tells you everything you need to know about home canning, from basic equipment through shelf life. Included are instructions for canning salt- and sugar-free foods, yield and proportion charts, short cuts and warning tips, and ways to use your home canned foods in menus. You'll find canning instructions for fruits, vegetables, meat, poultry, fish, processing charts for pickles and relishes, along with instructions for making jellies and jams. There's even a section on general food freezing procedures. For you, for someone on your gift list, ideas that make a difference from Better Homes and Gardens. Hard cover just $2.49 wherever books are sold.

Ideas that make a difference

Better Homes and Gardens® Books

WHEREVER BOOKS ARE SOLD

New Ideas

CARLETON VARNEY DECORATES WINDOWS

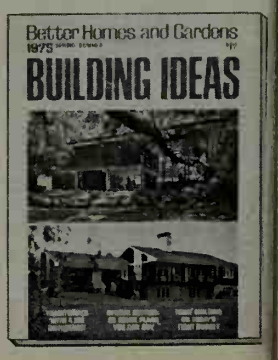
Windows are a functional part of every room, and beautiful window treatments add a special warmth and charm to every decor. This new hard-cover book from Creative Home Library, published in association with Better Homes and Gardens, contains hundreds of ideas for stylish windows from Carleton Varney, one of America's most prominent interior designers. Chapters feature ideas for every room in your home including shades, windows in the door, venetian blinds, window walls, pelmets, valances and draperies. There are hundreds of original color illustrations by the author, a glossary of useful terms and how-to instructions with complete diagrams . . . all designed to help you create simple to simply elegant window decorations. Just $8.95, wherever books are sold.

HOMEMADE COOKIES COOK BOOK

Bar cookies, jar cookies, festive cookies or cookies for special occasions . . . you'll find them all in this colorful new hard-cover cook book from Better Homes and Gardens. The collection of 219 easy-to-follow recipes includes everyday bar cookies, fancy bar cookies, easy drop cookies, refrigerator cookies, traditional holiday favorites, teatime fancies, molded and filled cookies, and 25 different brownie recipes. Also included are decorating and storage tips, gift cookie ideas with how-to instructions for making gift boxes, plus the best way to send cookies through the mail. Just $2.49, wherever books are sold.

BUILDING IDEAS Spring/Summer 1975

Traditional homes are featured in this colorful Idea Publication from Better Homes and Gardens, but they're traditionals with a big difference. Included are a contemporary rendition of the classic Cape Cod saltbox, a surprisingly fresh version of a turn-of-the-century bungalow and a unique "nouveau Victorian" house that combines old-fashioned charm with new-fashioned convenience. Other features include ideas for building on a budget, vacation homes, custom-built town houses with flair and style, a portfolio of homes for the architecturally adventurous and twenty-two house plans you can buy. Just $1.50, at your newsstand now.



Speedy strawberries

Plant strawberries now and you'll soon have sun-ripened fruit in your own backyard. Many of the new varieties yield respectably the first year; all will be in full production the second year.

Best of all, these quick returns come with little cash outlay and minimum work. You can buy 25 healthy plants for less than $4. The rule of thumb is one pint of berries from each plant. At the current prices of fruit, you'll have your initial investment back in short order. Even if you want a patch of 50 or 100 plants—which would bear enough for fresh use and give you a surplus for freezing and preserving—you can start for under $10.

The first step in strawberry raising is finding a place to set plants. Sun is a basic prerequisite—strawberries need at least six hours of sunshine a day. They do best in well-drained soil, so don't rule out a slope that might be on your lot but do reject low-lying, soggy spots.

If you can meet the sun and drainage requirements, you can grow strawberries. They don't have to be planted in the usual solid bed, although a patch of berries is ideal if you have the space. Strawberries are attractive enough to work as borders along walks, or edgings to perennial beds. Set the plants into patio pockets, or narrow strips of space at the back of the garage beside the house. Or, you can buy a good-looking strawberry jar with planting pockets, or a three-tiered round planter with bands that separate soil into terraces.

There are two kinds of strawberries: June-bearers that produce one heavy crop and everbearers that bear in June, then give scatterings of berries in midsummer and another main crop in late summer. June-bearers go into peak production the second year (pick flowers off the first year). Everbearers often produce ample crops the first season planted. Many gardeners still prefer the June-bearers; a single heavy crop is more convenient to freeze or preserve. Also, June-bearing types form runners and new plants quickly so it's easy to keep the bed renewed as the mother plants die (usually in two or three years). To get the advantages of both types of berries, plant half June-bearing, half everbearing.

Among the June-bearers, try Blakemore (extra early and good even in the South), Fairfax (early and great flavor), Surecrop (mid-season, large fruit), Cyclone (heavy bearing), Dunlap (mid-season and reliable), or Jerseybelle (bears late June).

Ozark Beauty, Superfection, Ogallala, and Streamliner are top everbearing varieties.

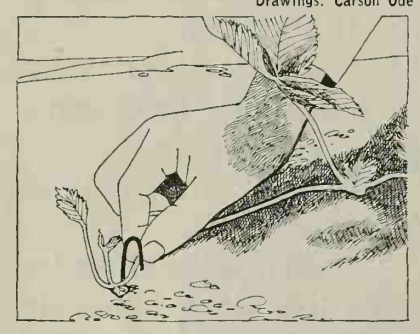
If you live where the weather is warm the year round, check with a local nursery for varieties developed for your area. Wherever you live, buy only plants certified to be free of virus. Don't plant trouble!

To prepare soil for your strawberries, spade to a depth of eight to ten inches. Spade in compost or dry bagged manure if it's available. With a trowel, dig individual holes for plants. Planting depth is important. Set crown of the plant (see drawing, bottom left) at ground level. Fan roots out over a cone of soil; firm soil over. Space plants 16 to 20 inches apart. Encourage runners to form new plants every 9 inches. Pin down these runners (see the drawing, bottom right), or bury them with soil. Remove unwanted runners. Some gardeners set everbearers 12 inches apart, then remove all runners.

After the plants are established, cover soil around them with ground corncobs or straw. Supply one inch of water a week.

With an established bed, feed after, not before harvest. In cold climates, mulch the entire bed heavily in winter; add mulch after the first frost. In spring, loosen the mulch as plants turn green, but don't remove the mulch completely until the weather is at least ten above zero day and night.

Drawings: Carson Ode



Snapper is fast.

This means Snapper mowers combine outstanding design features that help you get through with the work of caring for your lawn faster, and easier.

Whatever size lawn you've got, we've got a Snapper to match it. With a Snapper you'll finish it beautifully. And fast.

SNAPPER®

McDonough Power Equipment, Inc. Dept. BHG1, McDonough, Georgia 30253. A Fuqua Industry.
See your Yellow Pages or write for a free brochure. All Snapper mowers meet A.N.S.I. safety specifications.

Painful elimination is unnatural.

Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

But there's nothing natural about it.

No matter what your age, you should have comfortable elimination.

And Serutan makes this possible.

Serutan is the effective laxative that forms a smooth gel in the lower digestive tract, where it combines with intestinal waste to give you comfortable relief.

There's no strain, and no cramps. That's because Serutan, with its natural ingredients, adds the necessary moisture and bulk to work *with* your system for smooth, easy results.

If you suffer from painful elimination due to constipation or dry, hard stools, try Serutan. You'll be very comfortable with it.

Summer camps for handicapped kids

Kids and camps. They're as inseparable as peanut butter and jelly. A camp gives a child the chance to be free from the confines of a classroom or home; to make new friends; to take part in a variety of activities; to learn new skills; and to gain in self-confidence.

And the handicapped youngster is no different from any other child in his need for such experiences—except that he may need them even more.

Fortunately, the handicapped youngster needn't miss out on the pleasures and benefits of summer camp. Today, arrangements can often be made for a handicapped child to attend many regular camps with more able-bodied youngsters. In some cases, however, a special camp for the handicapped child is a better idea.

Such special camps are staffed by professionals who are experienced in working with disabled youngsters and can add a therapeutic dimension to summer fun. Cost isn't necessarily an obstacle: some of these camps are supported by service organizations and charge no fee at all.

What are the benefits?

The social side of these camps is of crucial importance. Often, handicapped youngsters never get a chance to play with other children. "Many of our campers begin lifelong friendships during the summer," notes Dr. Lois Hardt, director of programs for the National Easter Seal Society for Crippled Children and Adults, "and are stimulated to participate in active ongoing social clubs the rest of the year."

The group experience offers handicapped youngsters the reassurance that they aren't alone with their problem. And group support and encouragement can help a youngster progress.

Of course, a week (or even two months) of camping won't solve all the problems of coping with a chronic condition, but often the child carries over his newfound confidence from camp to his everyday life.

Being separated from parents —whether overnight or even for the day—also can boost a youngster's sense of independence. Parents benefit, too, especially mothers who often carry a heavy responsibility for daily care.

Are there different types of camps?

One harsh reality of the camping situation is that some camp directors resist accepting handicapped youngsters into their regular camping program. Many are unwilling to adapt their facilities or staff; others fear that handicapped children will make "normal" campers and their parents uncomfortable.

"Yet more and more regular camps are happy to integrate handicapped youngsters," says Armand Ball, executive vice-president of the American Camping Association (ACA). This approach, termed "mainstreaming," helps the handicapped child learn to adapt to the world he'll live in. And, it gives the normal child a chance to learn that a person who happens to have a handicap is just another person.

Special camps for handicapped youngsters, however, are divided into two basic categories—those which admit youngsters with all types of handicaps, and those which serve only those with a specific disability, such as children with cardiac disorders, cerebral palsy, diabetes, emotional disturbances, epilepsy, mental retardation, organic brain damage (perceptual handicaps and learning disabilities), physical disabilities, respiratory diseases (cystic fibrosis, asthma, and other chronic lung diseases).

If a parent seeks a social-recreational experience to let the child experience being with others who face physical, social, and mental problems, the camp with the more

Drawing: Heilman Design Assoc.

continued on page 36

How to find a special camp

If you're already the member of a parents' organization for children with a specific disability —or know parents of children with the same disability—start your search there.

Also ask your child's teacher, therapist, or doctor; they may know of or be involved in a special summer program. Check your city or county recreation department. Look in your local phone directory under "camps," and also under "social service organizations."

You may locate camps through the United Fund organization in your area, or through fraternal and service groups.

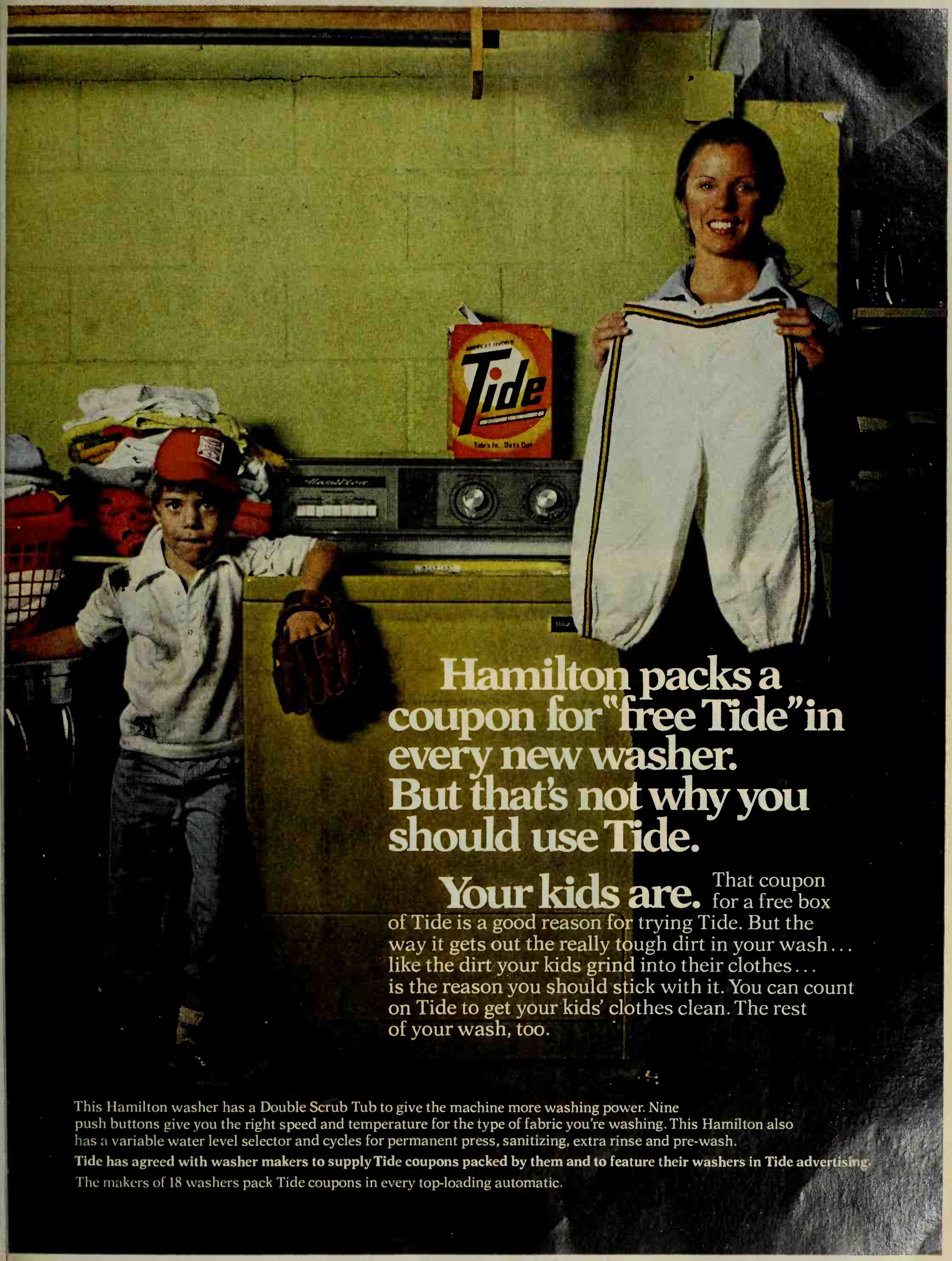
Try the local section of the American Camping Association, the "Y," the Boy Scouts, Girl Scouts, Campfire Girls, the local health and welfare council, and family service agencies.

Every state has an office for services to the mentally and physically handicapped; a letter or call to your state capital (Department of Health, Special Education) should bring you information on special camps.

Another good source of leads is: The National Special Education Information Center, U.S. Department of Health, Education and Welfare, P.O. Box 1492, Washington, D.C. 20013. Ask for the free publications *Practical Advice to Parents* and *Parent Organizations and Other Groups Concerned With Children Who Have Special Needs* (for your state).

The following organizations publish camp directories, for which a fee is charged. (Add postage and state tax if ordering by mail.) The directories include specific information on the campers admitted, length of camp session, fee, persons to contact:

- The National Easter Seal Society for Crippled Children and Adults, 2023 West Ogden Avenue, Chicago, Illinois 60612. Ask for the *Easter Seal Directory of Resident Camps for Persons With Special Health Needs.* ($1)
- The American Camping Association, Bradford Woods, Martinsville, Indiana 46151. Their *National Directory of Accredited Camps* includes a list of camps serving the handicapped. ($5.95)
- Porter Sargent, Publisher, 11 Beacon Street, Boston, Mass. 02108. Their *Guide to Summer Camps and Summer Schools* includes those for the handicapped. ($3, in paperback)



Hamilton packs a coupon for "free Tide" in every new washer. But that's not why you should use Tide.

Your kids are. That coupon for a free box of Tide is a good reason for trying Tide. But the way it gets out the really tough dirt in your wash... like the dirt your kids grind into their clothes... is the reason you should stick with it. You can count on Tide to get your kids' clothes clean. The rest of your wash, too.

This Hamilton washer has a Double Scrub Tub to give the machine more washing power. Nine push buttons give you the right speed and temperature for the type of fabric you're washing. This Hamilton also has a variable water level selector and cycles for permanent press, sanitizing, extra rinse and pre-wash.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 18 washers pack Tide coupons in every top-loading automatic.

VEGA ESTATE WAGON. ECONOMY PLUS.

Many people like the idea of an economy car, but find they need a little more.

To these people Chevrolet offers Vega wagon, which in turn offers them economy, room and variety.

Economy you can grow with.

You get a choice of two models, basic Vega or Vega Estate. Both offer seating for four with comfortable highback buckets in front, a 3-speed manual transmission (4-speed manual and automatic available) and cut-pile carpeting.

The rear liftgate opens on 50 cubic feet of load space with the second seat folded flat.

To the basic Vega wagon you can add an available GT package with sport suspension; the 2-barrel, 4-cylinder engine; special instrumentation; special 13 x 6 GT wheels with trim rings, and other sporty accents.

In addition to the standard interior there are three others available, including the sport cloth and vinyl choice shown above.

Vega Estate has simulated wood paneling down the sides and on the liftgate, and comfortable touches inside.

The GT package can also be added to the Vega Estate.

Based on EPA figures, no U.S. wagon gets better mileage.

Figures published in the EPA Buyers' Guide for a Vega wagon with an available 4-cylinder, 140-cubic-inch, 2-barrel engine are 21 mpg city test, 29 mpg highway test. No American-made wagon tested got better mileage.

Maintenance savings up to $243.

Comparing the 1975 Vega wagon and the '74 model projected over four years of average driving (50,000 miles) points out some operating economies.

While parts and labor costs will vary throughout the country, we've used current list prices for parts and a figure of $11 an hour for labor and found that a '75 Vega wagon could save about $243 in parts, lubricants and labor over the '74 model (if you follow the Owner's Manual for recommended service).

Vega wagon with room for four. It offers economy plus utility. Now *that* makes sense.

BEAUVILLE SPORTVAN

SILVERADO SUBURBAN

CHEVELLE MALIBU CLASSIC ESTATE

CHEVROLET CAPRICE ESTATE

FROM CHEVROLET, AMERICA'S FAMILY STATION WAGON BUILDER.

Being America's Family Station Wagon Builder means offering wagons for all kinds of American families. And we do.

Think about your family size and transportation needs and pick the Chevy wagon that goes along with them.

All 1975 Chevrolet wagons and Series 10 Sportvans and Suburbans are designed to help reduce costs for recommended maintenance compared to last year's models.

CHEVROLET

The full-size Chevrolet comes in 2- or 3-seat models. Glide-Away tailgate, power steering and brakes, Turbo Hydra-matic transmission, GM-Specification steel-belted radial ply tires and a 400-cu.-in. 4-barrel V8 engine are standard.

On 3-seat models the third seat faces forward, with storage behind the seat back. And the seats flip down quickly from a single position at the right rear door. There's a choice of series: Caprice Estate, Impala or Bel Air.

CHEVELLE

A mid-size Chevelle wagon has plenty of room for most families. It comes in 2- or 3-seat models. The tailgate lifts up and out of the way.

On 3-seat models the third seat faces rearward. And swing-out rear quarter windows provide extra ventilation.

Turbo Hydra-matic transmission, 350 V8, power steering and brakes and steel-belted radials are standard. Choices: Malibu Classic Estate, Malibu Classic or Malibu.

SPORTVAN

This is the wagon for families who carry a good-size group more often than not. It seats five with standard seats, and all the way up to 12 with available seats. Or holds up to 260 cu. ft. of cargo with rear passenger seats removed. That's close to three times what many station wagons hold. The sliding side door needs only 4½ inches clearance.

SUBURBAN

Chevrolet's towingest family vehicle. It's built on a tough truck frame, yet has a comfortable wagon interior. Suburban can be ordered with seating for three, six or nine. With rear seat removed and center seat folded, there's plenty of room for cargo—actually half again as much as many station wagons.

Also available is Chevrolet's Blazer, a go-almost-anywhere 4-wheel-drive sport vehicle. It gives you plenty of ground clearance for off-roading, yet the entryway is low. Blazer can seat up to five with available passenger front bucket seat and rear bench seat.

CHEVROLET MAKES SENSE FOR AMERICA

Chevrolet

©1975 Colgate-Palmolive Company

Professional golfer Laura Baugh invites you to

Watch the Colgate-Dinah Shore Winners Circle Golf Championship

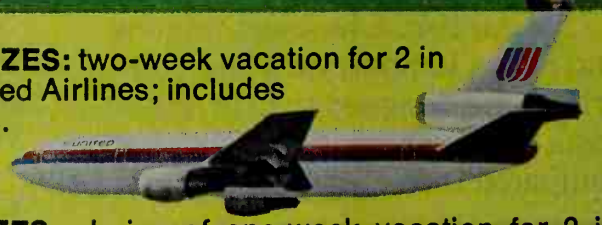
WIN WHAT THE WIN

$32,000

PLUS A '75 CHRYSLER CORDOBA

The luxurious new small Chrysler.

- **3 SECOND PRIZES:** two-week vacation for 2 in Hawaii via United Airlines; includes hotel, all meals.



- **20 THIRD PRIZES:** choice of one-week vacation for 2 in New York City or San Francisco via United Airlines; includes hotel, all meals.
- **200 FOURTH PRIZES:** Colgate-Dinah Shore 'Winners Circle' Wrist Watch.
- **5000 "THANK YOU" PRIZES:** one-year subscription to *"womenSports"* magazine.

SHOPPERS' EXTRA!

GET UP TO $3.00 CASH REFUND

When you buy designated sizes of the Colgate products shown at the right, you can get a cash refund of up to $3.00! See the displays in your local store, or write for details and Official Refund Form to: 'Winners Circle' Refund, P.O. Box 2004, Hillside, New Jersey 07205.

UPHOLSTERY HOW-TO BASICS FOR BEGINNERS

Of course you know that do-it-yourself upholstering can save you a bundle. But maybe you put off tackling that timeworn chair or sofa because you're afraid the job would be too difficult. Not at all. Upholstering is surprisingly easy, and even fun, once you get the hang of it.

Simple upholstering requires few tools, many of which you may already have. A few professional tools, available at upholstery supply stores, make the work easier. You will need a magnetic tack hammer or staple gun; a pair of ten-inch shears; a tack puller or thin-bladed screwdriver for removing tacks; pliers to pull any tacks with broken heads; a webbing stretcher; a mattress needle pointed at both ends, and a curved needle for sewing. Upholsterer's skewers are also useful to hold the covering temporarily in place. The only other equipment you need is a sewing machine with a zipper foot and a means of raising the piece of furniture to a comfortable working height, about 24 to 30 inches off the floor. You can stretch a board across a couple of sawhorses for this purpose.

Three basic steps are used when upholstering; tacking, cutting, and sewing. Although these involve no great skill, neatness and organization are important. Each layer of an upholstered piece is secured by tacking. First, temporary-tack the material in place, driving the tacks only halfway down. These half-driven tacks are easy to take out if you need to make any adjustments. Once the material is correctly positioned, drive the tacks all the way down. This is known as "tacking down." Placing a tack in the middle of each side of the chair to position the material and then tacking from this point out to each corner helps avoid wrinkles in the cloth. Work on opposite sides of the chair alternately to keep the grain of the fabric straight. Materials likely to take a strain, such as webbing and burlap, should be doubled over, raw edge on top, when tacking off. In this way, the top layer of material acts as a buffer between the sharp tack head and the bottom or main piece of fabric. Double the raw edge under where neatness alone is the objective, such as on the cover and undercover which take little strain.

A sharp pair of scissors is essential in cutting. Be accurate in both your measurements and cutting. Being only ¼ inch off may affect how the material fits on the chair and the final outcome of your upholstery job. Materials should be marked using a straightedge and tailor's chalk, then cut on the marked line. Cutting foam is easier if you first dampen your shears. Cutting the cover is always an important step.

continued

Watch the Colgate-Dinah Shore Winners Circle Golf Championship April 19-20 on ABC-TV from beautiful Mission Hills Golf & Country Club, Palm Springs, California. See the world's top professional golfers compete for $180,000—the richest purse in women's golf history. Check your local listing for time.

OFFICIAL SWEEPSTAKES RULES

1. To enter 'Winners Circle' Sweepstakes, print your name, address, zip code on the official entry blank, or on a 3" x 5" sheet of paper. Mail to: Colgate 'Winners Circle' Sweepstakes, P.O. Box 8, New York, N.Y. 10046.
2. Each entry must be accompanied by proofs-of-purchase from any two Colgate-Palmolive products listed below, or the names of any four such products printed in block letters on a 3" x 5" piece of paper. Enter as often as you wish, but each entry must be mailed in a separate envelope, postmarked by May 31, 1975 and received by June 14, 1975. Proof-of-purchase requirement is any two of the following: Fab Detergent—box top and bottom; Palmolive Dishwashing Liquid—word "Palmolive" from front label; Irish Spring—both end flaps; Ajax Cleanser—zip-top strip; Colgate Dental Cream—both end flaps; Curad Adhesive Bandages—cardboard partition from inside box of assorted 50's can (plastic or transparent); Ultra Brite—both end flaps; Wilkinson Bonded Razor or Blades—word "Wilkinson" from any razor or blade package.
3. First Prize: $32,000 plus a 1975 Chrysler Cordoba; 3 Second Prizes: 2-week vacation for 2 in Hawaii; 20 Third Prizes: choice of 1-week vacation for 2 in New York City or San Francisco; 200 Fourth Prizes: Colgate-Dinah Shore 'Winners Circle' Wrist Watch; 5000 "Thank You" Prizes: 1-year subscription to "womenSports" magazine. Vacations include round-trip air transportation via United Airlines and connecting carriers from winners' homes, hotel accommodations and meals. No substitution for prizes. Vacations must be taken by December 31, 1976.
4. Winners will be selected in random drawings conducted by Marden-Kane, Inc., an independent judging organization whose decisions are final. Odds of winning will be determined by number of entries received. All 5224 prizes will be awarded. Only one prize to a family. Liability for taxes is the sole responsibility of winners.
5. Sweepstakes open to residents of Continental U.S. and Hawaii only, except employees and their families of Colgate-Palmolive Company, its advertising and judging agencies. Void in Idaho, Missouri, Georgia and wherever else prohibited or restricted by law. All federal, state and local laws and regulations apply. To obtain a list of winners, send a stamped, self-addressed envelope to: Colgate 'Winners Circle' Winners, P.O. Box 234, New York, N.Y. 10046. **NO PURCHASE NECESSARY.**

USE THESE TWO OFFICIAL ENTRY BLANKS. DOUBLE YOUR CHANCES TO WIN!

COLGATE 'WINNERS CIRCLE' SWEEPSTAKES
P.O. Box 8, New York, N.Y. 10046

Please enter me in the Colgate-Dinah Shore 'Winners Circle' Sweepstakes. I enclose two proofs-of-purchase, or the names of four listed products (see Sweepstakes Rule 2), printed in block letters on a 3" x 5" piece of paper.

Name_____

Address_____

City_____ State_____ Zip_____

COLGATE 'WINNERS CIRCLE' SWEEPSTAKES
P.O. Box 8, New York, N.Y. 10046

Please enter me in the Colgate-Dinah Shore 'Winners Circle' Sweepstakes. I enclose two proofs-of-purchase, or the names of four listed products (see Sweepstakes Rule 2), printed in block letters on a 3" x 5" piece of paper.

Name_____

Address_____

City_____ State_____ Zip_____

AGATE / 7/16" Fir veneered plywood

For the rugged good looks of the great Northwest, discover Oregon Trail™ It's just one of our new Great American Look panels. At your G-P Registered Dealer.

Georgia-Pacific GP

REGISTERED DEALER

ding, either with the old piece if it is in good condition or with a new piece. If you make any changes in the thickness of the padding, be sure to make the same adjustments on the cover. Make a pattern by carefully drawing a line around the old foam onto a piece of paper. Be careful; making the pattern a little too large or too small can affect the outcome of the chair. Cut out the paper pattern, fasten it to the new piece of foam with masking tape, and mark around it carefully with a felt-tip marker or a ball-point pen. Cut the foam around the outside of the marked line, using a pair of sharp scissors which have been dampened for easier cutting or, for thicker foam, a wave-edged carving knife.

Test the foam on the seat for comfort, appearance, and fit. To get a more rounded effect, cut another, smaller piece of foam and glue it with rubber cement underneath the middle of the main piece. To bevel the edges of the padding, trim to the desired contour with a pair of scissors. For a really smooth contour, you can sandpaper the trimmed edges.

Flat sheets of foam can be glued directly to a plywood base. Spread a cross of rubber cement in the middle of the seat and a band of cement all around the edge. Cement the edge of the foam. When the glue is tacky, position the foam carefully on the seat. Make sure it is correctly placed, then press down firmly.

Attach molded foam to the frame with a tack strip. Apply pressure-sensitive tape to the bottom edges of the foam padding, then tack or staple the strip to the frame, first temporary-tacking. Center the foam on the seat, drive a tack halfway in at the middle of each side. Temporary-tack from the middle out to each corner, driving tacks only halfway in. Make any alterations needed, then drive the tacks all the way down.

Choose your covering material carefully. Large designs must be centered on the seat. If the fabric has a nap, it should lie from the back to the front of the seat.

Use the old cover as your pattern. If you have made any change in the depth of the padding, allow for this on the new cover. Lay out your pattern along the grain on the new material and mark the lines with tailor's chalk. Cut the new cover a little larger than necessary, to allow a margin of safety in the fitting. Mark the middle of the front

continued

Upholstery how-to

Upholstery fabrics are generally expensive and it can be costly to use five yards of material where, by careful planning and cutting, 4½ would suffice. Lay out all your pattern pieces and then cut the main pieces first, cutting the smaller pieces from waste if that is possible.

The quality of the sewing will affect the endurance as well as the appearance of the cover. In making seams, be sure the stitching is at least ½ inch from the edge so the strain on the cover won't cause the seams to open. Use a heavy-duty thread and hold the top and bottom pieces of the covering firmly to stop them from gathering under the machine as you sew. Patterns and stripes must be carefully matched. When hand-sewing pleats shut, blindstitch with a curved needle and heavy-duty thread.

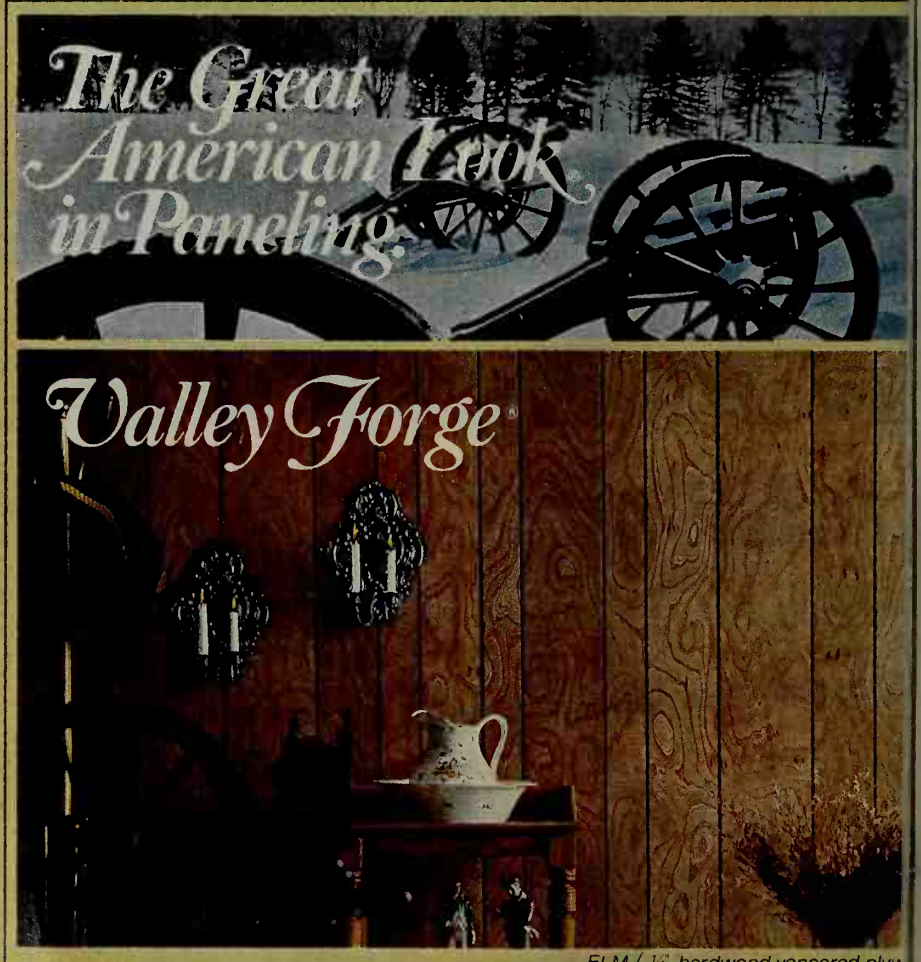
A good project to begin with is a chair that has separate upholstered seat and back which are bolted or screwed to the frame, or simply dropped in place. Gather your tools and set up your work area. You can use a bench or a couple of sawhorses with planks across them. Unbolt, unscrew, or lift out the seat and put the frame aside. Place the seat on your work surface.

Remove the old cover by pulling out the tacks or staples with a tack ripper. Before taking the cover off, be sure to note how it was attached, how it fit around the corners, how taut it was, and exactly where it was tacked. Put the cover aside—you'll need it later as a cutting guide. Also, save at least one of the tacks so you can replace it with the same size.

Underneath the cover the padding is either glued directly to the seat or tacked along the edges with a tacking strip. Take off this padding and save it. If it is in good condition, it can be reused; if not, it will be the pattern for new padding or foam.

Pull out any old tacks with a pair of pliers. If there are a lot of tack holes, fill them in with wood filler. Clean the seat frame and make any necessary repairs. Now the chair is ready to be re-upholstered. Follow the same procedure as in taking it apart but in the reverse order.

First replace the former pad-

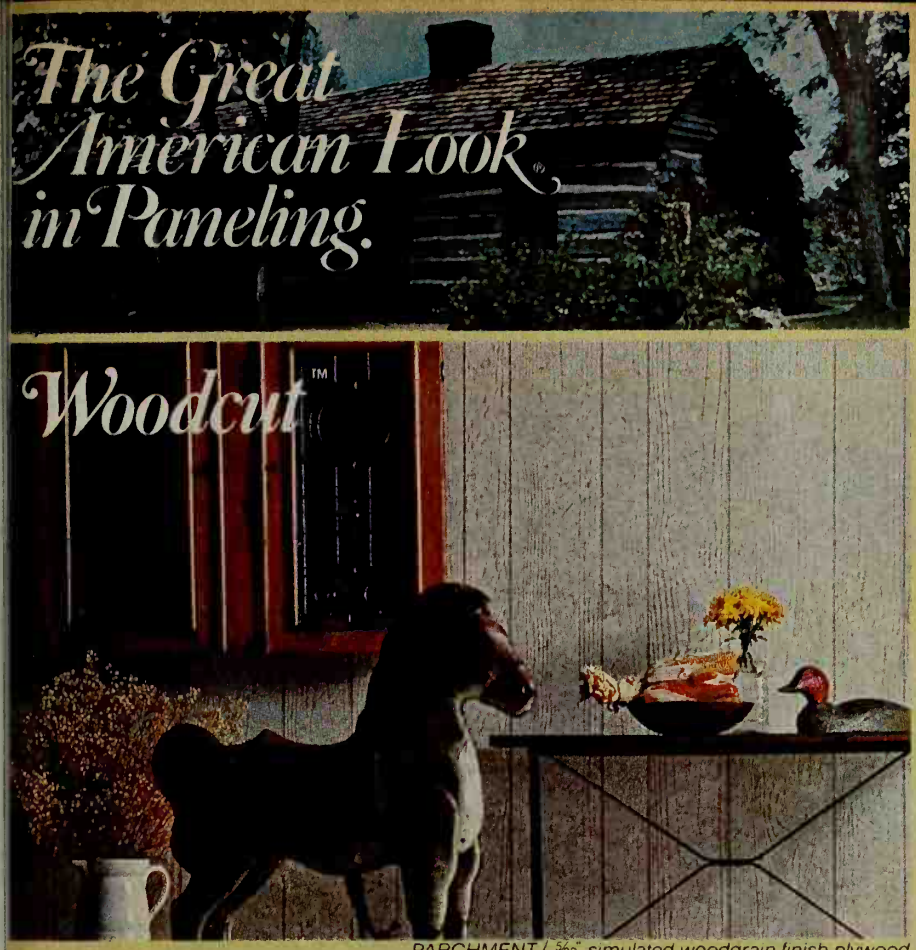


ELM / ¼" hardwood veneered plyw

Join forces with a Great American favorite: G-P's Valley Forge® paneling. It's made with real hardwood face veneers and a bold squared groove. Come take a look!

Georgia-Pacific GP

REGISTERED DEALER



PARCHMENT / 5/32" simulated woodgrain finish plywood

Want a quiet, country look? Woodcut™ paneling's a natural! Just call, free, to find *your* G-P Registered Dealer: 800/447-4700; in Illinois, 800/322-4400.

Georgia-Pacific

REGISTERED DEALER

support the springs and stuffing.

Springs—Traditional coil springs are sewn to the webbing, lashed together across the top, covered with burlap and sewn to this. A modern version is the cone-shaped coil spring attached to a metal bar which is nailed directly to the frame. Bar springs do not need the webbing base. A third type, also used without webbing, is the no-sag spring. This is a serpentine length of heavy metal wire tempered into a permanent arc which is cut to size and fastened directly to the frame with special clips.

Burlap—All springs are covered with a layer of burlap tacked to the frame which forms a foundation for the stuffing.

Stuffing—Although traditionally chairs were stuffed with moss or hair, modern upholstery methods call for rubberized hair padding, an even layer of rubber-coated curled horsehair or hog hair attached to a firm mesh backing. It is resilient, strong, and easy to use. Simply cut it to the correct size and sew in place on the seat and back.

Dacron batting—A sheet of this is cut to size and laid over the stuffing to provide a smooth, even surface.

Foam—Often used in modern upholstery, foam is resilient, durable, and easy to work with. Use it instead of stuffing pads over no-sag springs or use it without springs, supported on a webbing or plywood base. Foam can be glued to the wood base or it can be tacked to the frame with a backing strip.

Muslin undercover—Tacked over the rubberized hair pad or foam, it pulls the stuffing down to the desired shape and takes the strain off the cover.

Cover—This is the upholstery fabric used as the outside cover on a furniture piece.

Upholsterer's tacks—These come in various sizes for different uses. No. 12 or 14 webbing tacks are quite heavy as the webbing takes a lot of strain. Use a No. 6 medium weight for burlap, padding, and heavy covering materials; No. 3 or 4 for the light jobs like attaching the muslin undercover, foam, and lightweight covering fabric.

Twines—Spring twine is used for sewing the springs to the webbing; a heavier cord is used for lashing the tops of the springs together and is made by "laying the cords" in such a way as to prevent stretching. You will also need heavy-duty thread for sewing the cover.

and back of the cover, then mark the middle of the front and back of the seat frame. Line up the marks on the fabric with the marks on the frame to make sure your cover will fit right.

When the cover is laid on straight, drive a tack in halfway at the center of each side and temporary-tack, working from the middle tack out to each corner. Draw the material down and toward the corner as you tack to avoid wrinkles in the fabric. It is best to work on opposite sides of the seat at the same time to keep the grain of the fabric straight. Complete the front and the back, then move to the two sides. Draw the material fairly taut. If it is not tight enough, the cover will sag and wrinkle after very little use, but if it is too tight, the result will be a hard seat with undue strain on the fabric.

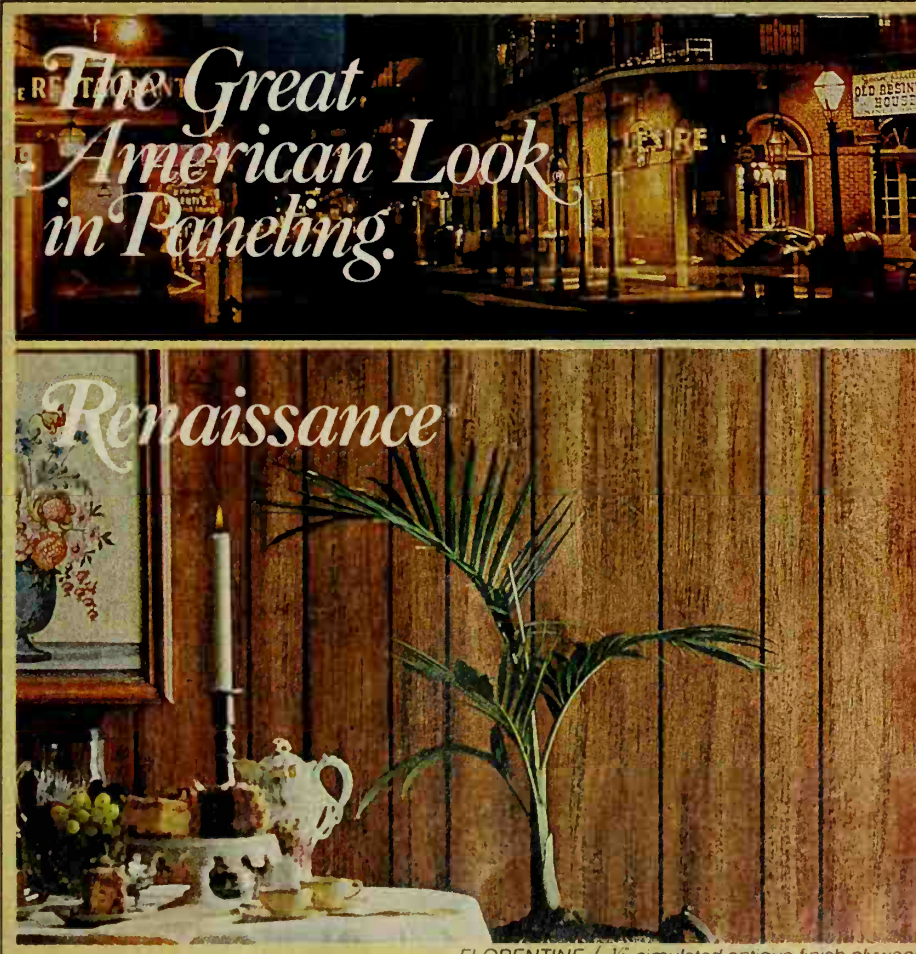
Work the excess material at the corners into pleats. On a rounded corner, make a double pleat by pulling the corner point of the cover tightly over the corner of the seat and temporary-tacking it to the frame. Then fold one side of the remaining material and pull it down tightly and cleanly. Cut a V-shaped piece out of the fold but only after you have tried the pleat in place several times. The top of the pleat should lie below the seat back. Then tack the pleat under the frame. Repeat on the other fold of the material.

If your seat corners are square, use a single pleat. Omit the tacking on the front of the seat about two inches from the corner and tack the side cover to the front of the frame near the corner. Cut away the surplus under the front pleat after you have checked it in place. Then, folding under the raw edge of the front cover, lay it directly on the corner and temporary-tack along the fold and under the seat rail. Sew the fold shut with a curved needle and heavy-duty thread. Repeat on the other corners.

When the whole cover is smooth and firm, drawn evenly taut, all the wrinkles worked out and the pleats laid, tack it down by driving the tacks all the way in. Now the job is practically done. All you have to do is put the chair back together and clean up your work area.

The following glossary will help you understand how an upholstered piece is put together:

Webbing—A fabric made of strips of jute that is tacked to the seat and back frame and interlaced to



FLORENTINE / ¼" simulated antique finish plywood

Renaissance® paneling: the rich, elegant look of old New Orleans. It's just part of our collection of Great American Look® paneling. Come discover your favorite. And bring it home.

Georgia-Pacific

REGISTERED DEALER

Weight Watchers®

Frozen Dessert gets rave reviews!

Delicious. So much better. Fantastic. That's what women all over America are saying about our new Family Pleasing Flavor. Such good taste, you'll never believe it has less than 1% fat. Try it, see if your family agrees.

less than 1% fat

©Weight Watchers International, 1975. Owner of the trademarks. All rights reserved.

HOW TO HAVE THE HAIR YOU WANT

FAMILY GROOMING

Hair that is clean, smells fresh, looks healthy, and handles easily. That's what everyone wants—and the universal yearning has spawned a vast array of hair care products.

How can you choose the ones that are best for you? Begin by realistically assessing the condition of your hair.

Your hair is *dry* if it's harsh to the touch, lacks luster, has a strawy texture, frizzes up, crackles with static electricity when you brush, and doesn't look oily even if you go more than a week between shampoos.

Your hair is *oily* if it becomes stringy and sticky within a day or two after shampooing.

Your hair is *normal* if you have none of the above problems in the extreme; most people do have a slight tendency toward dryness or oiliness.

If your hair is *dyed, bleached, or permanently waved,* it requires specially formulated products to help it look its best without affecting the coloring or curl.

In addition to products for the specific types of hair, there are combination products, such as "for normal or dry hair" or narrow-use products such as "for blondes only." Yet a careful look at the package may disclose instructions for differing amounts, length of use, or number of applications for the specific types of hair we've outlined.

What are shampoos?

"Today's shampoos are mainly detergents," says William S. Tolgyesi, Ph.D., principal scientist at the Gillette Research Institute in Rockville, Md., and an authority on hair care. The detergent loosens the dirt and oil on the hair, so that they can be rinsed off with water.

A shampoo might also contain an emollient to lubricate the hair and scalp, opacifiers or coloring agents to make the shampoo look attractive, ingredients to give the foam more body, viscous materials to keep the shampoo from running off your hand or hair and, quite often, a perfume.

Shampoos originally were soaps. But soaps react chemically with the minerals and salts ordinarily present in tap water to form an insoluble "scum" which dulls hair. Further, soaps in shampoos don't clean as well as detergents. If you live in an area where the water is so hard that you typically see a ring around the tub after bathing—and you use a soap shampoo—rinse with a weak acid, such as vinegar or lemon juice, to dissolve the scum that's surely in your hair. Acid rinses are generally not needed after a detergent shampoo.

The amount of detergent in a shampoo is variable, ranging from approximately five to 20 percent. The label doesn't tell you. Generally, there is less detergent (because less is needed) in a shampoo for dry hair, and more in a product for oily hair.

The newest thing on the market are shampoos designed to restore the *natural pH balance* of your hair. The term "pH" represents a chemical measure of acidity and alkalinity. A pH of 7.0 is neutral, more than 7.0 alkaline, and less than 7.0 acid. Hair is at its strongest in the pH range of 4.5 to 7.0. Until recently, formulations which produced a good shampoo lather tended to have a pH of just above 7, which is harmless. However, hair left in a

These Better Homes And Gardens Booklets Solve 10 Most Common Home Problems

Over 500 pages of easy-to-follow solutions. Each book is packed full of descriptive photos, hundreds of fresh new ideas, and tips for making your home more practical and beautiful. You'll find a booklet for almost every home improvement need. ONLY $1 each, 3 for $2, 7 for $4, all 10 for only $6.

Buy all 10—you save 40% of the individual price.

- ☐ 02222 All 10 Guides
- ☐ 02204 Add-A-Room
- ☐ 02205 Patios/Decks/Fences
- ☐ 02206 Kitchen Planning
- ☐ 02207 Storage
- ☐ 02208 Rec. Rooms/Basements
- ☐ 02209 Bookshelves
- ☐ 02210 Painting and Finishing
- ☐ 02211 Bathrooms
- ☐ 02218 Gardening/Landscaping
- ☐ 02219 Fireplaces

OUR GUARANTEE

Your money back if not completely satisfied.

Send order and remittance to:

Better Homes and Gardens, Dept. 2Q5, Box 374, Des Moines, Iowa 50336

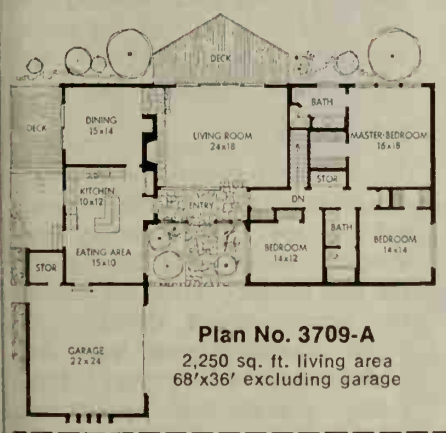
Name_____

Address_____

City_____

State_____ Zip_____

Our Readers Favorite House Plan



Plan No. 3709-A
2,250 sq. ft. living area
68'x36' excluding garage

from

Better Homes and Gardens

You'll enjoy peace and quiet with this outstanding home design. The excellent floor plan buffers each bedroom, provides a sense of spaciousness with a cathedral ceiling in the living room, and special decks for "outdoor" living. The kitchen is easily reached from dining room, garage, or entry hall. You'll enjoy "get away from it all living" with this plan. Home plans package includes working drawings, a materials list required for cost estimating, and a specifications outline for workmanship and materials.

Plans are $35 for the first set; 4 sets $60.00. Add'l sets $10.00 each. Please include postage and handling—$1.50 for one set, $2.00 for four or more sets.

☐ Please send me _____ set(s) of Home Plan No. 3709-A

Send order and remittance to:

Better Homes and Gardens, Dept. 2Q4, P.O. Box 374, Des Moines, Iowa 50336

Name_____

Address_____

City/State_____ Zip_____

slightly alkaline state is somewhat weaker and can be more easily damaged by high temperatures from the tremendously popular hand-held dryers used for the new "blow and go" hairstyles. New formulations give a satisfactory lather at a lower pH (around 6.5) and may be somewhat better for your hair.

You'll also see shampoos with many other added extras. *Balsam, herbs, lemon, lime* and other "natural" ingredients in today's shampoos give your hair a pleasant scent. *Protein,* while of considerable value in other hair care products to give your hair manageability or extra body, seems to be much less worthwhile in shampoos because it is too quickly removed with the rinse water.

Medicated ingredients added to *dandruff shampoos,* however, are actually deposited on the hair and scalp. Zinc pyrithione, selenium sulfide, quaternary ammonium salts, sulfur, tar, and salicylic acid have been found effective in reducing flaking for as long as five days. Any ordinary shampoo will help combat mild dandruff, of course, but the medicated products should also let you go much longer between shampoos. If the flaking is severe or you have any scalp inflammation, you should see your doctor.

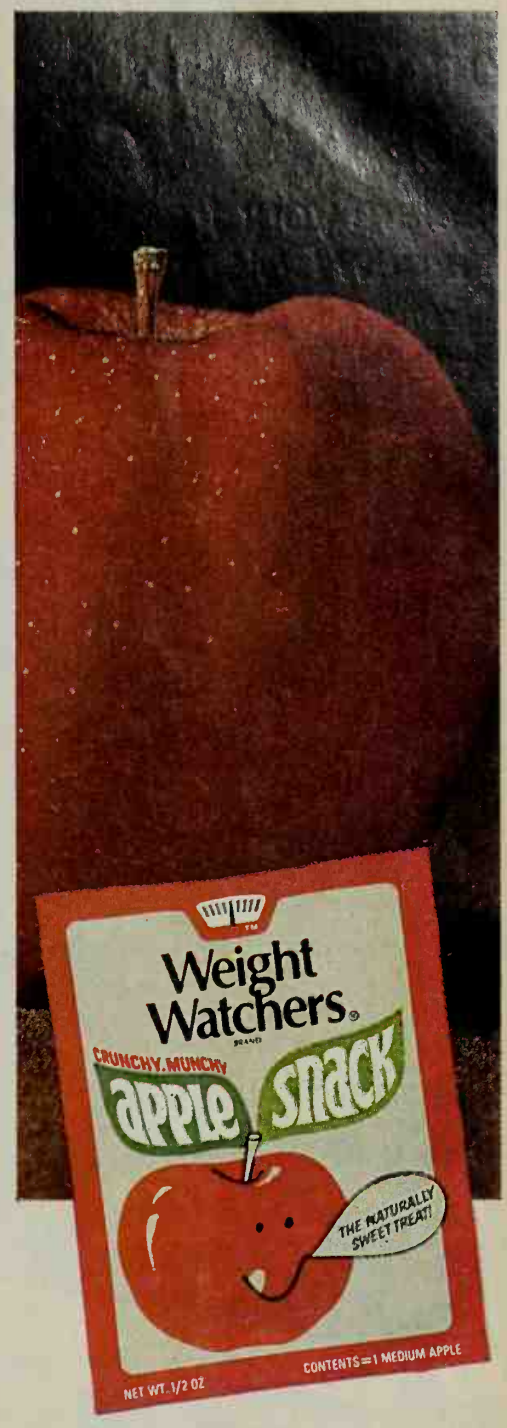
Products marketed as *baby shampoos* are essentially the same as shampoos for regular hair. But they are formulated not to sting if they accidentally get in the baby's eyes.

Waterless shampoos are essentially starches which absorb oil. You spray the product on, then brush it out. The amount of brushing required to remove the shampoo probably will remove the styling too. While not as effective as regular detergent shampoos, these waterless products save time and therefore can be very useful for occasional or touch-up use.

What's the best way to wash your hair?

Wet your hair thoroughly, gently massage the shampoo lather onto the scalp, and then work through the hair, a section at a time, from the scalp outward to avoid tangling. The instructions on most shampoos say "wet hair, lather, rinse, repeat." You may not need a second application of shampoo if your hair is short or not very dirty. The shampoo does its work in about two minutes. The less dirt and oil in your hair to inhibit the action of the detergent,

continued



The Good Snack!

Crisp, crunchy slices of tree-ripened Apples . . . that's WEIGHT WATCHERS Apple Snack. It's the naturally good, naturally sweet treat everyone in the family will enjoy. Serve WEIGHT WATCHERS Apple Snack in school lunches, between meals or whenever the time is right. WEIGHT WATCHERS Apple Snack . . . good tasting . . . good for you. It's The Good Snack.

©Weight Watchers International. 1975. Owner of the trademarks. All rights reserved.

Coleman

Independence Days

Declare your freedom in a new Coleman camper

and choose up to $150 in famous Coleman outdoor products FREE!

Here's a revolutionary way to stretch family funds to family fun. Get started *now* on the joys of carefree, inexpensive camping in any of Coleman's six great camping trailers. *All* are light weight and compact for easy towing. *All* set up effortlessly—you'll be "at home" in minutes, enjoying an open-air feeling no hard side camper could ever match! And still sleeping in beds as comfortable as those at home!

Right now, your purchase of any Coleman model earns Freedom Shares you can redeem for one or more famous Coleman outdoor products. Choose from 16 great prizes—sleeping bags or lanterns, picnic jug, heater, day pack, stoves, air guns, or trailer accessories that help to bring home comforts to your vacation home on wheels!

CALL TOLL FREE 800-458-0164
for your free Independence Days Gift Catalog and the name and address of your nearest Coleman Camping Trailer Dealer. Pennsylvania residents call 800-452-0276.

Coleman Camping Trailers
the camper's camper
THE COLEMAN COMPANY, INC.
Camping Trailer Division, Somerset, PA 15501

1900-1975 75 YEARS OF PROGRESS

Shown here: the popular Valley Forge, with sleeping and cooking facilities for six. (And it earns 200 Freedom Shares, too!)

Offer also valid on Patriot, Settler, Brandywine, Lexington, and Yorktown models, for limited time only at participating dealers in the continental U.S.A.

continued

How to have the hair you want

the greater the lather; hence, when your hair lathers easily, it's probably time for a thorough warm-water rinse. And, remember, water from a spray is gentler than from a tap.

None of the major shampoos will over-clean your hair. Teenagers may have such excessive natural oils in their hair that they might need to shampoo every day. Longer hair also may need washing more often; the longer the hair, the faster it becomes stringy because the long hair fibers rub against each other and stick to each other. While using a shampoo every day won't harm your hair, you do have to be careful about how you shampoo. Wet hair is weaker than dry hair and can be damaged by the harsh rubbing associated with washing and drying.

After rinsing, squeeze the excess moisture from the hair with your fingers and then blot dry with a towel. Do not rub! The rubbing friction from the towel can easily break hair fibers. Comb your hair gently after washing, taking care not to yank or pull.

If the hair is tangled, grasp it firmly between your scalp and the tangled area and work the snarl out with the wide-toothed area of your comb. Start combing at the ends of your hair and work towards the scalp, always combing downward.

Rinses

In addition to the homemade acid rinses, there are commercially available *creme rinses*. These products are used when wet-combing is difficult. They generally are applied to wet hair after shampooing, left on the hair briefly, and then rinsed off. The hair retains enough of the lubricating compounds to make wet-combing easy.

Creme rinses often contain an anti-static ingredient that leaves a film on the hair and makes it feel soft regardless of its texture. A setting lotion may be needed afterward to give hair body.

If you have oily hair, you'll need a minimal amount of creme rinse. Dr. Tolgyesi suggests that if wet-combing control is needed, you dilute a regular creme rinse two, three, even four times, leave it on for less than the suggested time, and then rinse off with water as hot as you can stand.

If you have dry hair that is short, thick, curly, and hard to handle, you should choose a *creme rinse with extra conditioning agents*. The added refined mineral oils and similar compounds make dry hair easier to control.

Conditioners

Conditioners, like creme rinses, lubricate hair, so you would use one product or the other, but not both. Bear in mind that when you use either product, you are applying lubricants to your hair and therefore may need to wash it more frequently.

Conditioners are designed for "problem" hair. By coating the hair shaft with a film, they make thin hair look thicker and thus add "body." If ends are split or the outer layer of the hair shaft is chipped or cracked by teasing or bleaching, the conditioners fill in the uneven surfaces, making the hair feel smoother and look better. Conditioners also may add shine to your hair.

Setting aids

Setting lotions or gels are solutions that coat the hair fibers and, when dry, externally reinforce the shape into which the hair has been combed or curled. They are water soluble and therefore different from permanent waving and straightening solutions which chemically modify the hair and don't wash out.

Such products come in various strengths such as "gentle hold" or "extra hold"; your choice would depend on your type of hair, as well as on the style you are trying to achieve. Men's hair dressings usually have a higher concentration of oils than women's.

Drying your hair

When selecting a home hair dryer, be sure to choose one that's approved by Underwriters Laboratories; there's then less danger of its burning your hair.

Holding the dryer too close to the hair for too long can overdry your hair. If that happens, your hair probably will have a flyaway look, but don't worry. Within a few hours moisture from the air will return your hair to its normal moisture level. Or you can wet it and start over.

Keep your hand-held dryer moving to give your hair a chance to cool off. When hair is hot, it's more susceptible to damage, so avoid tugging or pulling with a brush or comb. For the same reason, be careful not to yank your hair when removing electric rollers, and don't leave a curling wand in your hair for more than a few seconds. Let hair cool down before brushing out.

Hair sprays

You can keep your hairstyle looking great longer with a light aerosol hair spray of extremely fine droplets, which in effect "glue" the hair in place. Hold the can at the recommended distance to avoid saturating your hair. An added benefit of hair spray is that it helps prevent hair damage because it keeps the individual hair fibers from rubbing against each other. So-called "men's" hair sprays are simply weaker solutions than those sold for women. All hair sprays wash out easily.

Don't spray hair spray—or any other aerosol spray—toward your face or inhale the fumes! ■

Lynne Lamberg

Your back wakes up feeling great... It's a Sealy Posturepedic morning.

© 1975, SEALY, INC., MERCHANDISE MART, CHICAGO, ILL. 60654, T. M. REG. U.S. PAT. OFF.

More than just a firm mattress, Posturepedic® is a unique back support system. It's designed in cooperation with leading orthopedic surgeons for firm, comfortable support.

Under six layers of surface cushioning, there are specially spaced "body-action" coils for lasting support. The patented torsion bar foundation provides extra firmness and durability.

Posturepedic promises no morning backache from sleeping on a too-soft mattress. There's no other mattress like it.

SEALY POSTUREPEDIC

The unique back support system.

Sealy.

Crafts for the Spring Season

from Better Homes and Gardens

Crewel Shadowboxes — The last word in crewel. You'll want to be the first among your friends to try these unique shadowbox hutches. They're fun and easy to make as well as a super new decorating idea. Choose from several outdoorsy themes: "Nesting Time", "Pretty Planters" and "Flower Mart". Everything you need to make each hutch is included in the kit — background motifs stamped on imported linen, acrylic, and wool crewel yarns, six-strand cotton floss, ready-to-use stained wooden hutch with hardboard backing, needle, and complete directions. Finished size 5½" x 7½".

Pansy Pillow — These brilliantly colored pansies are the perfect touch for any room in your home. Simple and fun to do, you're bound to get compliments on the handwork in this lovely crewel pillow. Kit comes complete with design stamped on lime linen, colorful 100% acrylic yarn, piping, zipper, easy instructions, and needle. Available in a round 14" x 2" box pillow, or a big 16" x 16" square. (Pillow forms not included.)

Quantity

_____No. 00614 Nesting Time $4.98
_____No. 00615 Flower Mart $4.98
_____No. 00616 Pretty Planters $4.98
} Any 2/$8.99, any 3/$12.99

_____No. 00453 Round Pansy Pillow $7.49
_____No. 00419 Square Pansy Pillow $7.49
} Both or 2 of same/$13.98

Postage and handling $_____
Total of merchandise $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

Postage and handling: For orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

master charge THE INTERBANK CARD

If you use your charge card, fill out boxes below:

Expiration Date Month/Year [ ][ ][ ][ ]

Master Charge Interbank No. [ ][ ][ ][ ]

your BANKAMERICARD

Credit Card No. [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ]

Better Homes and Gardens, Dept. 202 P.O. Box 374, Des Moines, Iowa 50336

Name_____

Address_____

City_____State_____Zip_____

We guarantee your satisfaction, or return your purchase in 10 days for a full refund.

begins on page 24

Summer camps

general approach would be best.

If a parent is also looking for a therapeutic program tailored to all aspects of a child's disorder, the more narrowly focused camp would be preferable.

What is a special camp program like?

Camp Discovery, a YMCA day camp in Randallstown, Md., serves approximately 30 mentally retarded children between the ages of seven and 17. "If these kids weren't in camp," says Dennis Kodek, camp director, "their summer probably would be spent sitting in front of a TV, playing in an enclosed backyard and making occasional trips to the store with their parents. Most of our campers need direct supervision. Experiences here hopefully will reduce that need."

At camps for diabetic youngsters, for example, the emphasis is on teaching the children control, self-reliance, and problem-prevention. At the Florida Camp for Children and Youth with Diabetes at Melrose, Florida, children learn necessary diabetic procedures as part of their daily activities. Songs and films about diabetes are part of the camp program, as well as plays, puppet shows, and rhymes about diabetes composed by (and for) the children. The kids learn to calculate their proper food intake, first measuring food for a meal with a gram scale and then estimating it visually.

Camps for youngsters with asthma might include a physical conditioning program consisting of basic breathing exercises and gymnastics, in addition to regular camp activities. At Camp Bronco Junction, a residential camp in Red House, West Virginia, operated by the nonprofit Allergy Rehabilitation Foundation, Inc., swimming is considered the most important camp activity. The swimming lessons focus on underwater breathing exercises, building up endurance and muscle development.

This will be the second summer that the Girl Scouts of Columbus, Ohio, will sponsor a "buddy week" at camp for 100 boys and girls, half of whom are blind. "We found there was very little the blind campers couldn't do," reports camp director, Mary Greenwell.

William Freeberg, professor of recreation and outdoor education at Southern Illinois University, reports that he's taken many youngsters in wheelchairs to spend a night in the woods. "We find that they can manage with a bedroll and pup tent, and they get the same thrill as any other kid from sleeping under the stars. We handle cookouts by propping the wheelchairs with wood and cutting a longer stick for roasting hot dogs around the fire."

A parent's checklist

Although youth camp legislation currently is pending before Congress, at this time only 15 states have any at all. Twenty-four states don't even require a license or set standards for camps.

Camps accredited by the ACA have been inspected and found to meet certain minimum standards of health, safety, sanitation, site and facilities, personnel, program, administration, and transportation. The ACA is a voluntary association, representing about one-third of the nation's camps.

To avoid duplication of inspection on a national level, in 1974 the ACA incorporated into its standards those used by the National Easter Seal Society for camps serving the physically handicapped. Now, these standards are even applied against regular camps which may normally serve only a few handicapped youngsters.

Camps not accredited by the ACA may still be entirely satisfactory. Yet, as a concerned parent, you will want to investigate the staff and facilities of any camp you are considering.

Staff. Camping experts maintain that the quality of the leadership is the single most important key to the success of a camping experience. Many special camps are run by health professionals who specialize in the year-round care of youngsters with a particular disorder, or by persons specially trained in therapeutic recreation.

You'll want to know about the qualifications of the counselors involved in the day-to-day care of your child. Many authorities feel counselors should be at least 18 years old, because maturity is needed to deal with handicapped campers. Assistant counselors and aides may be younger. In fact, many camps maintain an admirable safety record by having teen-agers serve in a "big brother" or "big sister" capacity to a single camper.

While the actual ratio of staff to campers will vary from activity to activity, the ACA recommends an overall ratio of one staff person for every four mildly disabled campers (those who need occasional assistance) and one staff person for every two severely disabled campers (those who need

continued

Fisher-Price knows that a good truck should go through rain, snow, sand and mud puddles, and still look new.

So we built these great galumphing construction trucks. With big grab handles and cranks and scoops. To dig and lift and dump lots of good earth. And each one can come clean with a garden hose. So it can stay overnight in the yard, and still have the run of the house.

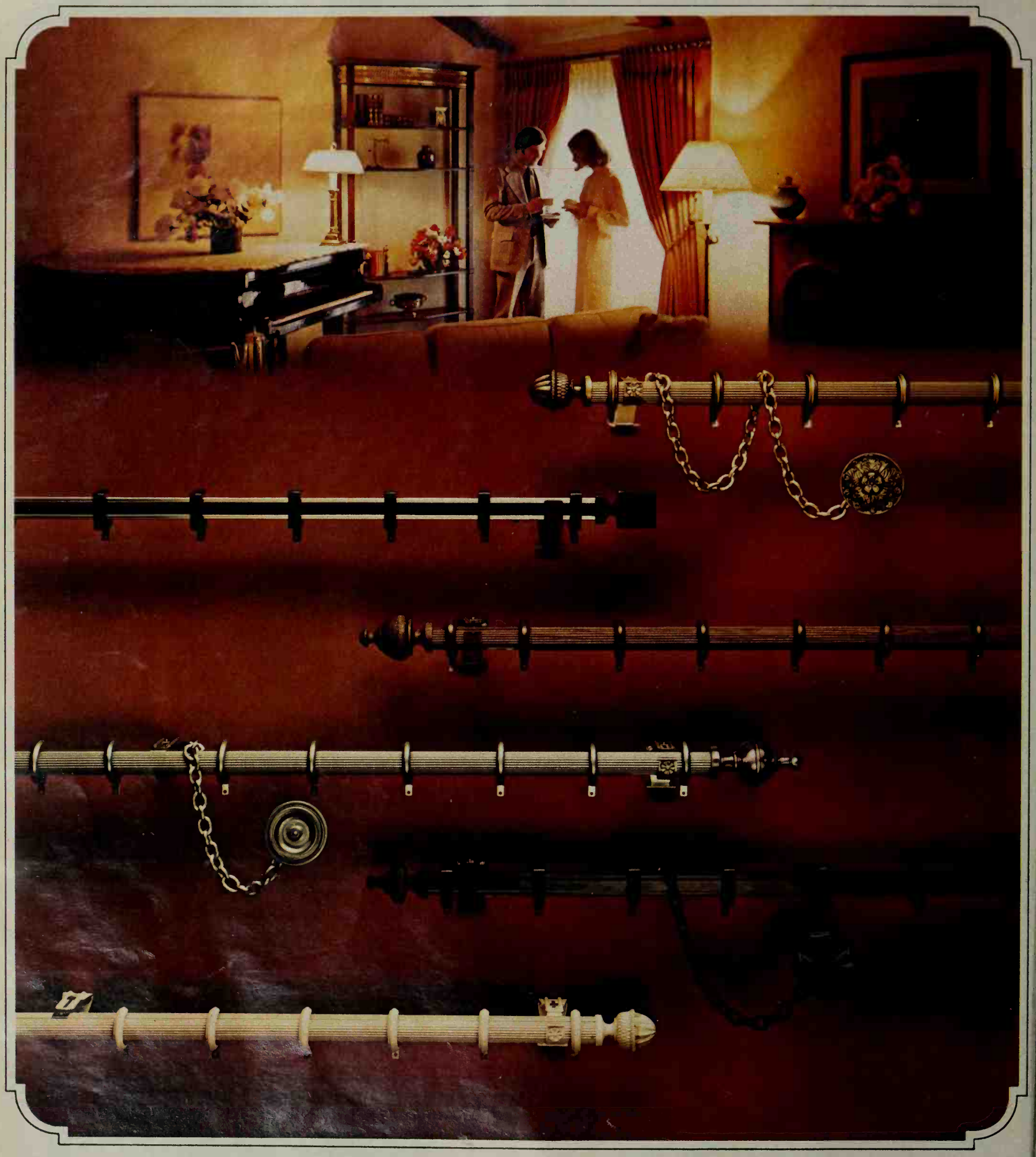
There's a Dump Truck, a Scoop Loader and a Shovel Digger. Each with its own one-or two-member crew. Each with a job of its own. All they need are a few children to get them working together.

And because we think like parents, every Fisher-Price truck is smooth, tough, rust-proof and practically indestructible. With what they're going to go through they have to be.

Look for new Fisher-Price Trucks in your favorite Fisher-Price toy center.

© 1975 Fisher-Price Toys, East Aurora, N.Y. 14052. Division of The Quaker Oats Company

Kirsch thinks about your home almost as much as you do.



with Kirsch drapery hardware... the name you know.

Whether it's a Superfine white traverse rod—the best seller—or a dramatic decorative, Kirsch has the rod you need. Classic designs in antique brass and pewter. Modern cubistic styles. Rods that look like wood and last like steel. Matching chains, holdbacks and other accessories, too. See them in the all-new "Windows Beautiful" book, Vol. V. **Available now with Kirsch Products at fine stores everywhere. Or write Kirsch Company, Department E-375, Sturgis, Michigan 49091.**

with charisma for your commonplace.

What a difference Kirsch Coordinates can make! Finely crafted switch plates, doorpulls, towel bars, soap dishes, toothbrush holders . . . some, like the double-faced vanity mirror, also in countertop design. Great gifts!

with shelving with a twist.

Kirsch Freestanding Shelving lets you add or remove components to create a bookcase, room divider, end table, you name it. All with just a twist of the wrist due to Ring-Lock® design.

with bedspreads almost too beautiful to turn down.

The Max Rawicz collection by Kirsch. Over 50 original patterns, including "Bouquet" shown. With deep hand-guided or multi-needle quilting, luxurious polyester filling, finest linings. Matching draperies, too. Other spreads in varied price ranges.

Kirsch

where quality still means something.

continued from page 36

Summer camps

frequent or constant assistance).

Staff members should know, where applicable, how to handle wheelchairs and lift campers safely, how to care for individually prescribed prosthetic and orthopedic devices, how to handle the individual camper's specialized needs in such areas as dressing, feeding, toileting, medications, and extra rest.

Staff members providing therapy should meet the standa of their profession and be s certified and/or licensed. Th should be a nurse or doctor duty at all times. Medicati should be handled in a safe supervised manner, and med records should always be at h

Facilities: While a resider camp needs more facilities t a day camp, some general c siderations apply to both ty

Find out, for example, architectural barriers have b modified to meet campers' ne Ramps instead of stairs and cial toilet facilities where wh chairs can be used are obv needs. Are drinking fountains appropriate height? Are mir in bathrooms placed down l Do natural barriers at the c impede full participation campers?

If swimming is part of camp program, many safety tors must be considered. Ca ers with limited or no sens in some parts of the body sh be protected from sunburn provided with a shady while awaiting their turn ir water or after swimming. T should be a dry, shaded for braces, devices, and w chairs. Access to the swim area should be controlled times. And there should written and carefully foll procedure for using water

What about costs?

You'll be relieved to find despite the professional ing of the staff and the sp ized facilities and equip costs for special camps ca quite low, often under $50 two-week session and, somet nothing at all. Even wher tion listed in the camping tories is several hundred d the fee frequently is foll by the words "sliding fee able," meaning you pay as as you can.

When you contact the v organizations in your area ing information about camp about fees and whether erships are offered. Some g such as local fraternal o zations may not sponsor a but could provide funds f handicapped which can b plied to a camp fee.

Armed services families consult their base health b office to see what assista provided. Many unions an nesses have generous benefits plans which cover camping. Also, the thera treatment offered at many camps may entitle you to all or part of the campi as medical expenses fro federal income tax. ■

Lynne Lamberg

Now! The Anyplace Fireplace™

Fits into any room in your home. Decorates any way you want it. And costs less than a quality sofa.

If you're like most people we meet, you'd love a fireplace—*except*. Except that you think it would cost a fortune. And except that it would be hard to put it where you want it.

Now there are no more excepts. With the Heatilator® Anyplace Fireplace, you can have a real woodburning fireplace in any kind of home, in any room you want, and you can give it any kind of look you want—real brick, marble, wood paneling, even stone.

And not only is the cost low, the installation is easy. You can probably do it yourself, on a weekend. Your Heatilator Fireplace Dealer can show you The Anyplace Fireplace in a wide range of models and styles. Built-in, wall-hung—and new free-standing models, The *Compatibles*™ in House & Garden Colors. Choose from woodburning, gas and electric. For the name of the Dealer nearest you, just call this toll-free number: 800-553-8905. Iowa residents call collect: 319-385-8880. Or write for our free Fireplace Idea Kit.

Heatilator Fireplace, A Division of Vega Industries, Inc. 1915 W. Saunders Street, Mt. Pleasant, Iowa 52641. Also available in Canada.

heatilator®

AMERICA'S LEADING FIREPLACE SYSTEMS

The Big Island-the biggest way to enjoy Hawaii.

The Big Island is so beautiful, they named the whole state after it.

And it's big on excitement, too.

Only the Big Island has active volcanoes. Only the Big Island has white, black, and green sand beaches.

And some of the world's best skin diving, sport fishing, sailing, hunting, and riding.

Not to mention golf and tennis under blue Hawaiian skies.

There's even snow skiing on Mauna Kea, the world's highest island mountain.

If you're a super sunbather, the Big Island also happens to be the southernmost spot in your land.

And the Big Island is very big on luxury. With magnificent hotels and excellent restaurants everywhere.

In fact, no trip to Hawaii is complete without a visit to the Big Island.

United can take you there with lots of "Big Island" vacations. And the only nonstop flights daily to Hilo.

Just send in the attached coupon. And we'll send you all the details on the Big Island of Hawaii.

Or call your Travel Agent, and ask him to arrange a United "Big Island" vacation. And enjoy Hawaii in the biggest way there is.

The friendly skies of your land.

UNITED AIRLINES

DB-3/75

United Airlines, Dept. 51
P.O. Box 1766
Peoria, Illinois 61601

I'm thinking big. Please send me more information on the Big Island of Hawaii.

Name_____

Address_____

City_____

State_____ Zip_____

My Travel Agent_____

Second of a three-part series

How to get the house you want

Planning your own-- and building it too

Last month we kicked off an important three-part series on single-family housing. We said that house buying has become a nightmare and that the situation won't improve quickly. But we added that it's still possible to get the house you want, provided you carefully examine all of the alternatives—some of which you may not have considered before. This second installment of the series discusses three of the alternatives.

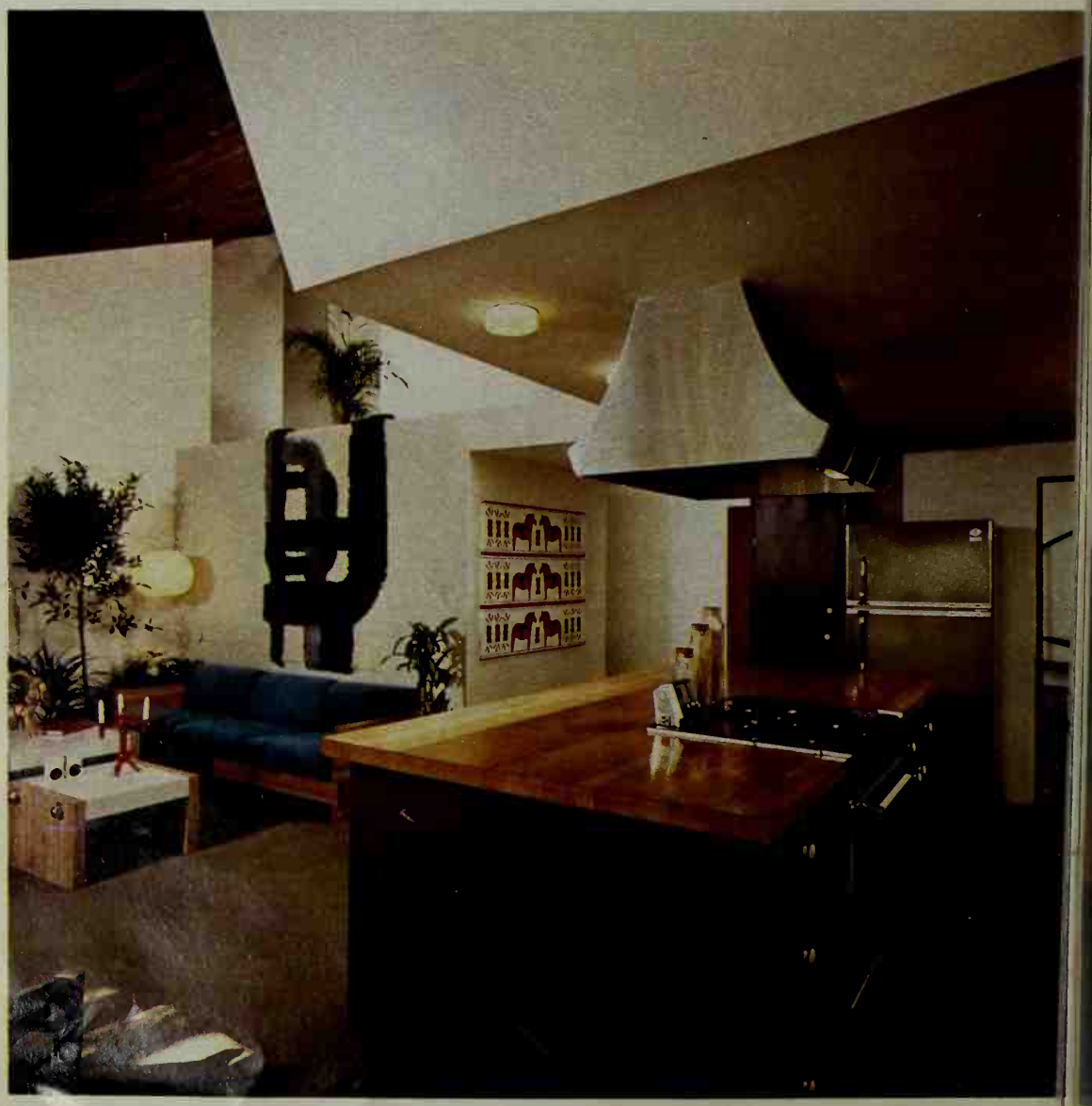
Building your own house—and living through it—isn't easy. In fact, it requires a family's total commitment, from start to finish. But the results—as you will see—can be spectacular. And so can the savings. Financial planning is critical, because lenders look askance at unfinished houses. And when you pay as you go, the going can be slower than some people can live with. Still, if you have the necessary fortitude and flexibility, designing and building your own house is a viable alternative. And here's the proof.

By Stephen Mead and David Haupert

Richard and Anne Marie Martin of North Easton, Massachusetts, started planning this house while they lived in their first home which itself was once a print shop they had renovated and remodeled.

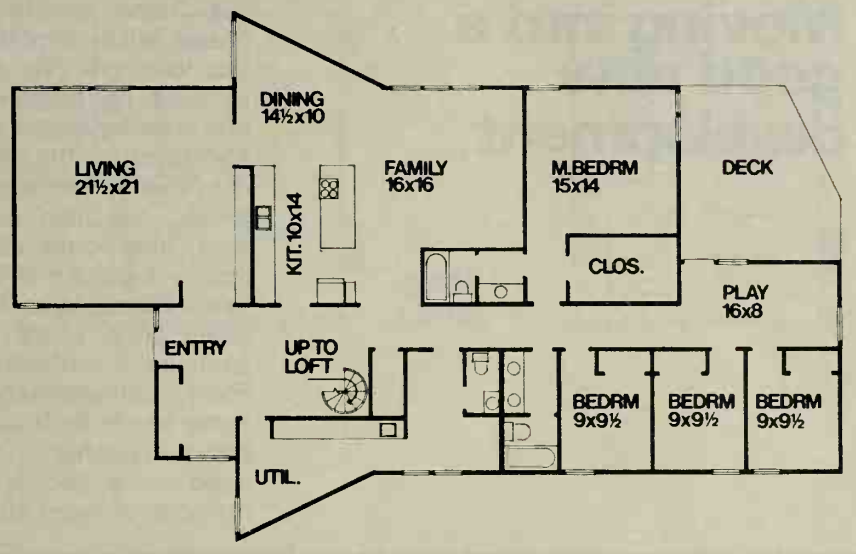
Rick's job on a commercial construction project brought him in contact with architect Moritz Bergmeyer. He critiqued the Martins' planning efforts and, after many talk sessions, ended up designing this house for the couple. At first Rick was apprehensive about building an architecturally designed house, but now says it's the only way to go. He found that the uniqueness of their house did not make it more difficult to build.

The important thing, says Rick, is to move toward your goal in stages. The Martins have been at work on their master plan for about five years and say that the pace has worked out almost perfectly for them. They determined to enclose the entire house, finish only the bare necessities, and move in. Elizabeth and Richie were about 2½ and 3½ years old at move-in time, and the family lived with only two bedrooms, one bath, and the kitchen-family room. Most of the outside help came before that —Rick subcontracted the excavation, but built the forms for the foundation himself.



Photographs: Bill Helms. Architect: Moritz Bergmeyer. Source: Estelle Guralnick

Planning your own--and building it too
Moving into a good new development
Buying a shell and finishing the interior



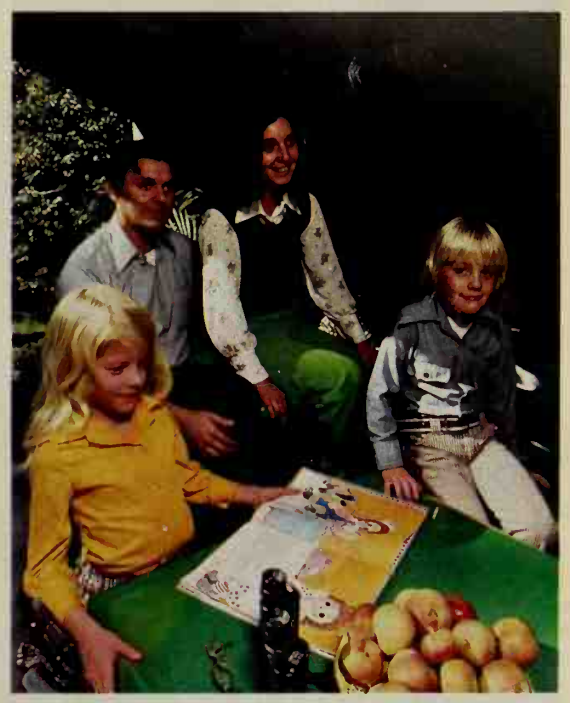
He also had professionals do the plumbing and wiring, and hired a group of youngsters to help with all the nailing during the framing. Living in the house while finishing it off (lower left) changed the Martins' minds on some things. They had planned to have a drywall ceiling in the family room, for instance, but Anne Marie opted for wood after moving in.

One big advantage of being right on the spot is that Rick has been able to handle one-hour jobs without a lot of traveling time tacked onto them.

But there are some disadvantages to on-site living. The moving of materials and equipment is often disrupting, and some of the work may take longer because it has to be fitted around the family.

Anne Marie describes their home as "a great house for people" and especially likes the way the low-ceilinged kitchen is open to the family room. It's great for entertaining—the Martins had family and friends in for Thanksgiving dinner even before they moved in.

Was it worth the work? The Martins estimate their house cost about one-third as much as a custom built house. And they have a better house than they dreamed of.
Buying information, page 93



How to get the house you want

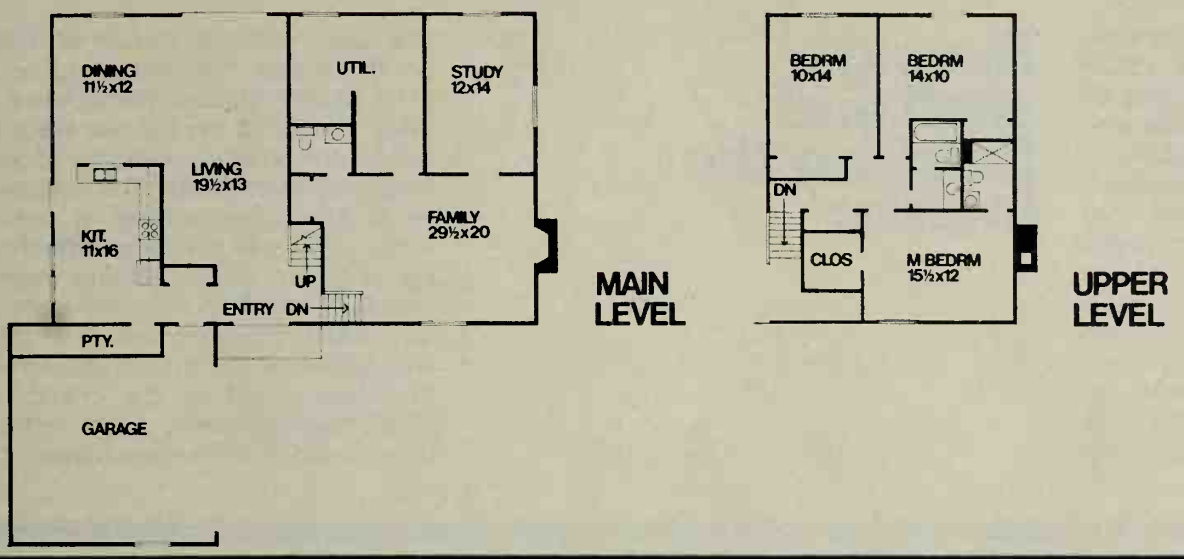
Moving into a good new development

Development houses can be great—and they can be very bad. Much depends on the builder, his attention to quality, and the way he markets his products. But most builder houses have one thing in common—a reasonable price, made possible by (1) standardized designs that make maximum use of materials, (2) labor-cost economies inherent in using the same crews on several identical houses, (3) volume buying.

On the negative side, standardization requires you to make compromises. And if they're too burdensome, your best bet is to find a builder who sells from models and who's willing to allow you a number of options. That way, you can enjoy the economies of standardized building, and still get a good, personal house for the money.

Iris Stone considered buying an older house, but most of the ones she saw needed lots of work. To avoid that hassle, she focused on builder houses, visiting several developments in her Chicago suburb. And because the ones built on speculation didn't allow her to choose colors and materials, the field narrowed quickly. However, one house stood out from the rest, mainly because it was larger and offered more possibilities than other units in the same price range. A variety of features such as a cathedral ceiling in the living room, contemporary exterior lines, an optional fourth bedroom, and good separation between kitchen and family room—all packaged on a one-third-acre lot—made the house even more attractive.

Photographs: Jim Hedrich—Hedrich-Blessing. Source: Jessie Walker



Some problems surfaced, however, when the builder saw the list of changes he was to make. In fact, he refused some, balked at others, and ultimately agreed—reluctantly—to accept only a limited number of "no-charge" modifications. The main changes—at *extra* cost—were a two-foot extension of the living/dining area at the rear of the house, the installation of a family-room fireplace and central air conditioning, and the addition of a pantry in the garage, opening off the kitchen. Smaller deviations from the standard package involved lighting, flooring, medicine cabinets, vanities, paneling, railings, even exterior brick.

The floor plan is very comfortable. Note that the family room is down a level and well removed from the living/dining area. The Stones take full advantage of this positioning, using the living room for quiet activities and making the family room "a place where the kids can enjoy themselves without being yelled at." Mrs. Stone wanted recessed lighting in the living/dining area (opposite page) but compromised by adding track lighting instead. Natural oak floors and area rugs—at extra cost—replace the cheap wall-to-wall carpeting that's standard in the builder's package.

The daughters' bedrooms upstairs (photo below), get their individuality from bright, bold decorating. Each room is simple and easy to keep shipshape. Commercial-grade carpeting, chosen for durability, provides sound insulation for the rooms below.

The Stones have one regret: that the budget didn't permit adding a basement under the main level. (It would have been an all-purpose room for 14-year-old Allyson and 13-year-old Melanie.) But overall, the house is just right for the Stones. Iris Stone sums it up this way: "Most people don't expect a development house to be nice, but ours turned out really super."

Buying information, page 93

How to get the house you want

Buying a shell and finishing the interior

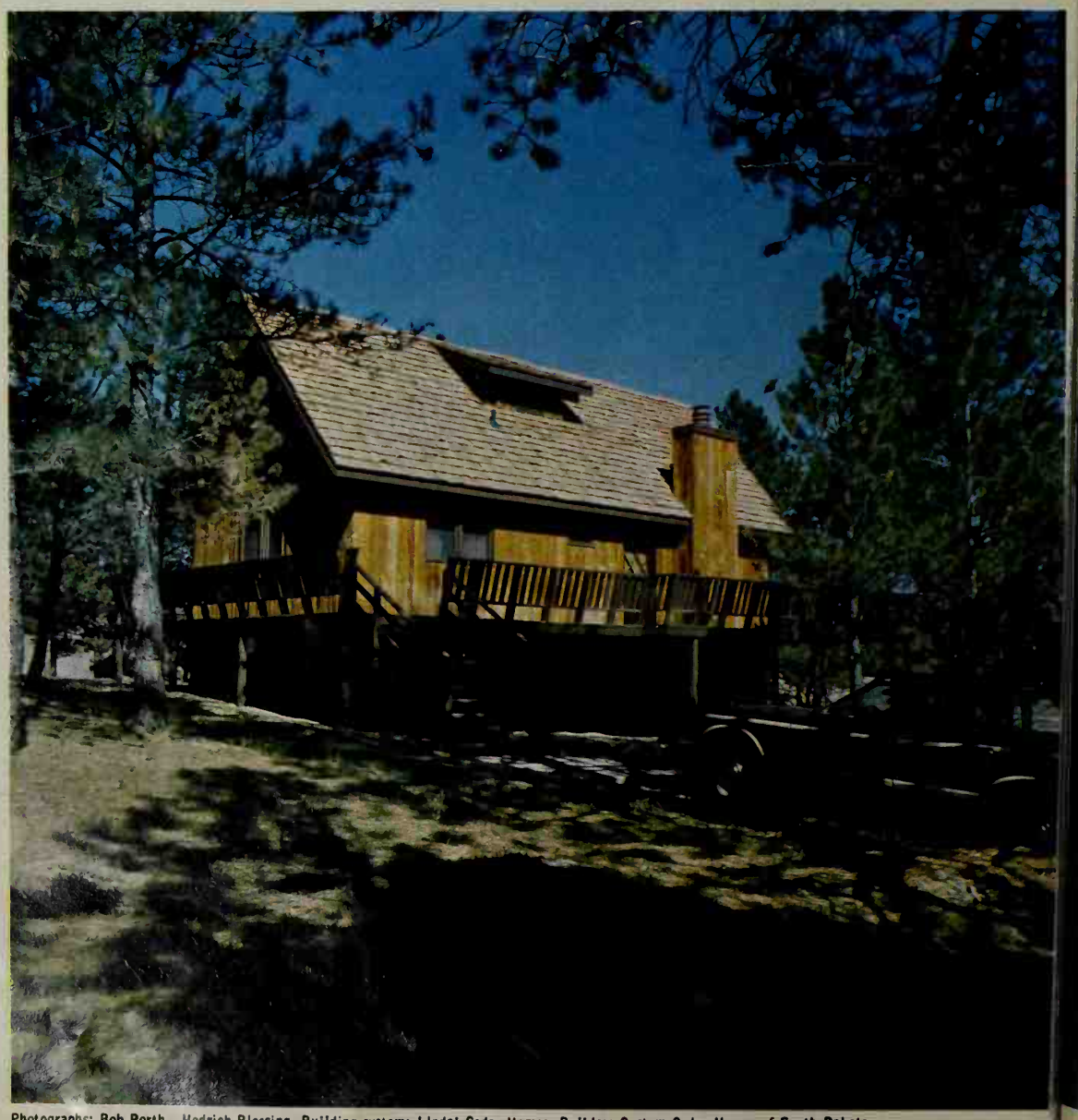
More and more families are building at least part of their new homes themselves. And if you're game to try, this alternative may be for you, too. The advantages are obvious: you save money and have the flexibility of changing your mind as you go. Moreover, this may be the *one* way to stretch your budget enough to get the house you want. On the other side of the coin, you'll be living with an incomplete house for a while, most of your evenings and weekends will be tied up until the project is finished, and you may have difficulties finding a lender who's willing to back you. But the money you save may outweigh every negative you can list.

The Larry Branch family of Rapid City, South Dakota, capitalized on an increasingly popular builder/homeowner arrangement. They had the builder erect the foundation and shell, then did all of the interior carpentry themselves. The builder, who represents a manufacturer of precut cedar homes, worked with the Branches during the planning stage, helping them tailor a standard house to accommodate the interior changes they wanted. After the exterior was complete, the builder delivered a stack of precut wood for the interior, and the Branches took over. Eight months later, they moved into their new home.

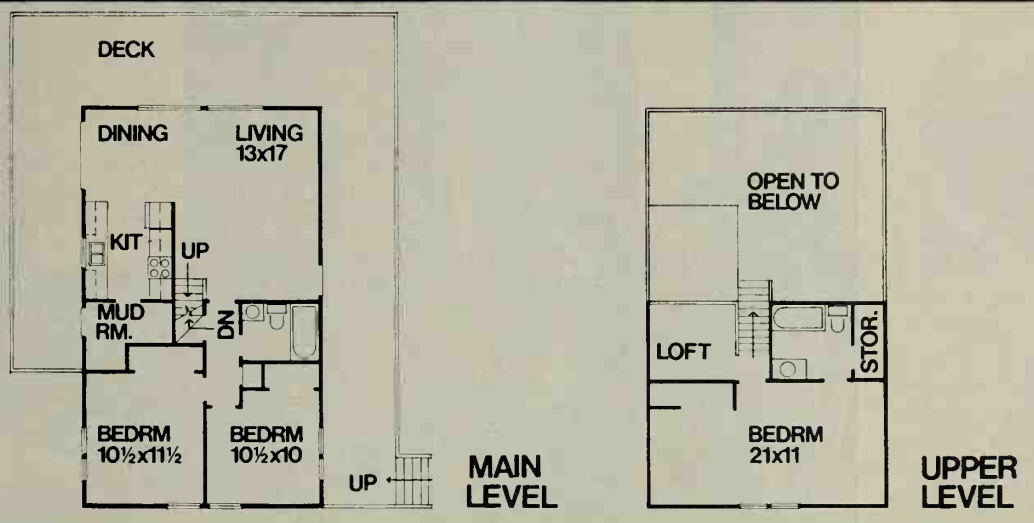
The biggest challenge was not the carpentry, but planning the interior layout. Originally designed primarily as a vacation house, the standard package provided minimal storage and bath facilities. But the Branches wanted a year-round home, so they went to work revising the floor plans accordingly. On the main level (see plans), what was originally a laundry room behind the kitchen now serves three functions: (1) mud-room entry for the three kids, (2) coat storage, (3) extra pantry space for the kitchen. The upper level was juggled, too, resulting in more storage space and a larger bathroom.

To add more living space to the basic 1,190-square-foot package, the Branches finished off their walkout basement (777 square feet) after they'd moved in, picking up two more bedrooms, a third bath, the laundry room displaced from upstairs, and a comfortable family room (right photo, opposite page).

The living/dining area (lower left) soars all the way to the peak, and 17-foot-high windows capture a breathtaking view of the beautiful Black Hills. A spacious wrap-around deck, added to the basic package, makes outdoor living a real treat. The family spends many hours at the picnic table



Photographs: Bob Porth—Hedrich-Blessing. Building system: Lindal Cedar Homes. Builder: Custom Cedar Homes of South Dakota



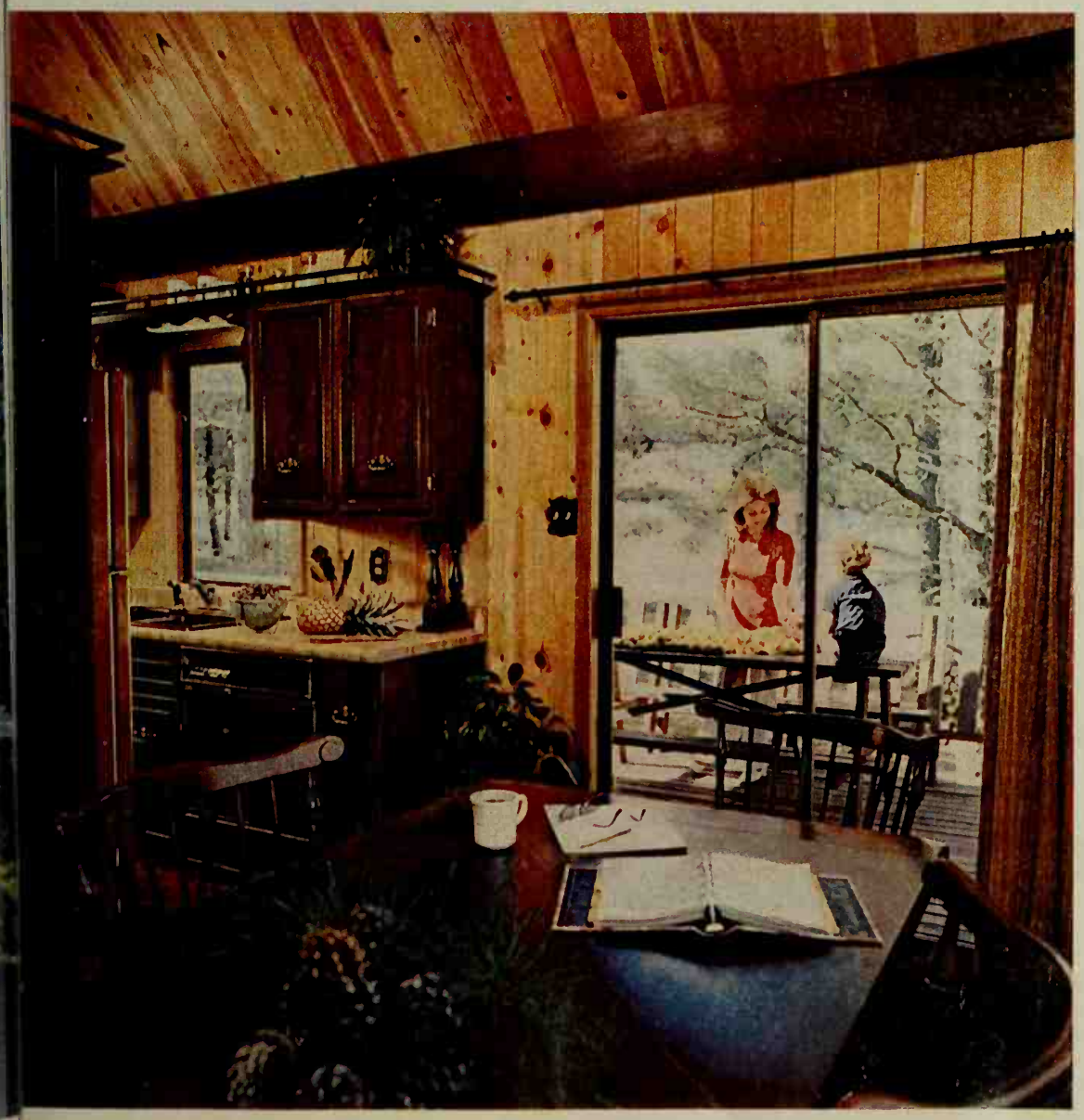
just off the kitchen/dining area via sliding glass doors (photo below).

Larry Branch estimates that he saved between ten and 14 percent by finishing the interior himself (he hired occasional help). He could have saved as much as 20 percent, according to his builder, by erecting the complete house—inside and out—but preferred to get the interior enclosed as quickly as possible.

The manufacturer of the precut building system used by the Branches offers a comprehensive "how-to" manual, coded plans, and numbered lumber components—a complete package that's tailored to the do-it-yourselfer. You'll find others who also encourage share-work arrangements, but be sure to nail down financing before you get too involved. Many lenders avoid such projects for at least a couple of reasons: they question your ability to do quality work, and they worry about the time you'll need to finish the job. (After all, until the house is finished, it's not worth anywhere near the value of the mortgage, and the lender stands to lose if he should have to repossess.)

However, if you can get everything worked out, a "sweat-equity" house can be a very personal and satisfying experience.

Buying information, page 93



Shell homes are big business. And, as you might expect, each shell home builder operates a little differently. Some build by conventional methods, others use precut or panelized systems; some insist on erecting the exterior themselves, others are happy to sell you the materials and let you tackle the whole job. But a good number will work with you to devise a production plan that lets you take over at any stage you choose.

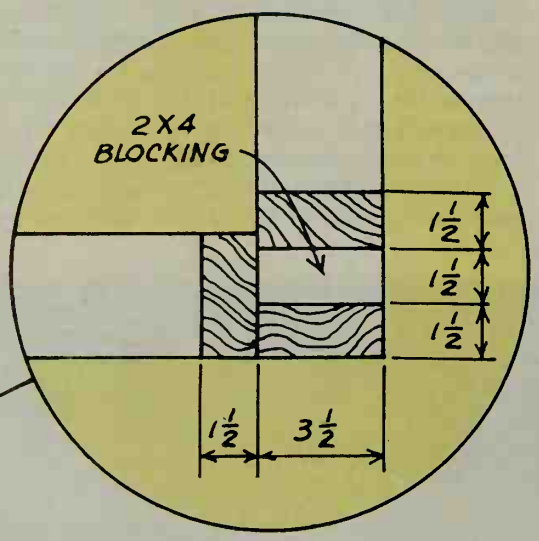
Designs run the gamut from small A-frames to rambling contemporaries. And the prices are just as varied. If you're interested in knowing who sells shell homes in your area, write: Reader Service Dept., Better Homes and Gardens, Dept. BDH, 1716 Locust, Des Moines, Iowa 50336.

By David Haupert

Photographs: Mike Dieter

THE UPS & DOWNS OF STUD WALLS

For most families, home carpentry is anything but a hobby—it's a necessity. You may have discovered already just how tough it is to find a skilled carpenter who's willing to take on small jobs. And, if you're lucky enough to line up a good craftsman, he's expensive. In case you're one of the many homeowners who have been forced to become instant carpenters, this article is for you. We'll introduce you to the ground rules for building and removing walls, then cover each step. Once past the basics, you can move on to bigger challenges.



HOW TO PUT ONE UP

Whether you're partitioning off a room in the basement or building a new bedroom closet like the one shown here, the structural technique is virtually the same. In fact, almost any interior wall added to an existing house consists of three main elements—a horizontal 2x4 (toeplate) flat on the floor, another 2x4 (top plate) flat against the ceiling, and vertical 2x4s (studs), spaced 16 inches apart. (Some codes allow 24-inch spacing between wall studs.)

Start by laying out the new walls so the top plate of each runs at right angles to the ceiling joists or parallel to—and, preferably, directly beneath—a joist. Mark the ceiling first, using a chalk line to outline the location of the plates, then transfer these lines to the floor by using a plumb bob.

There are two ways to put up a stud wall—assemble it flat on the floor, then lift it into position, or build it in place as you go. We chose the latter method, mainly because we didn't have enough room to build a full wall on the floor.

Nail the top and soleplates to the ceiling and floor, respectively, then add the studs, starting at an existing wall. Space the studs every 16 inches, measuring from center to center. In the case of the small closet pictured, the short end wall is only 28 inches long, so the middle stud splits the difference at the 14-inch mark. And before you install the soleplate for the long wall, check the door manufacturer's installation instructions for the proper rough-opening size. Use three studs to build the corner, following the diagram above.

To frame in the rough door opening (ours was 74x82 inches), flank each side with a plate-to-plate stud, then nail to each a shorter stud (sometimes called a trimmer) that reaches from the floor to the exact height of the rough opening. Next build a header to span the opening horizontally and rest on the tops of the two trimmer studs. (Use two 2x4s for the header, separating them by ½-inch-thick scraps of plywood so the header will be the same thickness as the studs.) Then nudge the header into position and nail into it through the flanking studs. Complete the framing by installing short pieces of 2x4 (sometimes called cripples) between the header and the top plate; space the cripples at 16-inch intervals and make sure you locate one four feet from the end of the wall, another eight feet from the end. (If your finished-wall material comes in 4x8-foot panels, you'll need these cripples as nailing surfaces for the edges of the panels.)

You're ready now to cover the rough framing—inside and out. We wanted an entirely new look for the room, so we installed a new stucco-like paneling on the top five feet and filled out the remainder with drywall, covered with a bold, flocked wall covering. Because the paneling is thinner than the drywall, we nailed thin furring strips to the framing to bring the paneling flush with the drywall. Rough-sawn 1x3s, used as chair railing and trim, camouflage all junctions. (It's best to stain the trim before nailing it to the wall, then touch up any blemishes later.)

Before you cover the studs inside the closet—we used drywall—be sure to move electrical outlets and add any lighting you might want; then you're cleared to cover the studs.

This is the time to install the shelf and closet rod, before you have to fight the folding doors for elbowroom. If your closet is as long as the one pictured (ten feet), be sure to support the closet rod in the middle as well as at both ends. And to bolster the 1x12 shelf properly, use ledgers at the back and both ends, and nail a 1x2 along the front edge to prevent sag.

Now you're ready to hang the doors. Procedures vary, so follow the manufacturer's instructions that accompany the units.

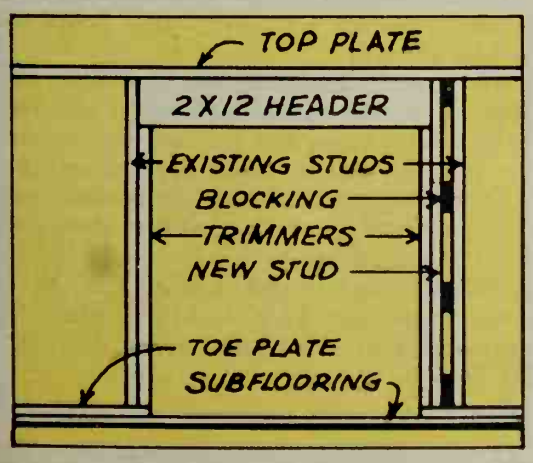
HOW TO TAKE ONE DOWN

Look at it this way: you're "cutting an opening in an exterior wall," not "knocking a gaping hole in the side of your house." So relax and bear with us—this job *can* be fun.

Your first order of business should be to find out whether or not the wall hides any plumbing, ductwork, or wiring. If so, move it yourself or get professional help, if necessary. Once the wall is cleared for action, mark your cut lines. They depend, of course, on the size of the unit you want to install in the wall—whether it's a window, greenhouse add-on, standard door, or sliding glass door.

We opted for a six-foot sliding glass door that eventually will connect the dining area to a new deck off the rear of the house. Check the manufacturer's instructions for a rough-opening height—measured from the *bottom* of the toeplate to the bottom of the header. (Why a header? You'll need one to support the weight that's now absorbed by the wall studs you'll have to remove in a few minutes.) Add another 11½ inches to the height specified, to allow for the depth of the 2x12 header. In our case, the resulting top cut line followed horizontally along the bottom of the top plate. Before you mark the two vertical cut lines, try to locate the opening so one edge of it will utilize an existing stud. (This eliminates the need for an additional stud.) Then mark the cut for that side by drawing a vertical line along the inner edge of the stud. Next, on the other side, find the stud just outside the width you need; draw a vertical line at the inner edge of that stud.

Now you're ready to make your cuts through the inner and outer walls. Choose from three different scenarios: (1) cut away exterior wall covering, remove studs, build a new framework, cut away inner wall covering, (2) cut away interior wall, remove studs, build new framework, cut away exterior wall, (3) cut away inner *and* outer surfaces, remove studs, build new framing. We chose the latter because it's fastest and easiest. One caution: even though you may have to cut the interior opening larger than necessary (to get access to the edge of an existing stud), don't do so on the exterior wall. Instead, cut an opening in the siding and sheathing just large enough to accommodate the doorframe (rough-opening size). Before removing the existing studs, brace the ceiling about three feet from the opening by forcing a couple of vertical 2x4s between a padded 2x6 against the ceiling and a 2x4 on the floor. (This brace *may* not be necessary, but it's good insurance in case the wall is load-bearing.) To take out the old wall studs, either cut them and remove the pieces or, preferably, use a sledge to force the bottoms away from the toeplate, then pry the tops loose.



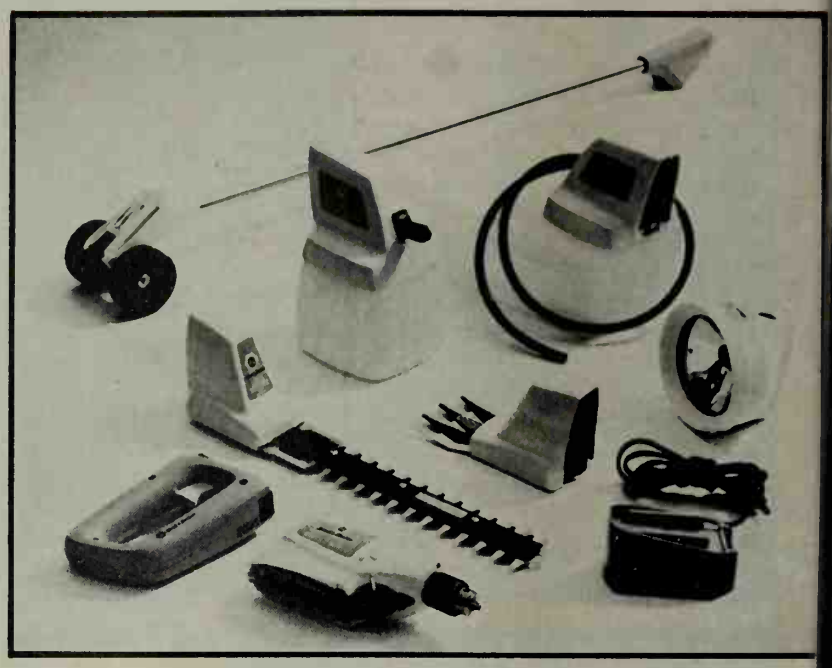
Now you're ready to build your new framing. Pick one of the two existing studs flanking the opening as the starter edge and nail flat against it a new stud (called a trimmer) that's cut to reach from the soleplate to a distance equal to the rough-opening height less 1½ inches. (Later on you'll remove the soleplate so the frame of the door unit will rest directly on the subflooring, thus picking up that extra inch and a half.) Now measure from this new stud to the opposite side of the opening a distance equal to the rough-opening width. That's where an identical trimmer will be located in a few moments. But, just as on the other side, you first need a full-length stud (from plate to plate) to which this second trimmer can be nailed. Install the full-length stud now, inserting blocking, if necessary, between it and the existing stud near it. Don't nail up the trimmer quite yet, however; it's easier to install the header, *then* follow with the trimmer.

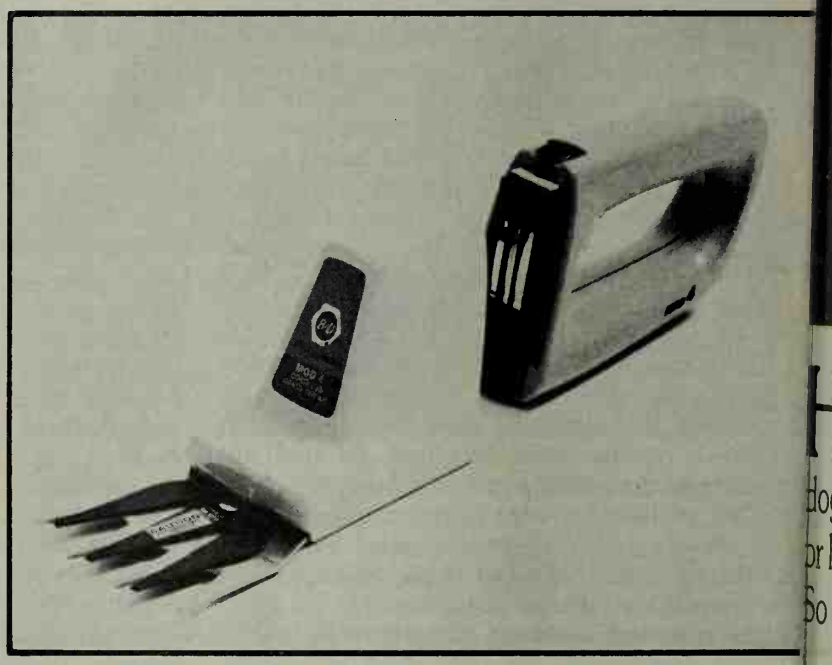
Next, build the header on the floor, sandwiching ½-inch plywood spacers between two 2x12s cut to span the two flanking full-length studs. To install the header, lift one end into place so it rests on top of the stationary trimmer, then raise the other end, forcing it into place with the loose trimmer. Anchor the header and loose trimmer solidly with 16d nails. (If your ceiling is standard height, the top of the header will fit snugly against the top plate; if you have extra-high ceilings—greater than eight feet—you'll want to nail short 2x4s, called cripple studs, between the header and top plate and spaced every 16 inches.) One last framing step: saw through the exposed soleplate and remove.

From this point on, the project is all downhill. Follow the installation instructions carefully. Most sliding glass units are fitted at the factory with their own exterior molding, which means you often have to cut away enough siding (not sheathing) on each side of the opening to handle the trim. (The trim butts against the sawn edge of the siding, rather than overlapping it.)

On the inside, your main job consists of patching the wall and floor and adding decorative casing. When the project is completed, chances are you'll admit that it wasn't nearly as tough as you expected.

GOOD NEWS





Rechargeable cordless electric tools do save energy—both the ele trical kind and the muscle kind. This unique line of tools goes o step further; it conserves your money too.

One basic power module—the handle housing the nickel cadmiu batteries—powers all of the tools shown. So, you can start by buyi a basic tool consisting of power module and grass trimmer head t just a little more than you'd pay for most rechargeable gr trimmers. Then, when adding to the system, you can buy t quarter-inch cordless electric drill head for a lot less than an elect drill, the hedge trimmer head for a lot less than a hedge trimm and so on for the whole system.

Changing the power module from one tool to another takes j a second. Press a button and the handle slips out of a dovetail s in one tool; click, the handle snaps into another tool. When not use, the handle slips into the charger which keeps it at full cha with no danger of over-charge. (Recharging any cordless tool ta just a fraction of the electricity normally needed to power a sim tool operating from a 120-volt outlet.)

Mod-4 Cordless Electric Tool System, Energy Pak, $11.99; charger, $4.99; power heads from $9.99 to $16.99 (drill, trimn grass shears currently available). Black and Decker, Towson, Ma land 21204.

continued

"I laughed when they set down the bowl of new, improved Gaines·burgers®."

He won't eat them, I said.

I mean, all he ever eats is canned dog food. It's got to be moist and meaty, or he just stares at you and walks away. So if it doesn't come from a can, forget it.

But these are new, improved Gaines·burgers®, they said.

I said that was very nice, but my dog wouldn't eat them.

Then they said, these are the moistest Gaines·burgers ever. And the meatiest Gaines·burgers ever. And the best-tasting Gaines·burgers ever.

I said that was marvelous, but he wouldn't eat them.

Well, he ate them.

I mean, he *demolished* them.

So now my dog demolishes them regularly. The Beefy Gaines·burgers and the Cheese-flavored Gaines·burgers and the Gaines·burgers with Egg. He likes the variety, and I found that I don't really miss having those cans of half-eaten dog food all over my refrigerator.

I'm not laughing anymore.

GF GENERAL FOODS

New moist and meaty Gaines·burgers.

The canned dog food without the can®

A nutritious combination of meat by-products and meat, vegetables, vitamins and minerals.

Find out how Pella Windows combine traditional value and modern convenience.

FREE, 6-page brochures show how Pella Windows can help you achieve the look, the quality and the convenience you want from your new or remodeled home.

Please send me: ☐ Pella Windows in Traditional Homes. ☐ Pella Windows in Contemporary Homes. ☐ I plan to build. ☐ I plan to remodel. ☐ I would like an appointment at the Pella Planning Center nearest me. Have someone contact me.

Name_____

Address_____

City_____ State_____

Zip_____ Telephone_____

Mail to: Pella Windows & Doors, Dept. C01C5, 100 Main St., Pella, IA 50219
Also Available Throughout Canada. This coupon answered within 24 hours.

Pella®

IT'S ONLY THE MIDDLE OF THE AFTERNOON, BUT YOU FEEL LIKE CALLING IT A DAY.

It's been one of those days. The hours just drag on and on. You should be looking forward to the evening but for you, the day could just as well be over. What you need is something to pick you up.

What you need is Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin... because the best part of the day is still ahead of you.

GOOD NEWS

Just one coat of this new penetrating oil finish produces a rich, durable hand-rubbed finish on new or old wood surfaces. The finish stains, fills, and seals in one application. The result is a warm, rich finish in about one-third the time conventional finishes would take.

Apply the finish to bare wood with a brush, roller, spray, or soft cloth and allow it to penetrate the wood for 30 to 60 minutes. Then rub the still wet surface with 320 or 400 grit silicon carbide paper. The pastes formed by this wet rubbing fill the open pores in the wood grain. Wait 15 to 30 minutes, then wipe off the residue with paper towels or a soft cloth. Finish will be fully cured in 24 to 48 hours. If accidentally scratched, the finish can be touched up at any time with a spot application of the oil.

Velvit Oil Wood Finishing System, $4.39 per quart, in seven colors, Dynamic Development Corporation, Box 164 Appleton, Wisconsin 54911.

You can have filtered-fresh water at any time if you own this portable water filter. The five-element Microlene filter element removes chemicals, minerals, odors, and bacteria to make most questionable water pure enough for laboratory use.

Tap water sometimes has objectionable odors. The activated carbon filter removes them so your coffee, soups, and ice cubes, taste better. If you need distilled water for a steam iron or auto battery this unit will produce it. It makes hard water as soft as rainwater for houseplants, and,—taken on vacation—it's your assurance that any water (except seawater) is fit to drink.

Carbon-Pure, $39.95 in drugstores. Porta-Pure, 340 E. Madison St., Phoenix, Arizona 85004.

continued

Colgate
DENTAL CREAM
WITH
ONLY A DENTIST
CAN GIVE HER A BETTER
FLUORIDE TREATMENT!
Accepted
COUNCIL ON DENTAL THERAPEUTICS
AMERICAN DENTAL ASSOCIATION
"Colgate with MFP fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association
SEE YOUR DENTIST. LIMIT SNACKS. BRUSH REGULARLY WITH COLGATE.
©1973 Colgate-Palmolive Comp

New Cookie Book

from Better Homes and Gardens

Introducing a colorful new "Homemade Cookies Cook Book" featuring 219 recipes for everyday bar cookies, festive bar cookies, 25 different brownies, drop cookies, refrigerator cookies, roll-and-bake cookies, holiday cookies, dainty teatime cookies, molded cookies and filled cookies. Also included: decorating and storing tips, gift cookie ideas including directions for making special gift boxes and best ways to mail cookies.

For you, for someone on your gift list, ideas that make a difference from Better Homes and Gardens. **Hard cover. Just $2.49 at your bookseller's now.**

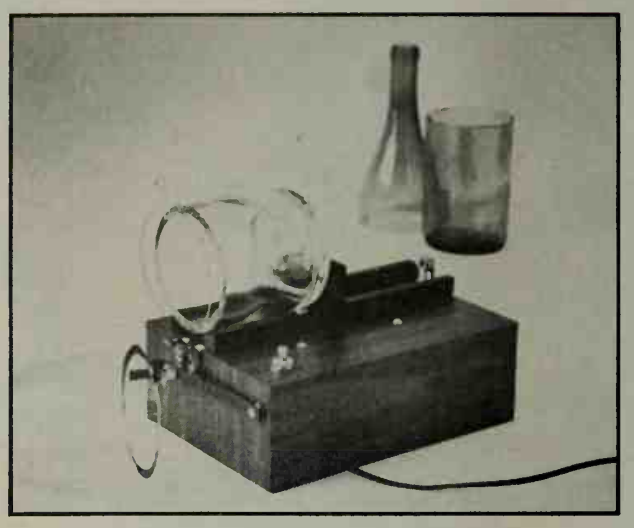
Ideas that make a difference

Better Homes and Gardens Books

WHEREVER BOOKS ARE SOLD

Prices slightly higher in Canada

GOOD NEWS



Recycling empty bottles into glasses and planters isn't exactly new, but this bottle cutter is. A precision tool for the hobby craftsman, it can even separate thick, irregular bottles and jars. Here's how to use it.

Set the depth stop so the bottle is at the desired height over the cutting wheel, then slowly rotate the bottle to scribe a line around the bottle. Reverse the bottle on the cutter and position it so the wire loop can be pulled snugly against the scribed line. Press the button on top of the control box until the wire glows red hot, then release it so the wire and bottle can cool. Repeating this process causes the bottle to separate neatly along the scored line.

Caution: Newly cut edges are very sharp. Smooth them with emery cloth.

Bottle Cutter Kit #1001, $21.95 in hobby and craft departments. Design R Crafts, Select-A-Craft, Box 11467, Fort Worth, Texas 76110.

Here's a dry film graphite lubricating paint that will probably out-perform most of the typical oil or grease type lubricants you're accustomed to using. And, unlike other graphite products, this won't rub off on your fingers. What's more, it's one of the best rust preventives ever formulated.

Spray it on bicycle and motorcycle chains and they'll work smoothly. The sand and grit that wear down sprockets will slide right off. Spray the lubricant on saw blades—both hand and power—and they'll cut wood more smoothly and won't gum up. The lubricant is a great rust preventive for shovels and outdoor tools. The lubricant makes wet, sticky snow slide right off a snow shovel or snowblower, and it makes a youngster's sled slide like never before. Up until now aluminum has been hard to lubricate, but this graphite product works wonders. It even works on wood to make wood windows, drawers, and doors work easier.

Slip-Plate Lubricating Paint, $2.99 in 14 oz. aerosol cans. Superior Graphite Co., 20 N. Wacker Dr., Chicago, Illinois 60606.

A busy person's guide to cleaning house

o you have trouble putting it all gether when it comes to the ost dreaded household task—eaning house? These tips can lp you get the job done with uch less time and effort.

Cleaning centers

your house has two floors or is ng and rambling, you can save ps by establishing at least two aning centers for supplies. uip each center with rags, pa- towels, and a vacuum cleaner carpet sweeper. Also double up cleaning supplies: glass clean-, disinfectant, furniture polish- waxes, cleanser, stain remov-, an all-purpose cleaner. Make re you have a pail, sponges, ushes, dustpan, mop, and tools r minor repairs. Keep a stock of ht bulbs in each location.

Scheduling

y to schedule tasks in order of eir importance to you. What eds to be done every day, every ek, every year?

Everyday tasks will include bed king, dishes, lick-and-a-prom- picking up, dusting, sweeping d vacuuming the kitchen floor. Vacuum your carpets thor- ghly once a week, using a crev- tool where needed.

Clean the oven once a week or ry few weeks as needed, ether it's self-cleaning or man-. Commercial products make job easier than it used to be. heck wood furniture and pan- g periodically for marks. dges, fingerprints. Use a aner recommended for wood eep it glowing.

heck cook top drip pans. If promptly remove the spills t accumulate here, the pans stay newer looking longer. f you have a wax buildup on chen floors, remove it with a mmercial product, then apply ew coat of wax. Buff wood rs every week.

Flexible cleaning

e cleaning urge hits most of us r so often. When it does, it's t to follow your instinct. If ning the oven doesn't appeal you, go ahead and rearrange linen closet. Another day, the es will be turned and you'll t to cope with the oven.

Use a flexible plan for the big res: closets, attics, basements. sh the outside of windows on autiful day; save the insides a rainy, stay-indoors day.

lean out old memorabilia at end of the school year if you e children. If you're a hoard- er, take a second look at your favorite mementos every year or two. Do those dog-eared postcards, letters, newspaper clippings mean as much to you as they used to?

A good way to get yourself organized is to begin a recycling center. Designate a location for storage of bottles, cans, newspapers, and magazines, and call the Goodwill or Salvation Army every few months for a pickup.

As a final incentive, have a party—or invite your mother-in-law to dinner! You'll be surprised how this will spur you to clean even in corners.

HALLELUJAH! A DRAIN OPENER THAT WORKS WHERE LIQUIDS AND CRYSTALS FAIL

Amazing Drain Power! It opens over 95% of the clogged and sluggish drains that liquids and crystals fail to open...and it works instantly without lye or acid.

Drain Power® isn't like any other drain opener you've ever used. It works by using pressure instead of lye or acid so it loosens clogs—even grease and hair—and pushes them out in one second flat.

Drain Power is better. We proved it.

While no household drain opener will solve every problem all the time, tests in household drains just like yours have proved that Drain Power works where other drain openers have failed.

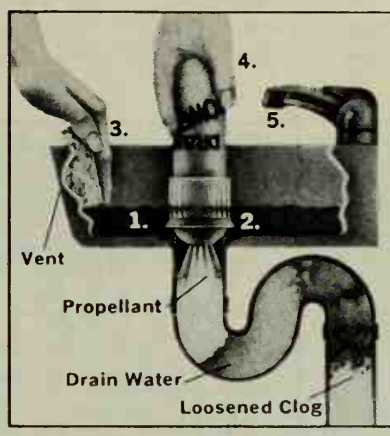
In fact, Drain Power opened over 95 percent of the sinks, showers and tubs that liquids and crystals couldn't open. *95 percent!*

Costs no more than the leading liquid.

When used according to directions, you can get only two uncloggings from a bottle of the leading liquid drain opener.

The average cost per use for unclogging is 40-50 cents.

But you can get *five* uncloggings from a can of Drain Power. Average cost per use? 40-50 cents.



Drain Power is easy to use.

1. Fill sink with 1 to 2 inches of cold standing water. 2. Remove strainer or stopper from drain and quickly insert nose of Drain Power can into drain opening. 3. Hold wet cloth firmly over vent to prevent splashback. 4. Push bottom of can firmly downward for one second. 5. Run hot water for one minute to flush loosened particles down drain.

Important: do not use in clogged drains where lye or acid may still be present.

No worry about your hands.

Since Drain Power contains no harsh chemicals, you don't have to worry about burning your hands.

However, because Drain Power is unlike any other drain opener you've ever used, be sure to read the accompanying instruction booklet carefully.

Buy Drain Power first.

Try Drain Power *before* you use the others...and you won't *want* the others. Buy it *now*, and you'll save 25¢, too.

Amazing Drain Power. It works where liquids and crystals fail. Or you'll get your money back.

IF PRODUCT OR PERFORMANCE DEFECTIVE ★ Good Housekeeping GUARANTEES REPLACEMENT OR REFUND TO CONSUMER

DRAIN POWER

STORE COUPON

SAVE 25¢

when you try Drain Power

TO DEALER: We will reimburse you for the face value of this coupon, plus 3¢ for handling, provided that you and the consumer have complied with the terms of our coupon offer. This coupon is good only when redeemed by you from a consumer at time of purchasing specified brand. This coupon is non-assignable. Invoices proving purchase of sufficient stock of our brands to cover coupons presented must be shown upon request. Coupons will not be honored and will be void if presented through outside agencies, brokers or others who are not retail distributors of this brand, or who are not specifically authorized by us to redeem this coupon. Cash value 1/20th of 1¢. Void if prohibited, taxed or restricted. Glamorene Products Corp., P.O. Box 1344, Clinton, Iowa 52734. Good only on Drain Power. Any other use constitutes fraud.

GL-850 GL-850

begins on page 2

Build your own nest egg

What's the best approach for you?

The truth is, each has some advantages, each some drawbacks. The kind of plan you choose will depend on just what you want your money to do for you. In brief, here are some factors to consider about the three alternatives we cite:

• If your main interest is to build a big, guaranteed wad of retirement money while you are protecting your family, whole life insurance may well be the best.

• If your main goal is to assure your family of the biggest guaranteed cash cushion in case you die early, your best bet is to buy term life insurance and put the price difference into a savings account. One hitch here is that you must have the self-discipline to put the difference into the bank each month.

• If you're prepared to take risks in hope of a bigger death cushion and a bigger lump of retirement cash, buy term and put the difference into the stock market. Again, of course, you'll need the discipline to continue investing.

The table on the opening page shows how each possibility could work out. In a simplified way (ignoring income taxes, for example), it shows what *would* and *might* happen to three different families over a 35-year period. Each family invests $100 a month ($1,200 a year), beginning when the wage earner is 30 and ending when he is 65. For clarity, we suppose that all investment stops at age 65: the family's kids are self-supporting, and the husband and wife let their life insurance expire, withdraw all their retirement cash, and go traveling. Here's how the three families fare under the three different plans:

Whole life is the Smiths' approach. Under a fairly typical whole (or "straight") life policy offered by a large mutual company (the kind that usually pays dividends each year), Joe Smith's $100 a month will buy roughly $60,000 of guaranteed death benefits under this policy—assuming Joe starts the policy at age 30 and is in normal good health at that age. If he lives to 65, the guaranteed cash value of the policy—the amount he can withdraw in a lump sum if he wants it—is, in round numbers, $35,000. At age 65, of course, the insurance would end.

These are the Smiths' guarantees, the amounts they can positively count on: A) $60,000 if Joe dies while the policy is in force; B) $35,000 in retirement cash (but no more insurance) if he lives out the 35 years.

There is a possibility that the Smiths might do considerably better. Most mutual companies return some of their profits to policyholders in the form of dividends. The policyholder can usually take them in cash if he likes. But we'll suppose the Smiths elect to plow them back into the policy, gradually fattening both its death benefit and its cash value.

These dividends aren't guaranteed. But if the current dividend scale were to remain constant

Life's little problem #177:

7½ oz. for 92¢?
Or 11 oz. for $1.33?

Which is the better buy? Rockwell's new line of electronic calculators is The Answer to all such problems—plus dozens more. Checkbook balancing. Calorie counting. Drapery measuring. Taxes. Budgets. Bills. Mileage. And it'll help the kids with their homework. What's this great time-saving convenience going to cost you? Probably less than you think. There's a price/feature chart below. Clip and save it for next time you go shopping. Then ask at a leading store near you for The Answers from Rockwell (the people who helped put men on the moon!). Microelectronic Product Division, Rockwell International, Anaheim, CA 92803.

Features	Model No.	12R	21R	51R	61R	63R	80R	82R
	Price*	$29.95	$49.95	$99.95	$79.95	$99.95	$139.95	$169.95
Adds, subtracts, multiplies, divides		√	√	√	√	√	√	√
Algebraic logic		√	√	√	√	√		
Floating decimal		√	√	√	√	√	√	√
Built-in rechargeability			√	√	√	√		
Memory			√	√√	√	√		√√
Percent key			√					√
Square roots		√			√	√		
Log and trig functions					√	√		
Scientific notation and parentheses						√		
Conversions—metric, fractions, etc.				√				
Printed tape							√	√

*Manufacturer's suggested retail prices in U.S.A.

Rockwell brings you The Answer

21R

Rockwell International

...where science gets down to business

35 years, the Smiths could end with a death benefit of roughly $120,000. That is the amount the family might get if Joe died before age 65. If he lives to cash in the policy, accumulated dividends under the current scale would add some $41,000 to the guaranteed cash value, making a total of $76,000.

The Smiths have invested $1,200 a year for 35 years—a total of $42,000. If they cash in their policy for $76,000, they have made a tidy profit on the deal—and, had good insurance coverage the whole time. But this happy outcome is only *possible*, not *guaranteed*, since dividends are not certain.

Term insurance plus savings is the approach chosen by the Browns. To make the comparison fair, let's suppose the Browns want the same protection as the Smiths: a $60,000 guaranteed death benefit.

There are literally hundreds of kinds of term life insurance. Some are "participatory," meaning that you share in dividends to some extent. Some term insurance premiums rise—usually every fifth year—as the policyholder ages. Other policies provide declining death benefits at the same annual premium.

Others provide fixed coverage and premiums.

Let's say the Browns buy nonparticipatory (no dividends) term with the same annual premium and whose death benefit is fixed. For a 30-year-old man who wants $60,000 coverage to 65, this would cost roughly $45 a month, or $540 a year.

The Browns' policy will have no cash value if Harry Brown lives to 65. Nor will it pay dividends. But the Browns have a price difference of $660 to invest in other media, and they put it into a savings bank.

Bank interest isn't guaranteed any more than whole life insurance dividends are. What the Browns can count on is that they will get their investment back—especially since savings accounts are now government-insured for up to $40,000. Depositing $660 a year for 35 years, Harry Brown will have a guaranteed $23,100 in the bank—without interest—if he lives to 65. That is the Browns' guaranteed retirement cash—a lot less than what the Smiths will have in their $35,000 cash value.

But if Harry Brown dies just before 65, his family will be a lot richer than the Smiths would be under the same circumstances. The Smiths are guaranteed only their $60,000 death benefit. The Browns are guaranteed that plus the bank deposits, for a total of $83,000—provided that they have made all deposits regularly and have not withdrawn any of the money over the years.

The Browns can hope, of course, that their bank will continue to pay interest at good rates throughout the 35 years. Suppose the rate holds at a steady five percent compounded annually for all that time. If Harry Brown lives to 65, his *possible* retirement cash on this basis will be about $62,000—less than the Smiths' possible $76,000 in cash value from the original policy plus dividends. If interest rates dropped below five percent, as they have in the past, Harry Brown's nest egg would be even less.

Presume Harry Brown dies just before his policy expires at 65. His possible estate then would include the death benefit, plus the savings deposits, plus the interest. The total would be $122,000—just about the same as the Smiths' possible estate. But if he should die at age 66 or older, then Harry Brown's family would have only his bank savings.

Term insurance plus stock is the Greens' route. George Green buys exactly the same policy as Harry Brown and puts his leftover $660 a year into the stock market.

In terms of guarantees, the Greens clearly lose the game. The market promises nothing. Thus, the Greens can't be sure of any money at all if George lives past 65 when the policy expires. Similarly, if he dies at age 65½ with an expired policy, the amount his widow can count on is zero. The only guarantee the Greens have is that the family will get a $60,000 death benefit if George dies while the policy is still in force.

But the possible outcome for the Greens looks more attractive—which is why some families are willing to live with this kind of risk. Most stock market counselors feel that a reasonable long-term expectation would be an average annual gain of from eight to ten percent, including reinvested dividends.

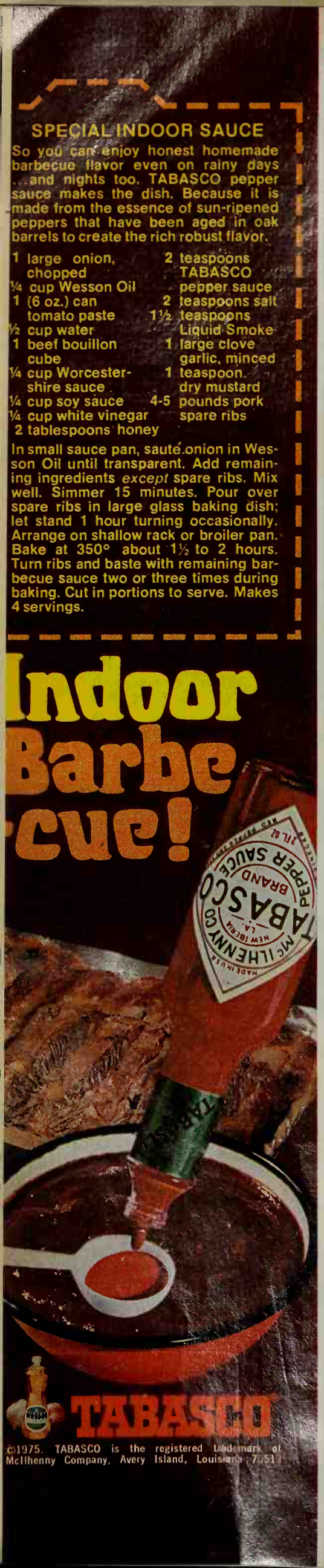
Let's say the Greens are lucky, and their average gain over the 35 years is nine percent compounded annually. On this basis, the Greens can hope for $127,000 if George lives to retire. If he dies at age 64½, just before the insurance policy expires, his family will get not only that $127,000, but also the death benefit—a total of $187,000. ■

Does your cash end on the weekend?

The weekend's here. You're ready to go...but you forgot to get cash. Don't despair. That's just what your Master Charge card is for. It's good at stores, restaurants, hotels, rent-a-cars—good at more places across the country than any other card. Master Charge. It's like weekend cash.

Relax... you've got Master Charge

master charge. THE INTERBANK CARD.



HE COOKS

STUFFED MUSHROOMS PARMIGIANA

When he's not working toward a PhD, photographing, sailing, or playing squash, George Graeber of East Lansing, Michigan, may be found trying his hand in the kitchen. A yen to duplicate an exceptional restaurant recipe first prompted George to start cooking. He combined several recipes (including one he'd clipped from our magazine), then added some ingredients from his favorite snack food, pepperoni pizza. "The result, Stuffed Mushrooms Parmigiana, isn't anything like what I had at the restaurant," George remarked. "It's better!"

George and his wife, Susan, prefer to serve the flavorsome mushrooms as a main course along with Caesar salad and a dry red wine. But the Graebers' university friends also enjoy the stuffed mushrooms as a first-course appetizer or as a pre- or post-game snack.

Photograph: Harr, Hedrich-Blessing

Photograph: Dieter

STUFFED MUSHROOMS PARMIGIANA

Plan on two mushrooms per serving for a first course; six per serving for a main course—

- 12 large fresh mushrooms (24 ounces)
- 2 tablespoons butter or margarine
- 1 medium onion, finely chopped
- 2 ounces pepperoni, diced (½ cup)
- ¼ cup finely chopped green pepper
- 1 small clove garlic, minced
- ½ cup finely crushed rich round crackers (12 crackers)
- 3 tablespoons grated parmesan cheese
- 1 tablespoon snipped parsley
- ½ teaspoon seasoned salt
- ¼ teaspoon dried oregano, crushed
- Dash pepper
- ⅓ cup chicken broth

Wash the mushrooms. Remove stems; finely chop stems and reserve. Drain caps on paper toweling. Melt butter or margarine in skillet; add onion, pepperoni, green pepper, garlic, and chopped mushroom stems. Cook till vegetables are tender but not brown. Add cracker crumbs, cheese, parsley, seasoned salt, oregano, and pepper; mix well. Stir in chicken broth. Spoon stuffing into mushroom caps, rounding tops. Place caps in shallow baking pan with about ¼ inch of water covering bottom of pan. Bake, uncovered, in 325° oven about 25 minutes or till heated through. Makes 12 stuffed mushrooms.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become the property of Meredith Corporation.

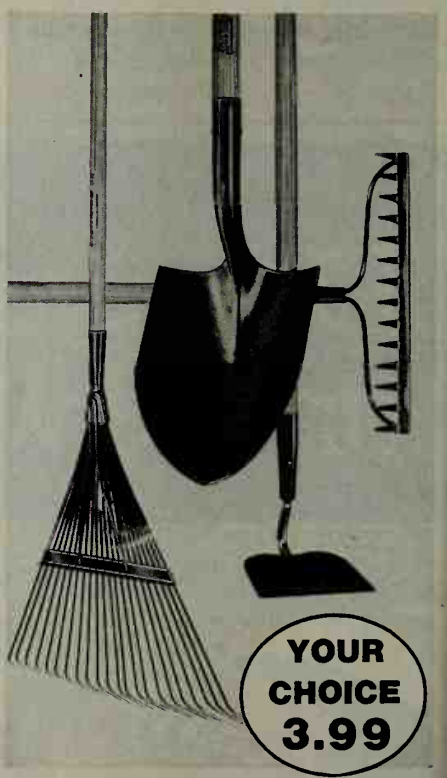
True Value HARDWARE STORES

your hometown headquarters for famous quality

TRUE TEMPER.

LAWN AND GARDEN SPECIALS

True Temper Anvil Pruner. High carbon steel blade, vinyl grips. P-10, reg. 3.19 1.99



- Lawn Rake (#LR22CS)
- Garden Shovel (#SLRCS)
- Garden Hoe (#SG6CS)
- Bow Rake (#SB14CS)

Your Choice, only 3.99 each.
Special prices expire April 12, 1975.

True Value HARDWARE STORES

There are over 4500 True Value Hardware Stores in 50 states. For one near you look under "Hardware" in the classified phone directory. Yellow Pages

It was true in 1910... it's just as true today

In the time between 1910 and 1975, few things have remained unchanged. True Temper quality is one of the unchanged.

Back then, people depended on True Temper for the best in gardening and lawn tools. While gardens have gone from the "back 40" to a backyard corner, or even an apartment windowbox, people still depend on True Temper rakes, forks, shovels, hoes and a variety of lawn, garden and home products to help them do the job right.

Ad reprinted from February 19, 1910

One of the first True Temper ads appeared in 1910, and stressed the health, and happiness of home gardening. You know, that still applies today. If you're already a gardener, you've experienced the pleasure that comes from watching a flower or plant come to life. If not, why not, get started!

Of course, True Temper tools should be used on your new garden. By starting a garden of your own, you'll quickly discover the True Temper quality that has been helping things grow since their beginning back in 1836.

SPECIAL OFFER For "Eager Beaver Gardeners" $3.50 Value for only $1.00. Get the "Gardening with True Temper" brochure. . .packed with helpful gardening tips such as planting, soil, nutrients, thinning. . .you're sure to be delighted with the wealth of information. PLUS. . .you'll also receive four packs of assorted vegetable seeds to get your garden started. Just send this coupon with $1.00 (check or money order please) along with the sales slip you receive when you purchase a True Temper garden tool, and note the tool number on the sales slip. Send to: SPECIAL OFFER, True Temper Corporation, 1623 Euclid Avenue, Cleveland, Ohio 44115.

Name _____

Address _____

City _____ State _____ Zip _____

TRUE TEMPER®

An Allegheny Ludlum Industries Company

Installment decorating

furnishing a room in easy stages

Richard W. Jones
and Pamela W. Cullison

What with belt tightening and bullet biting, you're probably wondering how you're going to swing a new sofa, let alone do anything as ambitious as furnishing a room from scratch. We're well aware that money is tight, but that doesn't mean you have to give up your decorating dreams. We've devised a plan that will help you get what you want, starting now, without going broke in the process. It's called installment decorating, and the idea is to figure out what you'll need, tally up the total, then spread your purchases over a period of years. To demonstrate, we've taken an empty room and furnished it wall to wall, in easy stages. Total cost: $4,000, but that's spread over four years to reduce the pinch. The state of *your* economy will determine how long and how much it will take to reach your objectives. No matter how long it takes, installment decorating lets you enjoy life now while you're taking positive steps toward living even better in the future.

Stage 1

Starting from scratch

When you start from scratch—as we did with this L-shape living/dining room, you'll find that Stage 1 is when you'll spend the most and—seemingly—have the least to show for it. That's because you'll be buying the bare-bones basics, and they're invariably the most costly and least showy components of any decorating scheme.

Our Stage 1 starters include a classic tuxedo-style sofa that won't go out of style; practical wall-to-wall carpeting; two cane and chrome chairs that later will move to the dining area; a contemporary chrome and glass coffee table; a braid-trimmed window shade, and vertical shade cloth blinds for the sliding glass doors.

Decorating in stages doesn't mean that you must rattle around in a barren room while you're waiting for the finished results. For instance, rather

Stage 1 — Where the money went
Sofa—$295; Travel poster frame—$26; Clouds poster framed—$50; Framed print rt. of sofa—$32; Art Deco print—$295; Fabric panel—$9; Tin angel—$9; Rug on wall—$70; Wine-rack table—$42; Floor pillows—$29; Sofa pillows—$20; Two chairs—$84 ea.; Carpeting—$315; Vertical blinds—$227; Window shade—$52; Sm. lantern—$15; Lg. lantern—$17; Floor lamp—$30; Wicker plant stand—$28; Dining set—$150; Basket next to sofa—$12; Basket between chairs—$15; Blue ashtray—$6; Two blue and white ashtrays—$4 ea.; Copper bowl—$25; Ceramic jug—$25; Copper tray—$20; Ginger jar—$20; Imari jar—$12; Teapot—$7; Small ceramic—$12; Bricks and boards—$31. Total Stage 1—$2,072. All prices listed here are approximate.

Photographs: Harry Hartman

than "go without" in the dining area, we furnished it with an inexpensive indoor/outdoor dining set that later will be used elsewhere.

Here are some other low-cost ways to make your Stage 1 quarters more livable. Use overstuffed floor pillows for extra seating, bricks and boards for bookshelves, inexpensive Akari lanterns for lighting, and upside-down wicker baskets for end tables. (The table to the left of the sofa is a wine rack topped with a wicker tray.)

Although some people feel that art is an extravagance when you're on a budget, we feel that it's one of the best ways to give a room instant interest, color, and warmth. Here we used a free poster from a travel agency (the frame was extra), a wall-hung rug, fabric stretched on a frame, and an assortment of posters and prints.

Buying information, page 93

Stage 2
Adding color and comfort

Stage 2 — Where the money went
Paint—$40; Black chair and ottoman—$240; Mylar kite—$10.50; Pedestal—$40; Chrome table lamp—$75; Butcher block end table—$50; Light at base of kite—$13; Print left of sofa—$27; Round carafe—$15; Two small glass carafes—$12 ea.; Two candlesticks—$6 ea.; Large ashtrays—$4 ea.; Three baskets on floor—$46; Red ceramic pieces—$32. Total Stage 2—$632.50.

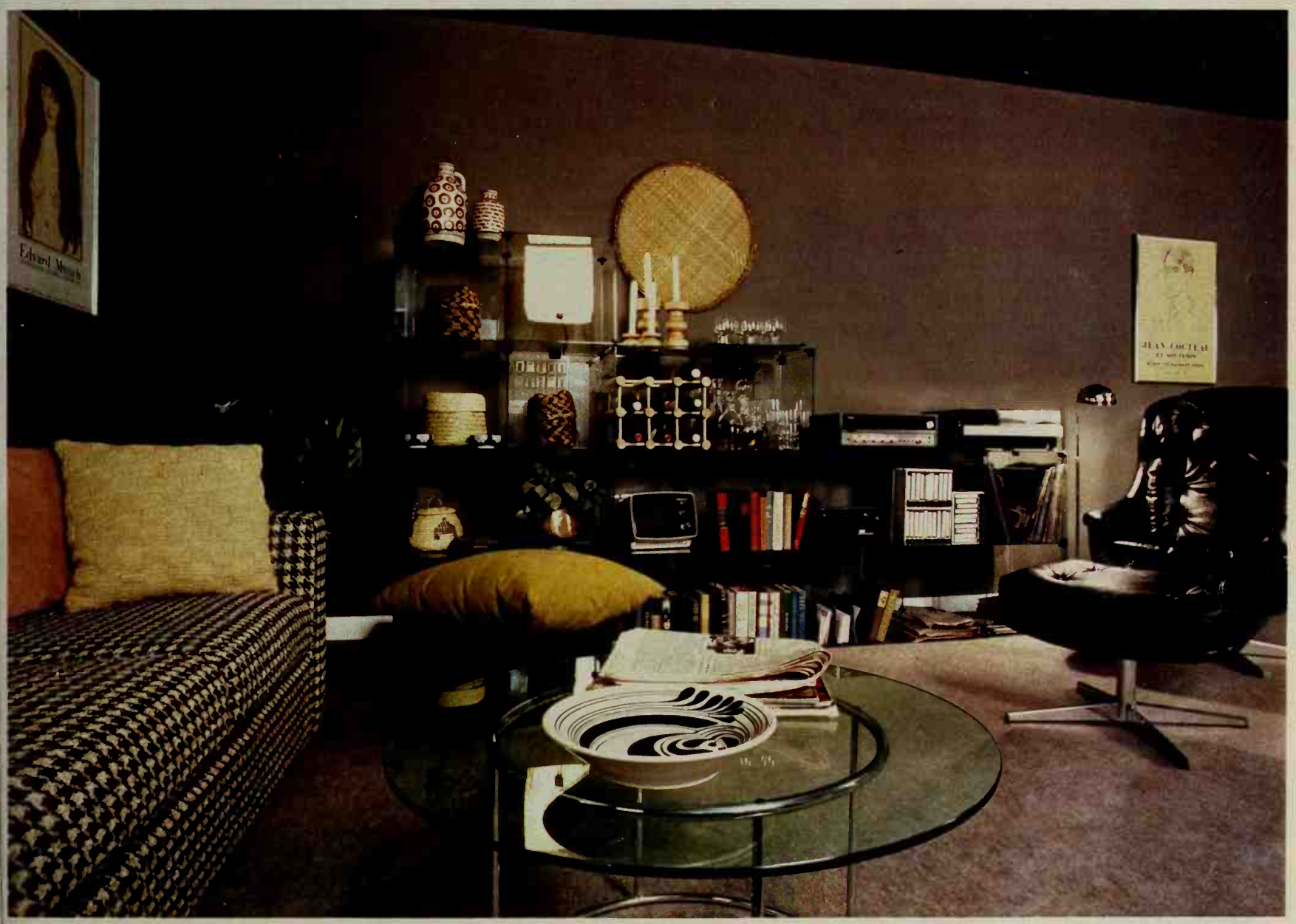
Furniture and accessories aren't the only things that give a room decorative authority. With paint you can easily create a dramatic effect for a small amount of money. Here we radically changed the mood of the room simply by painting the walls and ceiling a sophisticated shade of gray. The new color scheme makes the room much cozier than before, and also accentuates the wall-hung artwork.

Extra comfort comes at Stage 2 in the form of a big, squashy lounge chair and ottoman. To the left of the sofa, there's a new chrome-legged butcher block end table, and a handsome chrome lamp. Notice the wine-rack end table has been dismantled—the rack now keeps newspapers organized, and the tray is being used to hold plants. We moved the fabric panel from the living room to the dining area where it now artfully conceals an undersized do-nothing window.

In a flashy stroke of genius, we placed a shiny Mylar kite on a black plastic pedestal, and lit it from beneath with a canister lamp. The kite makes a great conversation piece—especially at night when the light is on. You'll want to remember this ingenious kite-light idea when you're looking for an inexpensive piece of "sculpture."

Stage 3
Shelving and furniture shifting

Stage 3 — Where the money went
Modular glass shelving system with black plastic connectors—$132; Two cane and chrome dining chairs —$168; Butcher block dining table —$200; Upholstered easy chair—$160; Print above black chair—$20; Gray and brown ashtray—$14; Light straw basket—$10; Schefflera—$25. Total Stage 3—$729.



Remember the two cane and chrome chairs we've been using in the living room? It has always been our plan to move them to the dining room, and now here they are—along with two more chairs to match and a butcher block table. New things have transpired in the living room, too. Where the cane chairs used to be there's now a comfortable, small-scale easy chair. For a visual change of pace, we've rotated the artwork around the room, and placed a new print behind the black lounge chair. Those bricks and boards we've been using as bookshelves? They've been dismantled to make room for a simple modular shelving system that consists of glass panels and black plastic connectors. A see-through shelf system is perfect for a small room because it doesn't appear to eat up space. We've used this unit to store and display a variety of functional and decorative things, including a small TV set, stereo equipment, and tapes.

Don't forget about plants and how they can help furnish a room. We chose a large and leafy schefflera (umbrella tree) to soften the corner next to the sofa. Prices of plants can vary considerably from one store to the next, so be sure to shop around.

Buying information, page 93

Stage 4

Home at last!

Stage 4 — Where the money went
Red slipcover fabric—$128; Labor for slipcover—$75; Print above stereo—$40; Frame—$16; Track lighting—$100; Wallpaper—$20; Mirror squares—$32; Shelves over window—$28; Drapery—$36; Area rug—$80; Large floor pillow—$26. Total Stage 4—$581.

Thanks to patience and planning combined with four years and approximately $4,000, our once-empty room is home at last. It took $581 to cross the decorative finish line—and here's how we spent the money. A red slipcover gave us what looks like a brand-new sofa, but it's the same one that's been around since Stage 1. We treated the window to a pair of inexpensive ready-made draperies, and to add architectural interest, we made a wooden valance and painted it brown to match the newly painted trim. The giant-size floor pillow is as nice to look at as it is to sit on, and the same goes for the new ultra-fluffy area rug. Its main job is to define the cozy seating area.

Once again, we moved much of the artwork around the room to make way for an eye-catching print over the stereo. Check that new divider behin

the black chair. We made it by recycling the boards that were once used as bookshelves, hinging them together, then facing both sides with 12-inch mirror squares.

That do-nothing window in the dining area finally has a purpose. Covered with four rows of shelves, it's now a perfect little spot for plants. What looks like Indian handwriting on the opposite wall is really pre-pasted wallpaper.

Buying information, page 93

Three years was long enough to live with that ugly little overhead light in the dining area. We removed it and installed atmospheric track lighting. The lights swivel and shine in all directions.

What happened to the kite we've been using for decoration? According to reports we heard, it was captured by a kite-eating tree. And the brown plastic dining set we used for two years? It's now looking beautiful on the patio.

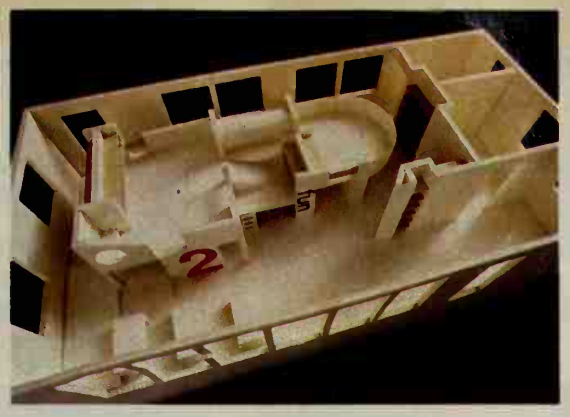
NURSERY SCHOOL CO-OP: A DESIGN TO DELIGHT SMALL FRY

abcdefghij
ABCDEFGHIJKLMNOPR

4 fun

At the Plainview (L.I.) Nursery School, parents of the 90 or so children are actively involved in the school's operation all year long. That helps keep costs down—one of the prime reasons for forming a cooperative like this 21-year-old school. But in 1973, the people of Plainview went a giant step further. Through determined consolidation of time, energy, and ingenuity, they brought off a major remodeling project that revitalized their school to a degree few members had anticipated. And they accomplished the overhaul for about $7,000. Here's their story:

By Margaret Daly



Two years ago, the Plainview Nursery School's board of participating parents decided they wanted to do something about the dull, bleak look of the two-story building. Just paneling or painting didn't seem enough. They wanted something else—a creative design that would allow a youngster to explore and grow.

In the spring of 1973, they engaged Marvin Meltzer, A.I.A., a young architect in New York City who seemed to be tuned in to the wondrous energies of small children. His major challenge was to redo the two central rooms in the school. Each was an ordinary 20 foot x 30 foot rectangle, one upstairs, one down, with the usual tables and easels all in a row.

Meltzer wanted to liven up that space, create multiple opportunities for imaginative play. But it would have been too costly to alter the building itself, so he came up instead with a design for a core unit to fit smack in the center of each of the two rooms (see picture of the model, center top).

Meltzer's design has revolutionized the Plainview Nursery, and it could easily be adapted for other schools. "All you need is an empty room," he says. "You build the basic unit right inside, then add paint and storage along the room walls."

Measuring 24 feet long by 10 feet wide by 6 feet high, the unit creates a geometric wonderland of vertical and horizontal shapes, brightly painted and full of surprises. As an unsuspecting adult walking around the periphery, you might suddenly encounter, eyeball to eyeball, a happy adventurer scrambling out from a huge tub. Or an aproned four-year-old may tug at your knee and invite you into the "kitchen" below for a snack.

There's always something going on.

One child clambers up a sparkling red ladder, another hums softly in a little niche built specially for quiet retreat. Others wash paintbrushes in a corner alcove. Naps take place with little fuss on a carpeted upper tier, where minutes before toy cars zoomed past in an imaginary Grand Prix.

Clearly, Plainview's children adore the design. Gladys Barr, the school's director, says the new unit has made adjustment to school much easier. Meltzer credits the success this way: "They have a whole new dimension to play with . . . more physical challenge, less table work, more decisions . . ."

Despite its inspired intricacies, the project took only a few weeks to complete—thanks largely to the relentless spearheading of board president Geri Kanuck and membership vice president Liz Gold. To keep costs down, local merchants were cajoled into selling materials at reduced rates. Mothers hauled lumber and swept up after the workmen each day.

Most of the construction was designed to be simple enough for volunteer parents to do the carpentry themselves. Because time was short, however, the board decided to hire a local contractor to speed things up. That added $2,000 to the budget, which the Board got easily through fund raising. "We'd already gotten a bank loan for $5,000," explains Geri, "and I'd never done anything like that before."

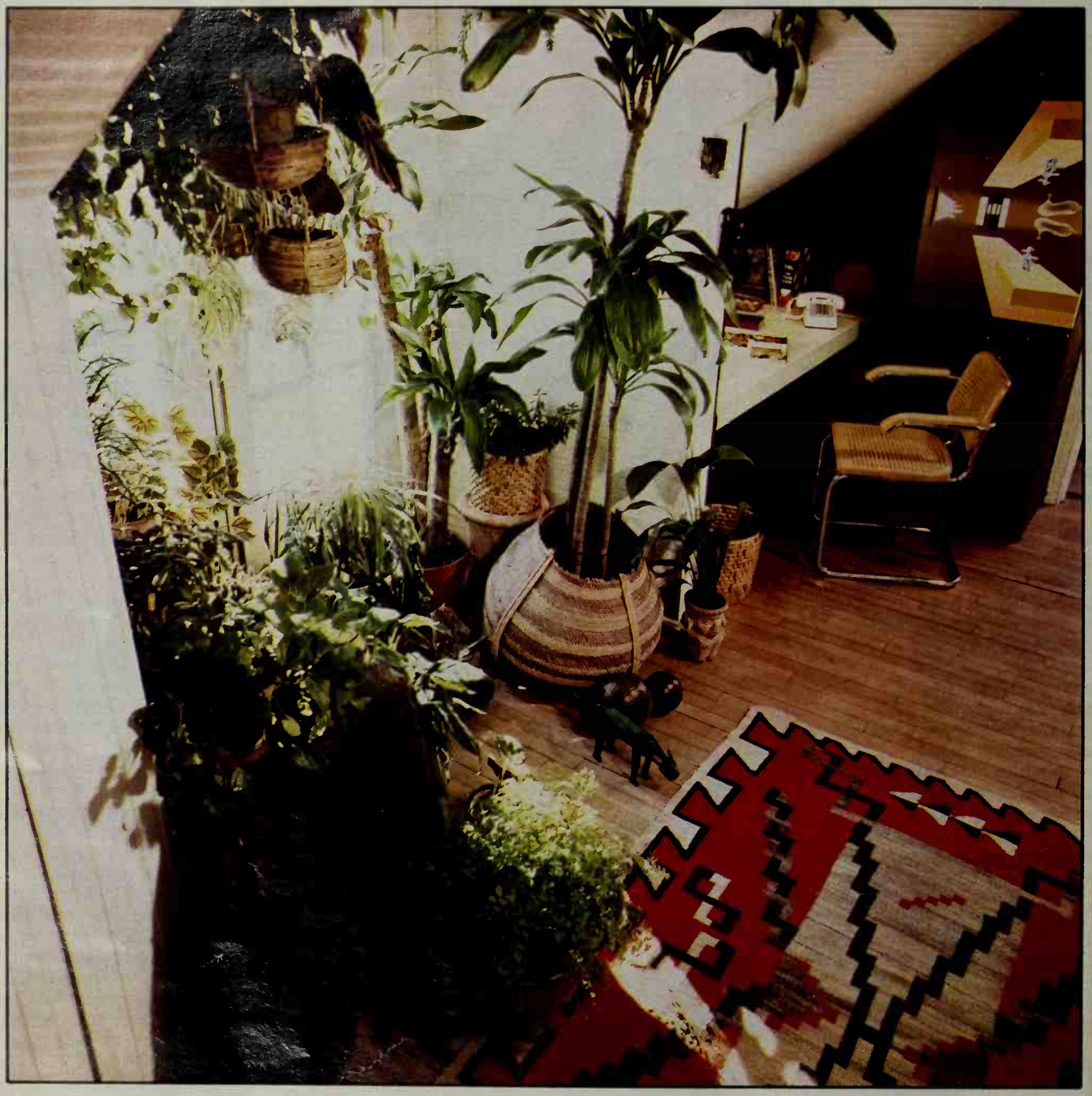
The use of a contractor didn't squash parental participation, either. In fact, the highlight of the joint effort was the night they painted the big, bold strips that liven up the peripheral walls of the room. "I laid out the design with masking tape," says Meltzer, "and they followed right behind with their brushes and paint. It was like one big family working together."

The un-plastic kitchen

by Joan McCloskey

The trend to a simpler, realer life-style is clearly reflected in this natural-looking kitchen. It's casual, honest, unpretentious. Obviously, people live in these rooms, not store mannequins.

The soft, distinctive color scheme is augmented by a freewheeling mix of natural materials—fir, pine, maple, straw, well-polished antiques, pottery, green plants. All around the room, personal touches and offbeat accessories create a warm, friendly atmosphere, light-years removed from the dull-as-dishwater kitcheny kitchen.



This green-growing oasis is just off the tiny kitchen. In the early morning, sunlight streams through the window, dappling the random-laid flooring, Navajo blanket, and no-nonsense built-in desk.

Lush green plants thrive in a mixed-bag cluster close to the window and in containers hanging from the dormer ceiling. Focal point of the "greenhouse" is a graceful ti plant in a deep straw basket. The ti plant is surrounded by other greenery, linking the nook to the outdoors. Imported pots and baskets hold maidenhair-fern, philodendron, and Chinese evergreen. Hand-crafted pots suspended from the ceiling contain begonias, spider plants, and Swedish ivy.

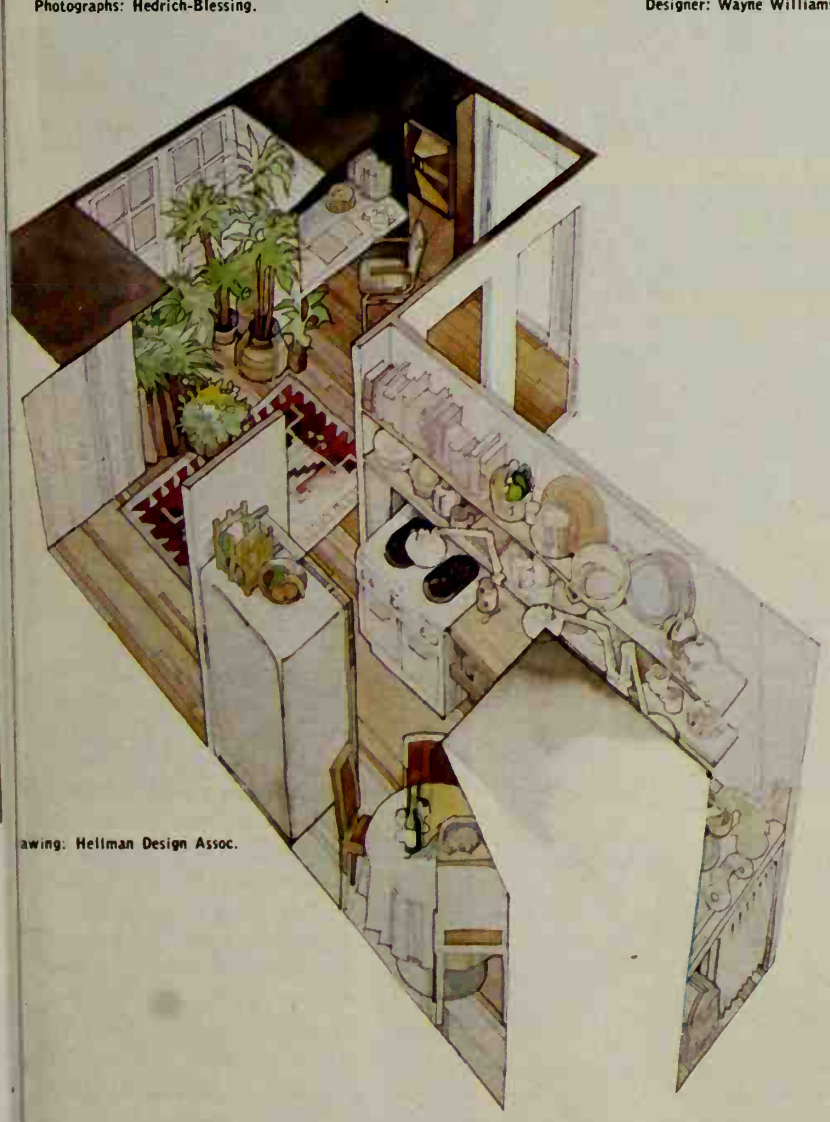
To get the look they wanted the homeowners used a step-by-step approach to decorating. First the walls received fresh plaster and a coat of white enamel. The brown painted woodwork was stripped and varnished. Originally, the arrangement of major appliances was haphazard and awkward. Now they're efficiently arranged in a triangle plan on three walls.

Simple 1x10-inch fir boards supported by wall brackets punctuate the wall above the improvised maple counter top to hold household and cooking equipment. Light radiates from flexible draftsmen's lamps in three areas. "When I want to see a roast in the oven or make a complicated garnish, I just pull the light down to where I need it," says the homeowner.

When the radiator is not turned on, hardy plants soak up sun on the wooden counter that doubles as a buffet for entertaining.

A small nook under the eaves made an ideal location for a pantry, especially since storage space in the kitchen is at a premium. Two rows of inexpensive bricks and boards line the sloping wall of a coral red pantry. Vinyl-coated fabric samples were another thrifty choice to brighten the dark room.

Photographs: Hedrich-Blessing. Designer: Wayne Williamson



awing: Hellman Design Assoc.

Source: Jessie Walker

Here's an example of sensational seating! Natural tones of brown, rust, and sand flow from the kitchen into the intimate eating area. The tablecloth in rich earth colors, the contemporary oil painting, and the comfortable leather chairs reflect the quiet, serene feeling that characterizes the entire house.

BY DAVID ASHE
AND PAMELA WILSON
ELLISON

KITE FLYING AFFORDABLE FUN FOR ALL THE FAMILY

You don't hear anyone complaining about the high cost of kite flying. In fact, it's one of the least expensive sports around. But more importantly, flying kites lures you outdoors for hours of fun with your family and friends.

And this relaxing and healthful activity is easy. You don't need special skills, athletic prowess, or fancy clothes and equipment. Moreover, kites require no fuel, and pose no ecological threat.

You can make your own kite for virtually nothing, or you can buy one (a number of specialty stores sell nothing *but* kites).

The history of kite flying goes back thousands of years in Eastern Asia. In our country, such famous people as Alexander Graham Bell, the Wright brothers, and Benjamin Franklin were all kite buffs. But for some odd reason—after the invention of airplanes—kites plunged in popularity, at least among adults, and only inspired seasonal interest in children. Today it's a different story. Kites are flying higher than ever, and the young in heart of *all* ages have caught the fever.

And such kites they are! Revolutionary new designs and materials have produced spectacular kites that make people stop in their tracks and stare at the sky. Some of the more fascinating kites (to look at *and* fly) include a 45-foot-long aluminized Mylar dragon, winged box kites, delta-winged kites, and huge parafoils that are limp in your hand but become full-blown in the air.

Traditionally, March is the month for flying kites, simply because most people assume that strong winds are needed to fly them. But that's not the case. Today, kite flying is fast becoming a year-round sport because most kites fly well in four to 12 MPH winds, and even better in the six to ten MPH range. Delta kites need hardly any wind at all. If bridled properly, a good kite will fly from your hand in a light to medium wind. It shouldn't be necessary to make a running launch unless for special reasons such as "high starts" on windless days. A variety of line reels is available today. You should buy (or make) one according to the size of the kite, and the type of line you use.

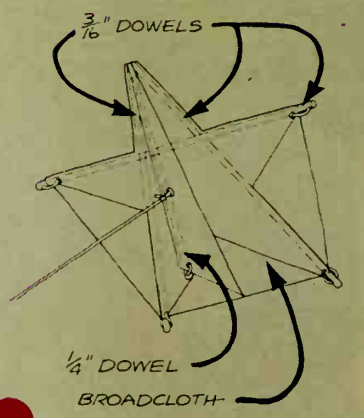
Like any other sport, kite flying requires the observance of certain safety rules. Check the boxed-in area at right to learn what these rules are.

A word of warning: If you follow our advice and go fly a kite, you may wind up—as many people have—becoming a kite-flying fanatic. If you do, there's an organization for you, and thousands of kindred kite fans. It's called the American Kitefliers Association, and they publish a magazine called Kite Tales to keep members posted about the latest in kites, and about various kite festivals around the country. For more information, write American Kitefliers Association, P.O. Box 1511, Silver City, New Mexico 88061.

Complete instructions for making the kites shown here begin on page 120

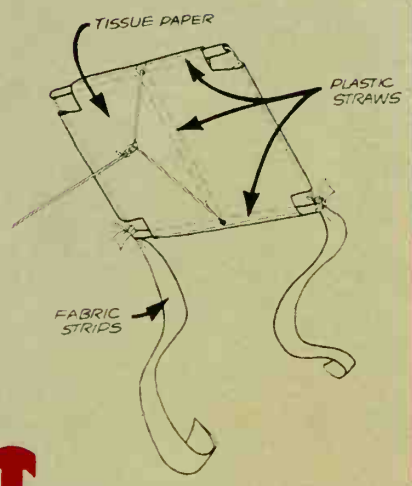
SAFETY TIPS TO REMEMBER

- Don't run backward with your kite. You might fall down.
- Never climb a tree to rescue a kite. Better to lose the kite than break a leg, or worse.
- Keep large kites away from crowds. Kites can dive at high speeds and possibly cause injury.
- To avoid line burns, wear gloves when flying a hard-pulling kite.
- Never use wire or metallic cord as line for your kite. (You can use metal on the kite itself.)
- Stay away from high wires, and don't fly your kite during electric storms.
- Keep kites away from airplane landing paths.



Adults and older children will enjoy making, then mastering, the **Shooting Star** kite. We don't recommend the kite for small children because it's a hard puller and could cause line burns on little hands. Made of broadcloth, dowels, and metal grommets, the Shooting Star is easy to launch by hand, or you can have a friend take it about 50 feet away, then toss it up as you pull in on the cord. The Star needs a steady brisk breeze to stay aloft, and with practice you can make it do various stunts.

Photographs: Mike Dieter



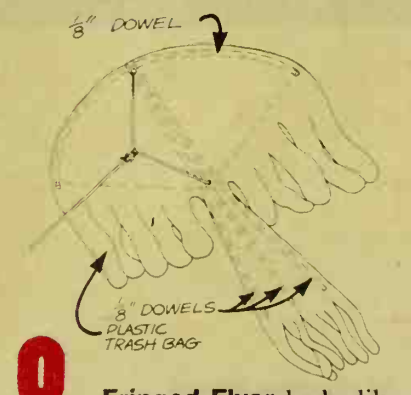
The **Tyke Kite** is for the wee ones in your family. It's made of plastic soda straws, tissue paper, fabric tails, and clear plastic tape. While you're assembling the soda straw frame, the children can color and decorate the tissues with felt marker pens, acrylic paint, or colored plastic tape. The gentlest breeze will take the Tyke Kite skyward, so even small tots can launch it without parental assistance. Use cotton twine for the line.

GOOD IDEA

Take a kite with you on fishing, hiking, camping, or boating expeditions. Should you become lost, marooned, becalmed, or stranded, a high-flying kite will help rescuers find you.

KITE FESTIVALS

In many towns across the country, people are organizing neighborhood kite festivals. Everyone, young and old, is invited to bring a kite to some wide-open place. The purpose of the festival isn't stunt competition, but just lots of high-flying fun. If you want to have a contest, you might judge kites on their originality of design, shape, or decoration. For a spectacular finale at the end of the day, propose a kite free-for-all, with everyone launching their kites simultaneously.



Our **Fringed Flyer** looks like a bird and soars to the sky with the greatest of ease. You don't need much to make the kite: a plastic trash can liner, some dowels, fishing line, and clear and decorative plastic tape will do. Wait for a day with a light to medium wind, then launch the big bird with a fishing rod and reel.

Photographs: George de Gennaro. Source: Pauline Graves, Dorothy Campbell

Stow House, Goleta, California

Descanso Gardens

Heritage roses—

living links with the past

By Hamilton Mason and Beverly Garrett

Find room for one or more of the fragrant, old-fashioned roses and you'll soon know why they're praised in song and legend. A few of their attributes:

Beauty. You can choose the look you like—hundred-petaled blooms or showy singles that outdo apple blossoms in loveliness. All produce one grand spectacle late spring or early summer; many treat you to repeat blooms throughout the season.

Strength. Old roses last for generations with little care. Remarkably resistant to insects and diseases, they thrive unpampered. The only requirements: light pruning when needed to remove old canes and redefine the shape, and yearly feeding in the spring. They grow strong in sun or even in light shade.

Versatility. You can count on old roses to fill landscaping needs. Plant a living fence of rugosas; try a shrub-form rose as a specimen alone in your lawn; set a climber as a screen for your porch or by a fence.

Reine des Violettes, *above*, a hybrid perpetual, is famed for its ever-changing colors. Its fully double flowers shift from pastel pink and magenta to a true smoky blue; blooms appear throughout the season. Introduced during the Civil War, this rose holds its own in modern gardens. Hardy to ten below.

Huntington Botanical Gardens

Los Angeles Arboretum

Descanso Gardens

Los Angeles Arboretum

Eglantine, *top,* an elegant ancient, produces lavish quantities of single pink flowers in June. The eight-foot arching canes are stiff enough to support a yield of colorful hips after blooms fade; the leaves release a fresh apple scent. A traditional hedgerow rose in England, Eglantine is hardy to 20 degrees below zero.

Crested Moss, *bottom,* carries the second name of Chapeau de Napoleon because the fringed sepals that enclose the buds make the forming flowers look like hats. Mature roses measure four inches across and are fully double. The five-foot shrubs produce one flowering, usually in June. Hardy to 20 degrees below zero.

Blanc Double de Coubert, *top,* a rugged rugosa rose, sends up big clusters of snowy white, semi-double blooms, then forms huge tomato-red hips. It blooms periodically until fall. Hardy to 50 below zero, this rugosa is husky enough to make a great hedge. The mintlike foliage is attractive all during the growing season.

Delicata, *bottom,* is hardly delicate. This rugosa rose will thrive where winter temperatures drop to 50 below zero; it will do equally well on coastal sand dunes where the air is salt-laden. The three-inch blooms appear repeatedly; hips are the size and color of crab apples, and they rate high as a source of vitamin C.

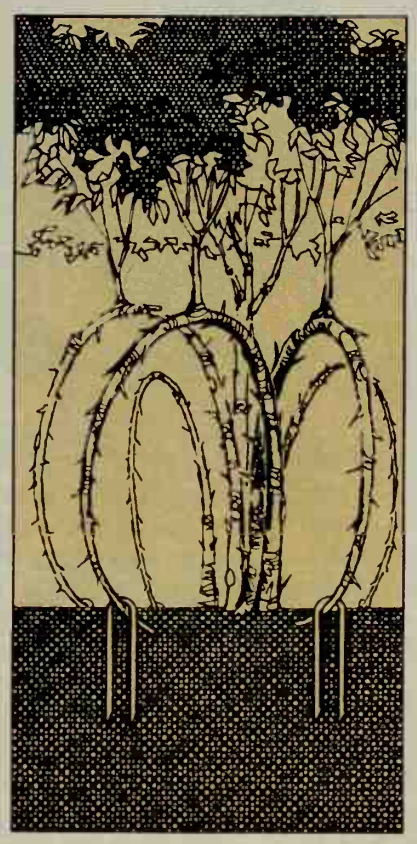
Los Angeles Arboretum

El Molino Viejo

Los Angeles Arboretum

Descanso Gardens

El Molino Viejo



Austrian Copper, *left,* has opened the rose season for almost 400 years. Its clustered flowers carry the most vivid color in the rose world—they're an exciting mixture of orange, yellow, and red. A five-foot shrub, Austrian Copper can be pegged down to a lower height if you wish. It's hardy to 20 degrees below zero. **Alfred de Dalmas,** *top left,* is low-growing and ever-blooming; it's the best moss rose to use for a compact hedge. Or, show off this buff-pink beauty in the front of your perennial border. When full-grown, it's just two to three feet high; mossed buds open to three-inch flowers. Alfred de Dalmas is hardy to 20 below.

The Lady Banks rose, *left bottom,* a thornless climber with small yellow double blooms, glorifies walls and slopes in mild climates (hardy to ten above zero). In areas where winters are more severe, try Kathleen with single blush pink flowers or Will Scarlet with red blooms — both are hybrid musk roses.
Harison's Yellow, *top right,* went West with the pioneers, and the fact that it's still seen around abandoned homesteads testifies to its sturdiness. This early-flowering beauty grows to six feet high—don't peg or shorten the canes on this rose, just remove the older canes when necessary. It's hardy to 25 below.

How to peg shrub roses. After shrub roses are full-grown and well-established, you may find that a specimen is sprawling too much to please you. To control the height and width of a shrub, peg canes (branches) to the ground. Arch the cane over so tip turns in toward shrub, *above.* Then fasten the arched cane down with a loop of eight-gauge wire. Push the wire far enough into the soil so the cane can't spring away. Eventually, the canes will root at the point where they touch the ground; new growth will start from the top of arches. Old canes that show little life should be removed from the plant, not pegged.

How to plant a rose. Soak the roots in water while you're preparing the hole. Dig it wide and deep enough so roots won't be crowded. Using sharp pruners, cut off any dead or broken branches and roots.

Form a cone of soil in the planting hole and spread roots over the cone. Redo the hole if the roots are crowded. Firm soil over roots, *top drawing.* Adjust depth so graft knob is an inch below surface in North, an inch above in South. If there isn't a graft knob, set rose at the same level it formerly grew in the nursery. Fill hole around plant with water, *bottom drawing,* and let it soak in. Add rest of soil.

Step by step to spectacular cakes

by Doris Eby and Nancy Byal

Photographs: Maselli; Dieter Food Stylist: Fran Paulson

Cakes can be as fun to make as they are good to eat. Cases in point: the seven eye-catching creations that follow. Assembling and decorating these cakes could easily develop into a stay-at-home activity for your whole family.

But, you say, cake decorating is for pros and dedicated hobbyists —takes too much equipment, time, and know-how. Let us convince you otherwise. If you'll follow along, our enthusiastic amateur decorators will show you step by step how to make their cake creations —and have fun in the process.

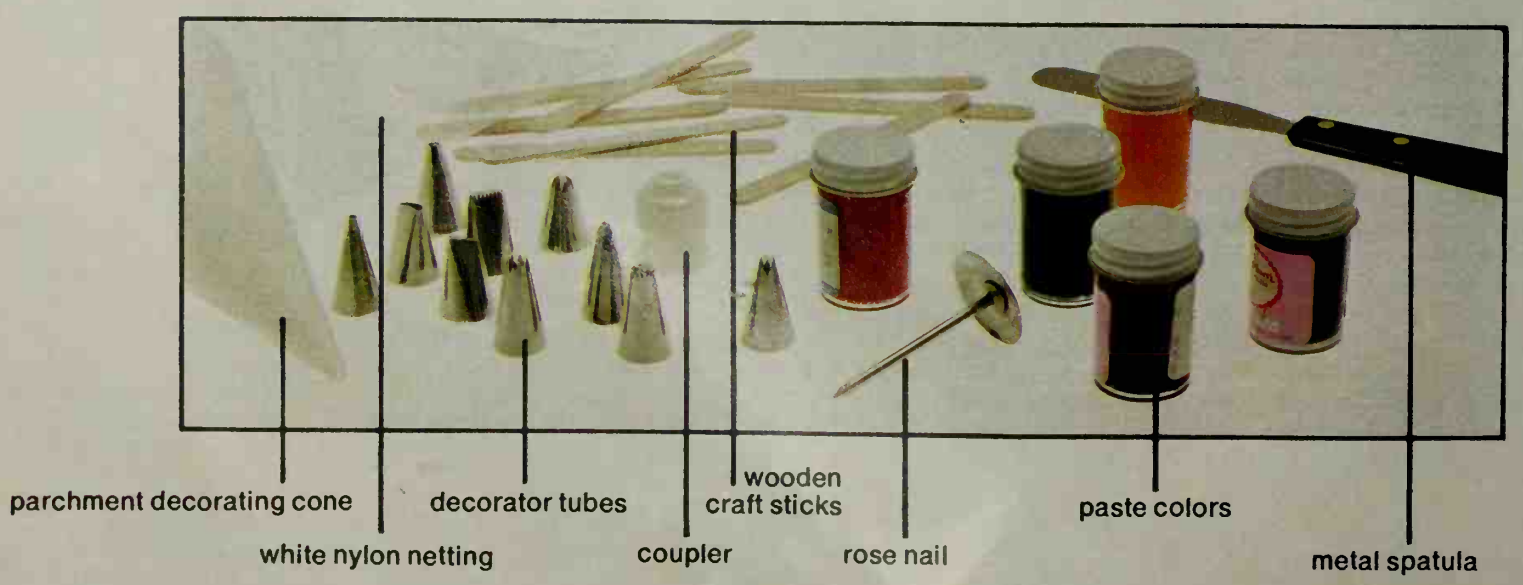
Tools of the trade can be as simple or complex as you like. Our "starter" decorating kit (more on this later) consists of basic tubes, a coupler, paste colors, and spatula (see picture below). Parchment, butcher, or high-quality typing papers are ideal for decorating cones. Dig around your cupboards for odds and ends—wooden sticks, skewers, and dowels, colorful construction, shelf, or self-adhesive paper, netting, candies, and the like. Make your own cake serving boards from cardboard covered with decorative paper, a piece of wood paneling, a mirror, cutting board, or whatever suits the occasion. Remember, the success of the cake depends on how well you use what you have, not on how fancy the equipment is.

Our selection of homemade cakes features several flavors, sizes, and shapes. If you're in a time bind, there's a cake mix version that works equally well. Use the lighter sponge-type cake for more sophisticated three-dimensional designs. To launch your cake-baking career, you won't have to invest in specially shaped pans. You can make all these cakes with conventional pans or food cans that you collect. For best results, bake the cakes a day ahead of your cake decorating to allow for thorough cooling and easy frosting.

The multicolored frostings—buttercream, boiled, and royal—help you give the cakes your personal touch. For versatile frosting that's easy to work with, creamy **Buttercream** is hard to equal. With it, you can frost the entire cake as well as make trims, borders, and flowers. Best of all, you can mix the frosting way in advance of your needs, then keep it on hand on your shelf. Fluffy **Boiled Frosting** is a bit more temperamental; it's affected by humidity and weather. Reserve this frosting for satiny swirls and peaks accented with some candy decorations. **Royal Icing** lets you create striking, colorful decorations long ahead of celebration day. This icing dries very hard—perfect for latticework and color-flow designs— and is for decorative use only.

Now that we've introduced you to cake decorating, it's your move. Make one of these fancy cakes and turn an ordinary day into something special or a special occasion into something spectacular.

Decorating information and recipes begin on page 98
Buying information, page 93



animal fair

Introduce your family and friends to Bonnie Rabbit, Ted Bear, and Ellie Phant—the almost animated animal cakes. Using a muffin pan, four small juice cans, soup can, shortening can, and coffee can for the cake pans, you can make any one of the cake characters or all three. Wooden sticks hold the legs and head to the body. What's more, you don't need any decorator tubes. Instead, give the animals their personalities by varying frosting, candy facial features, and paper or cake ears and noses.

MATERIALS NEEDED:

- 1 2-pound coffee can, cleaned, scalded, and dried
- 1 3-pound shortening can, cleaned, scalded, and dried
- 1 10-ounce soup can, cleaned, scalded, and dried
- 4 6-ounce metal juice cans, cleaned, scalded, and dried
- 1 muffin pan
- 1 recipe Hot Milk Sponge Cake
- 1 recipe Buttercream Frosting (Boiled Frosting for rabbit)
- 7 flat wooden craft sticks
- Wooden picks
- Aluminum foil
- Assorted candies
- Colored construction paper

For upper legs, cut about ¼ inch off the end of two of the small juice can cakes. Insert one craft stick halfway into the end of all four legs.

After legs are in place, push a craft stick in *rounded side* of head cake. Place some frosting on body where head goes and attach head.

Shape elephant trunk by crushing aluminum foil to desired shape. Insert a craft stick in wide end of the trunk; frost, then affix trunk to head.

Use construction paper for elephant ears. To add dimension, overlap rounded side of ear slightly, then tape in place.

Recipes begin on page 98

jack's stack-up

This peppermint-flavored jack-in-the-box cake holds more surprises than just Jack. If your children like to color, they'll jump at the chance to make the colorful side panels. The decorative areas are outlined with Royal Icing, then filled in with thinned-down icing. The lacy lid is Royal Icing, too. Both are made ahead so the icing can harden like candy.

MATERIALS NEEDED:

- 2 recipes Royal Icing
- Waxed paper
- 1 5½-inch square white nylon netting
- 4 4½-inch squares white nylon netting
- 1 recipe Peppermint Candy Cake
- 1 recipe Buttercream Frosting
- 8 x ⅜-inch wooden dowel
- 2 5-inch-long red candy sticks
- 1 cookie ice-cream cone
- 1 piece red string licorice
- 2 gumdrops

Offer the children a kaleidoscope of colors for their designs. Use our scale drawings or trace patterns from coloring or other children's books.

For the lid, you need Royal Icing, white netting, waxed paper, and a paper pattern. Zigzag a No. 17 tube along the inner marked lines.

In the triangles formed, make a network of frosting by piping back and forth. Be sure to let some netting show through for a lacy effect.

Finish edges of cake and give Jack his collar around bottom of cupcake head by piping red frosting in zigzag fashion.

Recipes begin on page 98

Easter egg

Your admiring audience will probably pronounce this three-D cake the ultimate Easter egg when you show it off during a holiday feast. The stand-up oval shape is just two cake layers baked in three-pound ham cans. Contrary to what you might think, making roses doesn't take much more time than the cake baking. Using Decorators' Frosting (a buttercream variation), a rose tube, and rose nail, any beginning decorator can add petal upon petal to the roses in four easy stages. You end up with this garland of flowers that looks as though it took hours to make.

MATERIALS NEEDED:

- 2 3-pound ham cans, cleaned, scalded, and dried
- 1 recipe White Cake
- 1 recipe Decorators' Frosting
- 1 recipe Buttercream Frosting

For roses, secure a square of waxed paper to nail with a dab of frosting. Hold decorating cone at a 45-degree angle with narrow end of tube pointing up.

Place a dollop of Buttercream Frosting wherever a rose is to be positioned. Vary the amount of frosting per dollop to create varying heights.

Rosebuds are piped directly onto the cake with a No. 104 tube. The base of each bud should face the top of the cake to give cascade effect.

Position leaves at base of buds and among roses. Thin frosting slightly so you can draw frosting out to a point.

Recipes begin on page 98

treasure trove

You can turn a chocolate loaf cake into a chestful of good eating. Frosted dowels in front and craft sticks in back support the thinner lid atop the trunk. Ribbon and star decorating tubes give "metal" band and edging effects; gold dragées become "studs." Fill your treasure chest to overflowing with a gumdrop-strung necklace and foil-covered chocolate coins just before serving time.

MATERIALS NEEDED:

2 9x5x3-inch loaf pans
1 recipe Double Fudge Sundae Cake
1 recipe Buttercream Frosting
1 tablespoon chocolate extract
Brown cardboard
4 flat wooden craft sticks
2 4½-inch-long wooden dowels, ⅛-inch diameter
Gold dragées
Colored gumdrops
Chocolate coins

Buying information, page 93

Trace and cut a piece of cardboard slightly smaller than the lid cake to give added support where the lid cake rests on the wooden dowels.

Cover the two dowels with yellow frosting by fitting decorator tube over the dowel. Press frosting out as you lift the tube from the dowel.

With cardboard side down, set lid cake atop front dowels and on back edge of trunk cake. Back of lid should rest against the wooden sticks.

Cover wooden stick supports in back by piping sawtoothed border over them. Start at center and work out.

Recipes begin on page 98

the 19th hole

Here's one golf ball that sports buffs will enjoy slicing! In fact, the cake just might tempt your husband into teeing off his cake decorating career. Ball is two mixer-bowl cakes secured with frosting and set atop the tee, a plastic funnel. A ¾-inch plywood putting green supports cake and holder.

MATERIALS NEEDED:

1 small electric mixer bowl
1 recipe Hot Milk Sponge Cake
1 plastic funnel, 4-inch diameter
1 12x12x¾-inch piece plywood
1 2½-inch-long screw with nut and washer
Red cinnamon candy

To prepare putting green and tee, center a plastic funnel on a square plywood board. Use the wood screw, washer, and nut to secure it in place.

Layer the two bowl cakes together using frosting in between and let stand overnight so seam is set. Next day, carve cake to ball shape.

After frosting the cake, let it stand 30 minutes. Then make golf ball impressions by pressing gently with the round handle end of a wooden spoon.

Thin down the frosting slightly for writing so it flows evenly. Practice name on waxed paper first, then repeat on cake.

Recipes begin on page 98

march sewing special: denim does it!

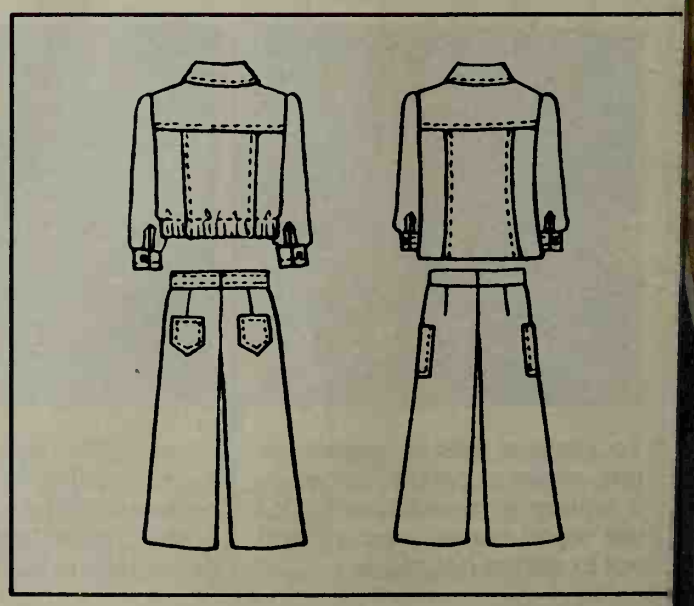
boy's slacks and jacket set

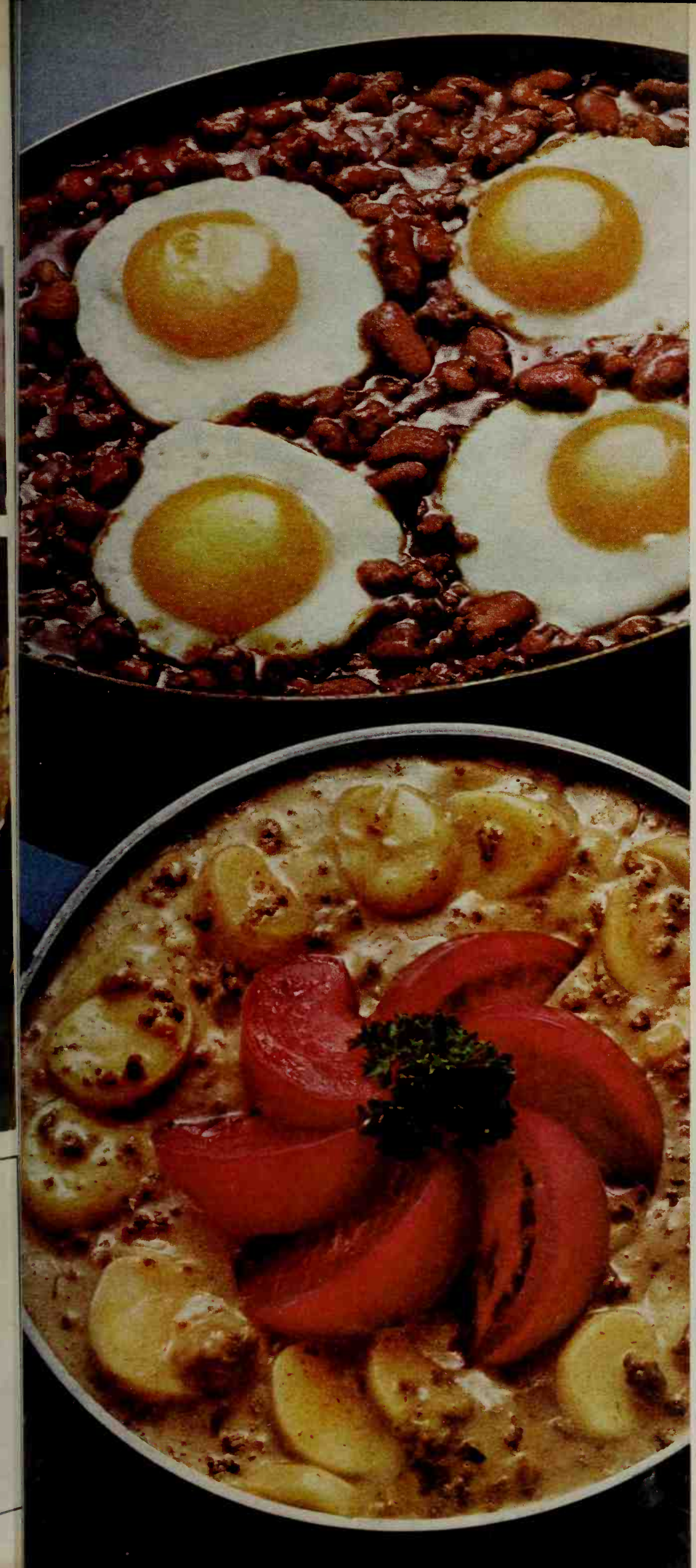
BODY MEASUREMENT CHART

Size	4	6	8
Chest	23	25½	27
Waist	21	22	23½
Hip	24	26	28
Back waist length	9½	10½	12
Height	40	45	49½

With that old standby, denim, available in such a wide range of prints, plaids, and solids, why not use this rugged, rough-and-tumble fabric to stitch up a few alternatives to your youngster's favorite blue jeans uniform? A handsome case in point is this slacks and jacket set, designed exclusively for Better Homes and Gardens readers by Burda Patterns of Germany. Pattern includes choice of zipper-front jackets and patch-pocket pants pictured above. Added attraction: jacket yoke panels offer super display space for those purchased patches so popular with the young set. Why not let your youngster pick out his own favorites to give *his* jacket that one-of-a-kind look? Pattern 01315, available in sizes 4, 6, and 8.

To order pattern, use coupon on page 90





These are just 2 of the fast and flavorful skillet recipes in Campbell's FREE Hamburger Handbook. Send for your copy now!

Campbell's illustrated Hamburger Handbook gives you 12 kitchen-tested recipes for delicious one-pan hamburger meals you can whip up in about 20 minutes with Campbell's Soups. To get your FREE copy, send your name, address and zip code to HAMBURGER HANDBOOK, Box 466, Maple Plain, Minn. 55359. Meanwhile, try this sampling of tasty skillet dishes.

CHILI CON CARNE SKILLET

- 1 pound ground beef
- 1 medium onion, chopped
- 2 tablespoons chili powder
- 1 can (10¾ ounces) Campbell's Tomato Soup
- 2 cans (15½ ounces each) kidney beans, undrained

In skillet, brown beef and cook onion with chili until tender (use shortening if necessary). Stir to separate meat. Add soup and beans. Cook over low heat 10 minutes; stir occasionally. Serve with fried eggs if desired. Makes 6 (1 cup) servings.

CHEDDARBURGER SKILLET

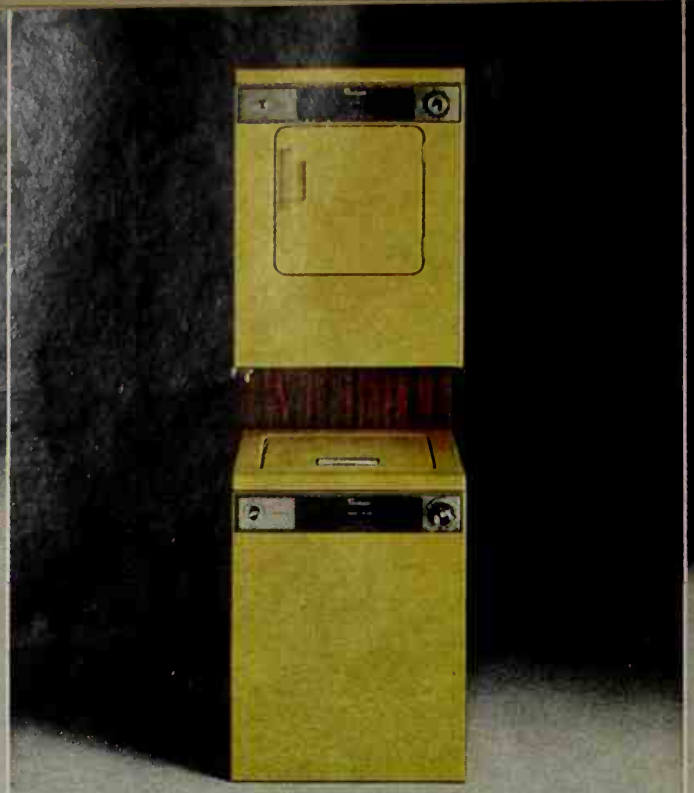
- 1 pound ground beef
- 1 medium onion, chopped
- 1 can Campbell's Cream of Mushroom Soup
- 1 can Campbell's Cheddar Cheese Soup
- ¼ cup water
- 2 cans (16 ounces each) whole potatoes, drained and sliced

In skillet, brown beef and cook onion until tender (use shortening if necessary). Stir to separate meat; pour off fat. Stir in soups and water; add potatoes. Heat; stir occasionally. Garnish with tomato wedges and parsley if desired. Makes 6 (1 cup) servings.

Campbell's makes your cooking M'm! M'm! Good!

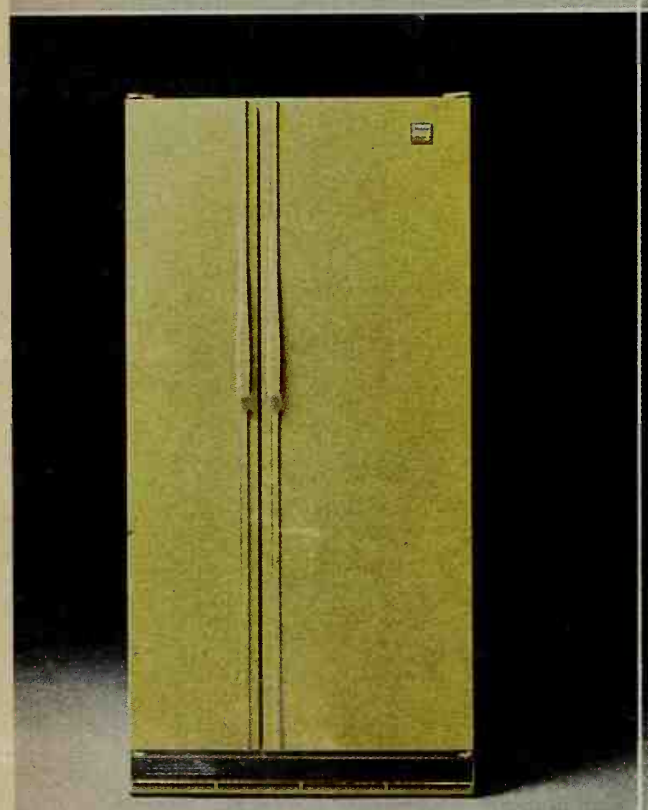
FAMILY FOOD IDEAS

Ranges and Ovens

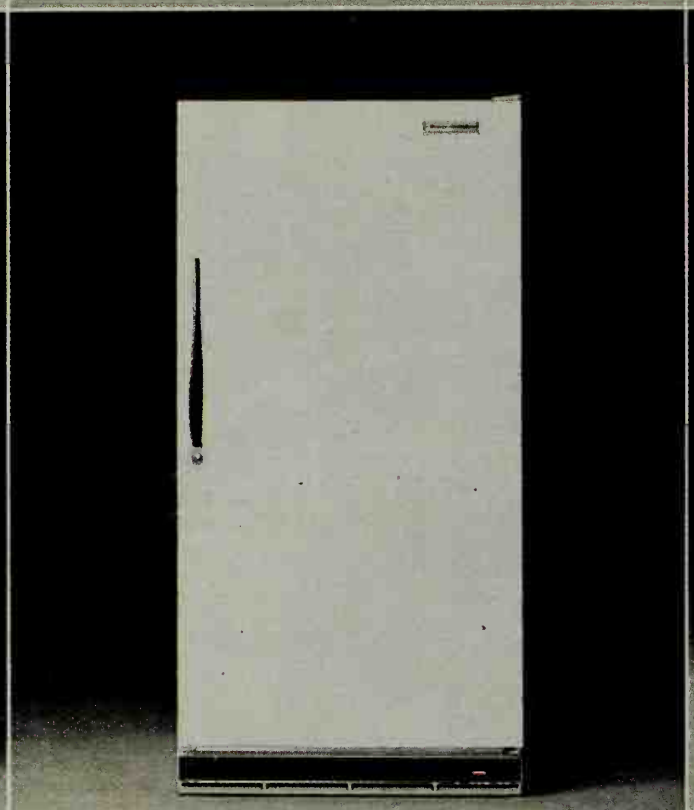


Compact Laundry Pair

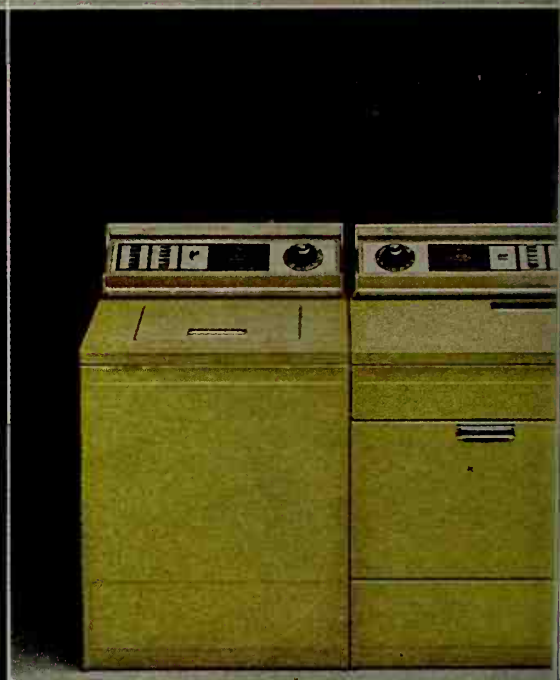
Dishwashers



Refrigerators



Freezers



Washers and Dryers

Trash Masher® Compactors

Room Air Conditioners

Disposers

Whirlpool believes quality can be beautiful.

We've listened to a lot of people in the last 60-odd years. We listened and we learned.

And the most important thing we learned was that the word quality should describe a company as much as it does its product.

In other words, just making good appliances isn't good enough. It takes something extra.

Something like a simplified letter warranty that people can read and understand at a glance.

Or a toll free telephone service that's always there to help.

Or a nationwide service organization people can depend on.

We've done these things and we're doing more. And we're doing them because at Whirlpool we believe a company has to think quality before it can even start to manufacture it.

Quality. It's all we can afford to make. It's all you can afford to buy.

Whirlpool
Home Appliances

How to economize and enjoy it with Reynolds Brown-In-Bag.™

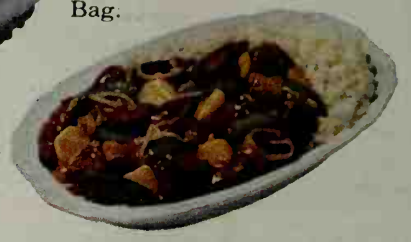
"With lower-priced meats and Brown-In-Bag, I'm actually cooking more varied meals. My family loves them!"

High food prices, while no blessing in disguise, are encouraging homemakers to try lower-priced meats. And prepare them creatively. And find new uses for their favorite cooking bag. Pot roast, round and flank steak, beef shanks, pork shoulder, and other cuts benefit from slow braising. Add a marinade. Use a different soup mix or seasoning each time. In Brown-In-Bag, foods baste themselves deliciously tender in their own juices. And you'll serve up really affordable, family-pleasing meals.

One juicy roast, three meals.

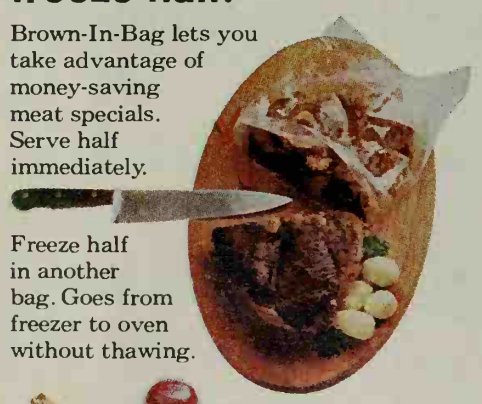
Keep checking your store for meat specials, such as on rump roast. Buy a large one and roast half in Brown-In-Bag.

Second meal: cube half of the remaining meat and cook a robust stew with onions, carrots, and red wine—in Brown-In-Bag.



Third meal: inexpensive beef chop suey and rice with the last of the meat—and Brown-In-Bag.

Cook a double portion, freeze half.



Brown-In-Bag lets you take advantage of money-saving meat specials. Serve half immediately.

Freeze half in another bag. Goes from freezer to oven without thawing.

CHICKEN CACCIATORE
(4-6 Servings)

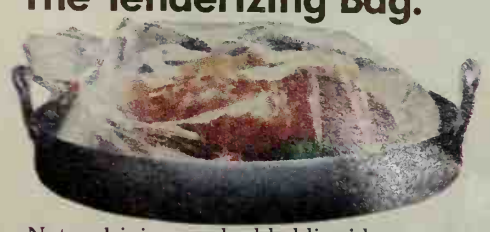
1 (2½-3 lbs.) fryer, cut up	*¼ tsp. basil*
1 tsp. salt	*1 tsp. oregano*
¼ tsp. pepper	*¼ tsp. garlic powder*
1 tsp. paprika	*1 tbs. parsley flakes*
1 cup diced green pepper	*1 bay leaf*
1 cup thinly sliced onions	*1½ tsp. sugar*
flour	*½ cup dry red wine*
1 can tomatoes (1 lb. 12 oz.)	

Preheat oven to 350° F. Shake one tbs. flour in empty bag and place bag in pan. Wash and pat dry chicken pieces. Season with salt and pepper, sprinkle with paprika. Place green peppers, onion and chicken pieces in bag. Place whole tomatoes from can around chicken pieces. Blend a ¼ cup flour with tomato liquid until smooth. Add oregano, basil, garlic powder, parsley, bay leaf, sugar and wine. Pour liquid into bag. Close bag with twist tie and make six ½" slits in top of bag. Cook in preheated 350° F. oven for 1 hour and serve with hot fluffy rice.

On the five days of turkey.

Why buy a big bird for your small brood? Because it's a good buy. Try deviled drumsticks, turkey chow mein, turkey divan, turkey hash. Brown-In-Bag keeps leftovers juicy.

The Tenderizing Bag.



Natural juices and added liquids stay in the bag, baste meats tender. And your oven stays clean.

Cookbook bargain.

Write for 96-page Brown-In-Bag Cookbook. Send 25¢ to Reynolds BIB Cookbook, Box 6500, Richmond, Virginia 23230. Offer good only in U.S.

No more messy pan.

The bag is like a disposable roasting pan.

Brown-In-Bag economy, A to Z

a. A la king chicken, turkey
b. Brisket of beef (corned or fresh)
c. Chicken in a dozen ways
d. Desserts (such as baked apple)
e. Eggplant stuffed with ground beef and rice
f. Freeze, then reheat, leftovers
g. Green peppers, stuffed
h. Ham leftovers en casserole
i. Irish corned beef and cabbage
j. Juices (plenty for soups, gravies, stocks)
k. Knockwurst mit kraut
l. Lamb stew (or beef or pork)
m. Meat loaf without splatters
n. Noodle and tuna casserole
o. Oxtail ragout (low-cost and hearty)
p. Pork chow mein (or sweet/sour)
q. Quick fish without fish odor
r. Rump roast (so versatile)
s. Smoked butt (another great buy)
t. Turkey (all your favorite recipes)
u. Utterly delicious flank steak
v. Vegetable medley
w. Wine marinades to help tenderize
x. Xtra tender pot roast
y. Yams and ham
z. Zucchini, stuffed for a main course

One of today's best mealtime values.

If product or performance defective, Good Housekeeping guarantees replacement or refund to consumer.

Buying information, page 93

FILE UNDER BREADS

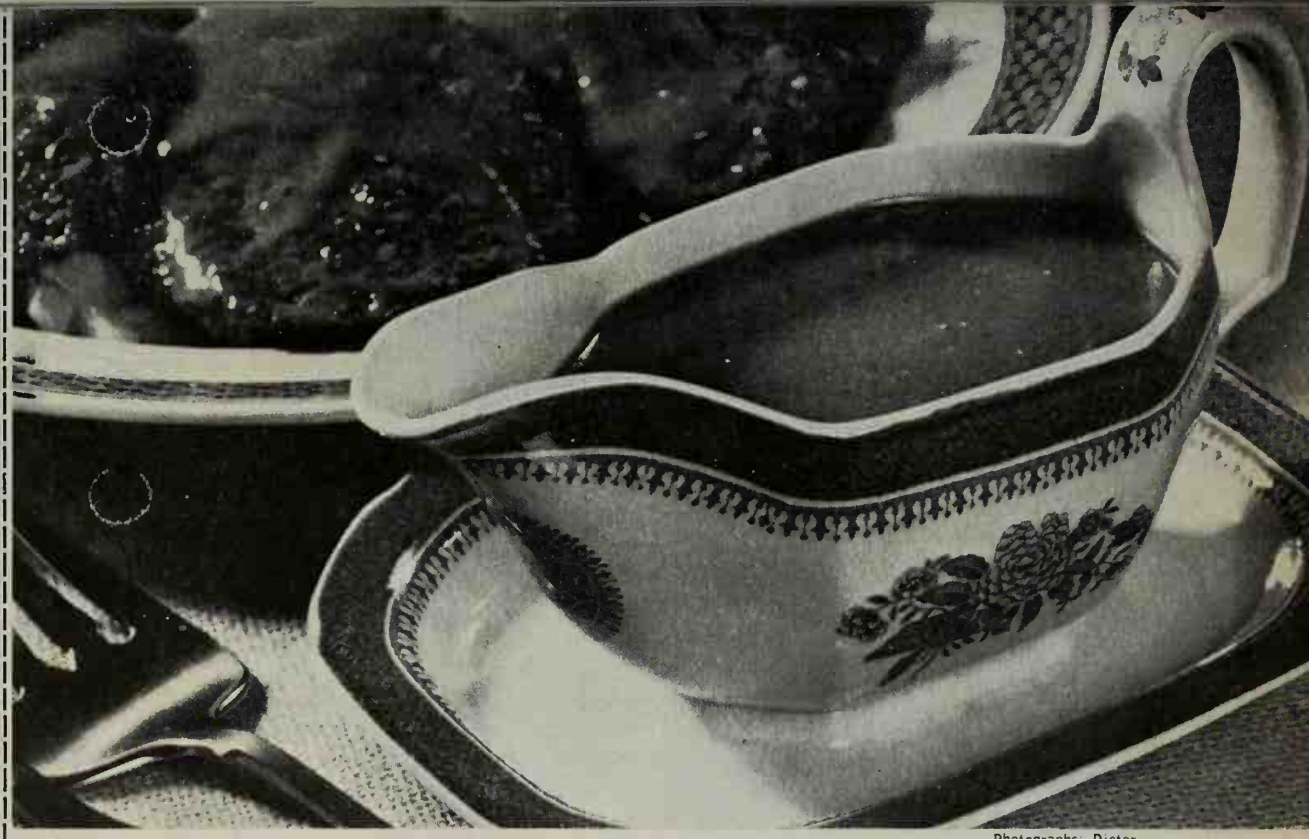
FRUIT BREADS

Apple-Cinnamon Swirl Loaf

Next time, try a spice cake mix for a variation of this first-place winner—

In large mixing bowl, dissolve *1 package active dry yeast* in *1¼ cups warm water* (115° to 120°). Add *1 egg, 1 package 1-layer-size white cake mix,* and *1 teaspoon salt;* beat till smooth. By hand, stir in *3½ to 3¾ cups all-purpose flour.* Knead on lightly floured surface till smooth and elastic. Place in greased bowl. Cover; let rise till double, about 1¼ hours. Punch down; divide in half. Cover; let rest 10 minutes. Combine *2½ cups chopped, cored, and pared apple, ⅓ cup sugar, ⅓ cup chopped pecans,* and *2 teaspoons ground cinnamon.* Melt *4 tablespoons butter or margarine;* set aside. Roll *half* the dough to 12x8-inch rectangle. Brush surface with some of the butter. Sprinkle with *half* the apple mixture. Beginning with short side, roll up; seal side and ends. Place in greased 8x4x2-inch loaf pan. Brush top with additional butter. Repeat with remaining dough, filling, and butter. Cover; let rise in warm place till nearly double, about 1 hour. Bake in 375° oven for 30 to 35 minutes. Remove from pans; cool on rack. Makes 2 loaves.

Mrs. Conrad R. Appledorn, Artesia, N.Mex.



Photographs: Dieter

FILE UNDER CASSEROLES AND ONE-DISH MEALS

START WITH SAUCE MIX

Bavarian Supper

Mushroom gravy mix becomes a tangy sauce for this prizewinning platter—

- 4 beef cube steaks (1 to 1¼ pounds)
- 1 tablespoon cooking oil
- ⅓ cup chopped onion
- 2½ cups water
- 2 envelopes mushroom gravy mix
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 teaspoon caraway seed
- 2 medium potatoes, pared and cubed (2 cups)
- 3 cups coarsely shredded cabbage

In large skillet, quickly brown steaks in hot oil. Add onion; cook till onion is almost tender, about 5 minutes. Combine water, mushroom gravy mix, brown sugar, vinegar, and caraway; pour over steaks in skillet. Cover; simmer for 15 minutes. Skim off excess fat. Meanwhile, cook potatoes and cabbage, covered, in boiling salted water for 5 to 7 minutes or till tender; drain. Pile cabbage and potatoes onto serving platter. Arrange steaks atop vegetables. Serve with gravy. Makes 4 servings.

Mrs. Karen Rowell, Berne, Ind.

Cut along dotted line

PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $7.95 +75c postage to Better Homes and Gardens, Dept. 910, P.O. Box 374, Des Moines, Iowa 50336.

Saucy Turkey Manicotti

6 manicotti shells
1 tablespoon instant minced onion
1 3-ounce package cream cheese, softened
1 envelope sour cream sauce mix
¼ cup milk
1 3-ounce can chopped mushrooms, drained
1 tablespoon snipped parsley
2 cups diced cooked turkey or chicken
1 envelope cheese sauce mix
¼ cup grated parmesan cheese

Cook manicotti shells in large amount of boiling salted water till tender, 15 to 20 minutes; drain. Combine onion and *2 tablespoons water;* let stand 5 minutes. Stir together cream cheese, sour cream sauce mix, and milk. Stir in onion, mushrooms, parsley, *¼ teaspoon salt,* and *⅛ teaspoon pepper;* add turkey. Spoon into shells. Arrange in single layer in 10x6x1½-inch baking dish. Prepare cheese sauce mix according to package directions; pour over manicotti. Sprinkle with parmesan. Cover and bake in 350° oven for 35 to 40 minutes. Makes 6 servings.

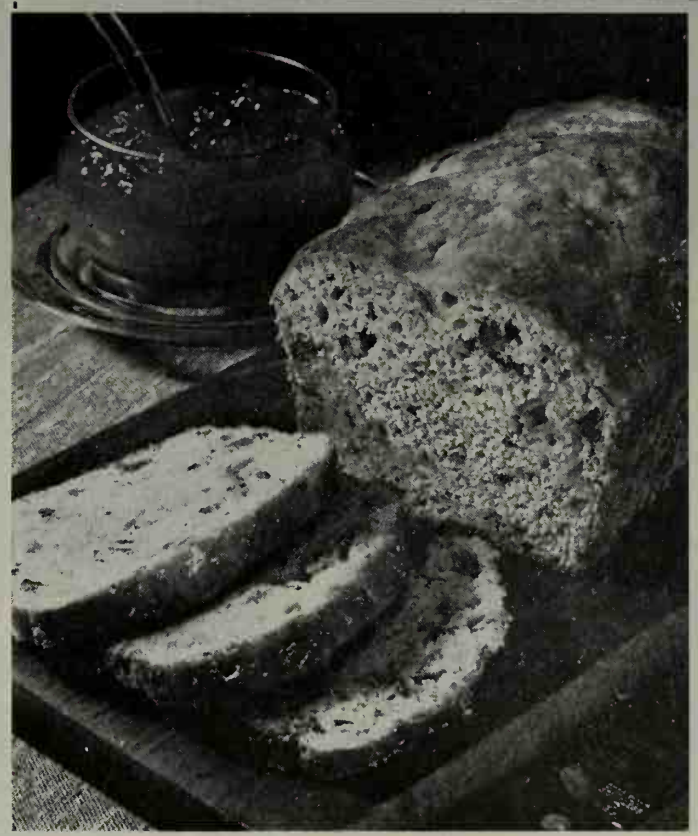
Mrs. Rebecca Thorpe, Wartsmith AFB, Mich.

Enchilada Squares

1 pound ground beef
¼ cup chopped onion
4 eggs
1 5½-ounce can evaporated milk (⅔ cup)
1 8-ounce can tomato sauce
1 envelope enchilada sauce mix
⅓ cup sliced pitted ripe olives
2 cups corn chips
1 cup (4 ounces) shredded natural cheddar cheese

Cook beef and onion in skillet till beef is browned and onion is tender. Drain off excess fat. Spread beef in bottom of a 10x6x1½-inch baking dish. Beat together eggs, evaporated milk, tomato sauce, and enchilada sauce mix; pour over meat layer. Sprinkle with sliced ripe olives; top with corn chips. Bake, uncovered, in 350° oven for 20 to 25 minutes or till firm in center. Sprinkle with cheese and return to oven for 3 to 5 minutes. Makes 6 servings.

Vicki Warthen, Addison, Ill.



Peachy Pecan Bread

1 16-ounce can sliced peaches
6 tablespoons butter or margarine, melted
2 eggs
1 tablespoon lemon juice
2 cups all-purpose flour
¾ cup sugar
3 teaspoons baking powder
1 teaspoon salt
¾ cup chopped pecans
2 tablespoons peach preserves

Drain peaches, reserving ¼ cup syrup. Finely chop 1 cup peaches; set aside. In blender container, combine remaining peaches, butter or margarine, eggs, the reserved peach syrup, and lemon juice. Cover; blend just till smooth. Stir together dry ingredients. Add egg mixture; stir just till moistened. Fold in reserved peaches and nuts. Turn into a greased 8x4x2-inch loaf pan. Bake at 350° for 1 hour. Spread with peach preserves. Cool in pan 10 minutes; remove and cool on rack.

Ruth Scheidler, Coldwater, Mich.

Cherry-Date Loaves

2½ cups packaged biscuit mix
1 cup packed brown sugar
¼ cup all-purpose flour
¼ cup wheat germ
1 teaspoon ground cinnamon
3 slightly beaten eggs
½ cup milk
4 tablespoons butter or margarine, melted
1⅓ cups pitted whole dates, chopped
1 cup grated carrot
½ cup chopped maraschino cherries
½ cup chopped walnuts

Stir together dry ingredients. Combine eggs, milk, and butter or margarine. Add to dry mixture; stir till blended. Fold in dates, carrot, cherries, and nuts. Turn into 10 greased 4½x2½x1½-inch loaf pans; bake in 350° oven for 20 to 25 minutes (or in a greased 9x5x3-inch loaf pan for 60 minutes, covering with foil the last 30 minutes of baking time). Cool in pans 10 minutes; remove and cool on racks. Makes 10 small loaves or 1 large loaf.

Mrs. Janice S. Elder, Spartanburg, S.C.

Kraft Marshmallows pretty the cake you don't bake.

They're jet-puffed to stay soft and look pretty.

1. Start your Spring Flower recipe with a store-bought angel food cake.

2. Make this easy Angel Mallow Frosting.

½ cup sugar
2 egg whites
2 tablespoons water
2 cups (7-oz. jar) Kraft Marshmallow Creme
½ teaspoon vanilla
Red food coloring

Combine sugar, egg whites and water in double boiler; beat with electric or rotary beater over boiling water until soft peaks form. Add marshmallow creme; beat to stiff peaks. Remove from heat; beat in vanilla. Tint with food coloring.

3. Make these easy Marshmallow Daisies.

☐ For each marshmallow daisy, dip scissors in water. Cut across the flat side of a Kraft Jet-Puffed Marshmallow to form petals. (Each Jet-Puffed Marshmallow makes 4 petals. Each Miniature Marshmallow makes 2 petals.)

☐ Arrange 5 petals on waxed paper in a flower design, slightly overlapping tips.

☐ Dip inside of daisy in colored sugar to coat cut side of petals.

☐ On large flowers only, cut a Miniature Marshmallow in half and press cut side down, in center of each daisy.

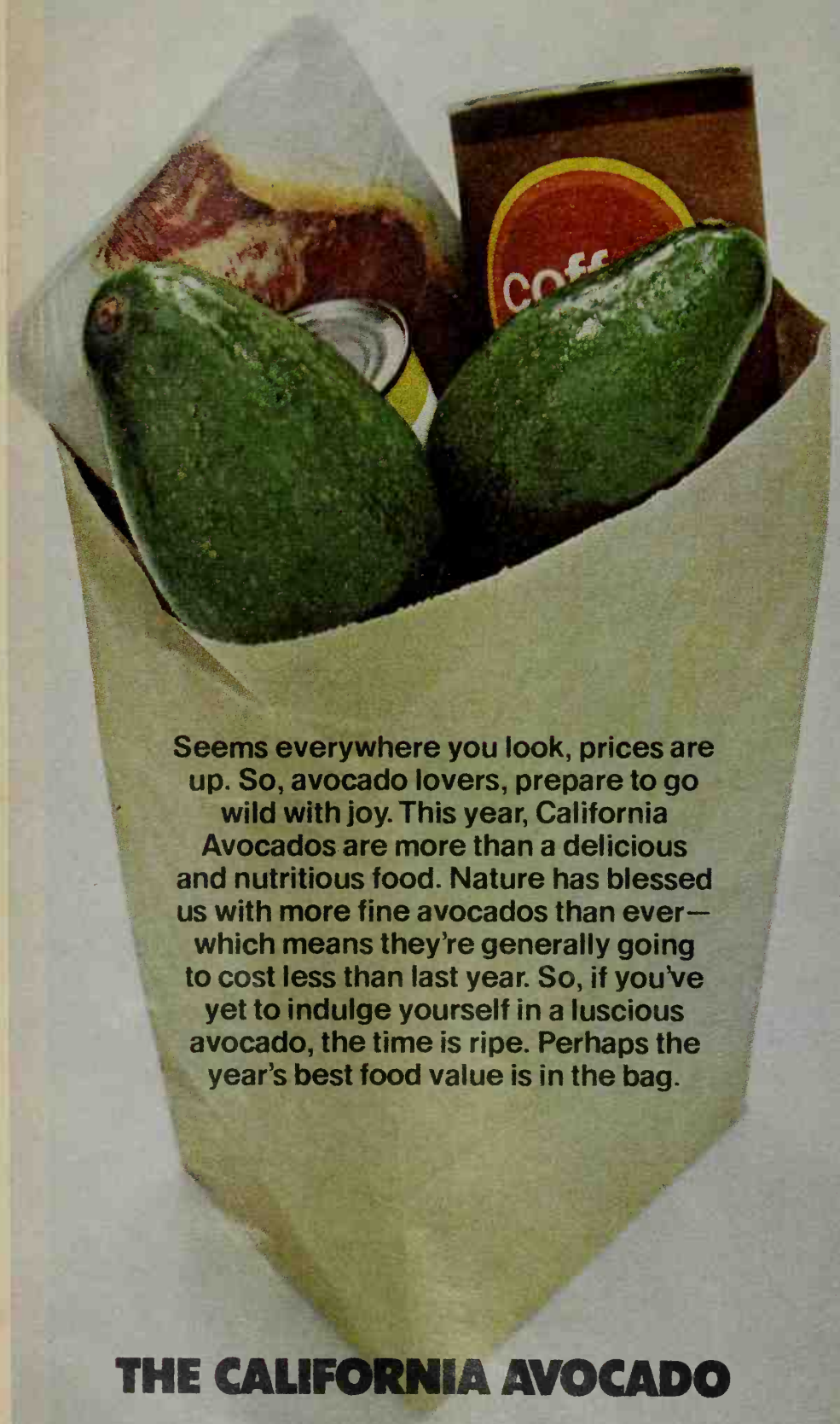
Make it the good Kraft way. Your family will love it.

KRAFT
Division of Kraftco Corporation

Saucy Turkey Manicotti

Peachy Pecan Bread

Imagine it! One good food that costs less this year.



Seems everywhere you look, prices are up. So, avocado lovers, prepare to go wild with joy. This year, California Avocados are more than a delicious and nutritious food. Nature has blessed us with more fine avocados than ever—which means they're generally going to cost less than last year. So, if you've yet to indulge yourself in a luscious avocado, the time is ripe. Perhaps the year's best food value is in the bag.

THE CALIFORNIA AVOCADO

PROJECT PLANS CATALOG

Choose from 168 of our readers' favorite home carpentry plans. Contains pictures and description of each plan. Select the projects you want and order plans. No. 04214, 50c Better Homes and Gardens, Dept. 910 Box 374, Des Moines, Iowa 50336

How to order material from the magazine

Better Homes and Gardens Cake Decorating Ki

You can create one of the exciting cake designs shown in thi issue, or design your own. It's easy with this special Better Home and Gardens Cake Decorating Kit. You get everything you nee to make your cake look professionally done—at a price you ca afford. Kit includes: ten decorator tubes, five ½-ounce jars o paste colors in green, yellow, blue, red, and pink; metal icin spatula; a metal rose nail; a coupler (which is used to secure tip to bag); a sturdy, reusable bag; patterns for five additional Bette Homes and Gardens cake designs (different from the cakes show in this issue); step-by-step directions for cake recipes plus tw frosting recipes; and complete easy-to-follow instructions fo using the kit.

You'll find even more cake decorating ideas in the "Wilto Yearbook of Cake Decorating" available with the coupon belo This colorful guide includes decorating ideas for almost all oc casions plus fun accessories to make your cake a success.

Send order and remittance to:
Better Homes and Gardens,
Dept. 2Q1, Box 374,
Des Moines, Iowa 50336
Quantity:

OUR GUARANTEE:
Complete satisfaction or return your purchase within ten days for full refund

_____No. 11160 Cake Decorating Kit $7.25 or 2/$13.49 plus 75c postage and handling for each kit ordered.

_____No. 16100 Yearbook of Cake Decorating $1.50 or 2/$2.49 plus 25c postage and handling for each Yearbook ordered.

Pattern 01315, Boy's Slacks and Jacket Set
☐ Size 4 ☐ Size 6 ☐ Size 8 Each pattern $1.50

Special offer: any two patterns for $2.50, any three for $3.45, any four for $4.25. Postage and handling: for one to three patterns, add 25c; for four or more patterns, add 50c.

Note: Before ordering, measure your child carefully and compare results with our size chart on page 82.

Total of merchandise $_____
Postage and handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
Total $_____

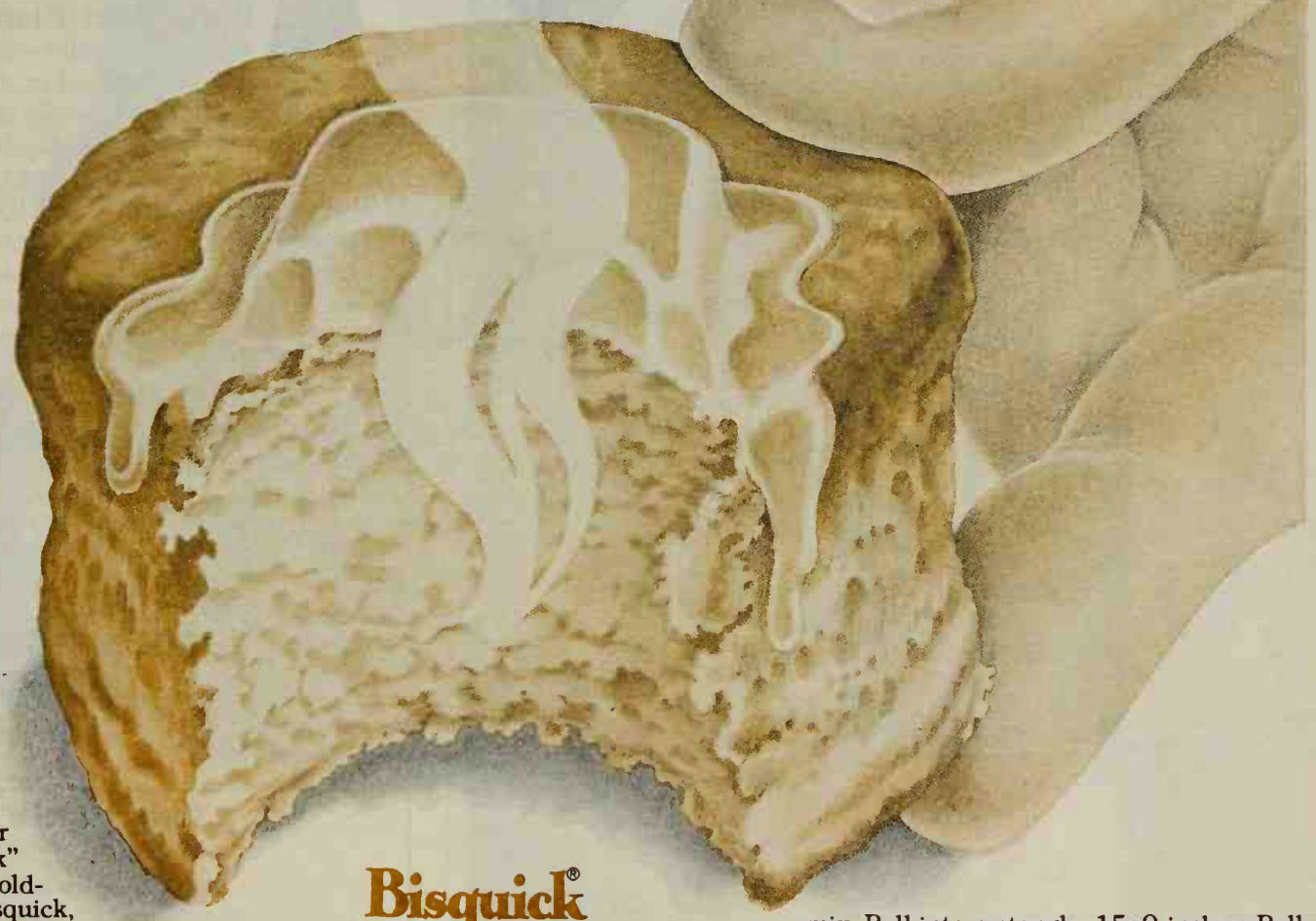
If you use your charge card, fill out boxes below:

master charge THE INTERBANK CARD
Expiration Date Month Year
Master Charge Interbank No.

your BANKAMERICARD welcome
Credit Card No.

Name_____
Address_____
City_____
State_____ Zip_____

Inflation Presents The Biscuit



Meatball pie with a biscuit topping. Hearty old-fashioned fare that makes high priced roasts and chops sound almost boring.

Easy, with Bisquick. You can make lots of good, economical things, starting with the recipes on the box. For main dishes, there's our "Inflation Presents Bisquick" cookbooklet, yours for an old-fashioned 25¢ (send to Bisquick, Box 36, Minneapolis, Minn. 55460).

Meatball pie, an old New England favorite. An idea whose time has come... again.

Bisquick® Meatball Pie with Biscuit Topping

1 pound ground beef
¼ cup chopped onion
1 tablespoon snipped parsley
6 tablespoons dairy sour cream
1 teaspoon salt
⅛ teaspoon pepper
1 can (10¾ ounces) cream of celery soup
1 can (16 ounces) sliced carrots
1 can (15 ounces) potatoes, drained and sliced
Biscuits

Heat oven to 450°. Mix beef, onion, parsley, half of the sour cream, the salt and pepper. Shape into 1-inch balls; place in baking dish, 11¾x7½x1¾ inches. Bake 8 to 12 minutes. Mix soup, remaining sour cream, the carrots (with liquid) and potatoes; pour over meatballs.

Prepare Biscuits as directed on Bisquick box; place on meatball mixture. Bake 15 to 20 minutes. 4 to 6 servings.

Bisquick® Tuna Bake with Cheese Biscuits

⅓ cup chopped green pepper
⅓ cup chopped onion
3 tablespoons shortening
¼ cup Bisquick baking mix
1 can (10¾ ounces) cream of mushroom soup
1½ cups milk
1 can (6½ ounces) tuna, drained
1 can (8½ ounces) peas, drained
1 tablespoon lemon juice
Cheese Biscuits
½ cup shredded process cheese

Heat oven to 425°. Cook and stir pepper and onion in shortening until tender. Stir in ¼ cup baking mix. Add soup; gradually stir in milk. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Stir in tuna, peas and lemon juice. Pour into baking dish, 11¾x7½x1¾ inches.

For Cheese Biscuits, prepare Biscuits as directed on Bisquick box except—add cheese with baking mix. Roll into rectangle, 15x9 inches. Roll up tightly, beginning at wide side; pinching edge into roll. Cut into 12 slices; place on tuna mixture. Bake 20 to 25 minutes. 4 to 6 servings.

Bisquick® Hamburger Pizza

2 cups Bisquick baking mix
½ cup cold water
½ cup grated Parmesan cheese
1 can (8 ounces) tomato sauce
1 cup shredded Cheddar cheese
½ pound ground beef, browned
Pepper to taste
¼ cup chopped onion

Heat oven to 425°. Mix baking mix and water. Gently smooth into a ball on lightly floured board. Knead about 1 minute. Roll into circle ¼ inch thick. Place on ungreased baking sheet. Pinch edge of circle to make slight rim; sprinkle with remaining ingredients. Bake 20 to 25 minutes.

Bisquick®. An idea whose time has come again.

Introducing New Mazola No-Stick...

NO sticking of foods to skillets, casseroles, baking pans.

NO hassle to clean up—just a few wipes does it.

NO unpleasant odor when you spray.

NO taste to affect the natural flavor of food.

NO cholesterol and less than one calorie per serving.

YES. Mazola No-Stick.

Mazola® No-Stick™

The no-stick spray with a name you can trust.

Best Foods, a Division of CPC International Inc. cpc international

Win money for your recipes

Pork Main Dishes—Puddings

Have you a new and unusual way to prepare a tasty pork main dish using fresh, not smoked or cured, pork? Or are you "proud as puddin" over that creamy delight that you stirred up for dessert? Send your recipe today for either or both categories and you could be a prizewinner next October. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next October. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Pork Main Dishes can include your best recipe for steak, chops, ribs, or sausage. Maybe you cut pork into strips or cubes for a delicious stir-fry main dish. Do you grind, roll, or pound pork for your special entrée? Suggestions:
stroganoff-sauced chops
oriental pork pie
peach-glazed country ribs
pork parmesan
spinach pork roll-ups

Puddings can start from scratch, or pick up on a pudding mix. You might use buttermilk, apple cider, coffee, or wine for part of the liquid. Or is yours a steamed pudding, fluffy chiffon, or baked rice creation? Pointers:
peach swirl parfait
mocha tapioca
pistachio pudding
buttermilk orange whip
peppermint fudge pudding

THIS MONTH'S WINNERS

(See recipes on pages 87 and 88.)

Cooks-of-the-Month

Mrs. Conrad R. Appledorn, Artesia, N.Mex.
Mrs. Karen Rowell, Berne, Ind.

Runners-up

Mrs. Janice S. Elder, Spartanburg, S.C.
Ruth Scheidler, Coldwater, Mich.
Mrs. Rebecca Thorpe, Wartsmith AFB, Mich.
Vicki Warthen, Addison, Ill.

Honor Roll

Mrs. Harriet Ashby, Orange, Calif.
Melisa Choroszy, Newtonville, Mass.
Barbara Ericsson, Northridge, Calif.
Faye Goldstein, Roslyn Heights, N.Y.
Mrs. Vicki Grethe, Atlanta, Ga.
Mrs. Karen Laughlin, Newark, Del.
Marcia Wight Margolis, Los Angeles, Calif.
Mrs. Max Mollick, Moorestown, N.J.
Mrs. Mildred Sherrer, Bay City, Tex.
Teres Strohschein, Naperville, Ill.
Mrs. Harold Sutton, San Diego, Calif.
Mrs. Fred Wacker, Jr., Frazee, Minn.

CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper. And mark it "October Pork Main Dishes" or "October Puddings." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight March 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7503 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

Buying guide

ost of the products shown orially in Better Homes Gardens can be obtained eading local stores. For e information, write the ufacturers listed. Some s are privately owned custom made—thus are tted from the product ng.

TO GET THE HOUSE YOU WANT—
42 (top, left): Asphalt shingles—
& Son, Inc., E. Walpole, Mass.,
Porch light—Lightolier, 346 Clare-
Ave., Jersey City, N.J. 07305.
44 (right): Sofa— Knoll Internation-
0 Park Ave., N.Y., N.Y. 10022.
ry fabric—Systems for Solar Con-
nc., 1247 W. Belmont, Chicago, Ill.
Lounge chair—Knoll International,
rk Ave., N.Y., N.Y. 10022.

PS AND DOWNS OF STUD WALLS
48 (top): Stucco-effect paneling—
Blanca" by Masonite Corp., 29 N.
r, Chicago, Ill. 60606.
49 (bottom): Sliding glass doors—
en Corp., Bayport, Minn. 55003.

OKS
58 (bottom): Fork—Dansk Designs,
Radio Circle Road, Mt. Kisco, N.Y.
Plates—Ceramar, Inc., 225 Fifth
e, N.Y., N.Y. 10010.

LLMENT DECORATING
60 (left): Sofa—Kroehler Mfg. Co.,
Fifth, Naperville, Ill. 60540. Coffee
-Hamilton Cosco, Inc., 2525 State
olumbus, Ohio 47201. Chairs—Bas-
irror Co., Inc., Bassett, Va. 24055.
—Ozite Corp., 1755 Butterfield Rd.,
yville, Ill. 60048. Window shade—
Western Mills, 22nd and Jefferson
hicago, Ill. 60616. Bowl on table—
thal USA Ltd., 411 E. 76th St.,
N.Y. 10021. Sofa and floor pillows—
craft Inc., 295 Fifth Ave., N.Y.,
10016. Poster above bookshelves—
ditions, 115 E. 23rd St., N.Y., N.Y.
Television—The Magnavox Co.,
rk Ave., N.Y., N.Y. 10022.
1 (bottom): Dining table and chairs
co, Div. Dart Ind., Inc., Syracuse,
3201. Vertical shade cloth blinds—
/u Vertical Blind Corp., 615 Feni-
Rd., Mamaroneck, N.Y. 10543.
2 (top): Butcher-block end table—
er Mfg. Co., 222 E. Fifth, Naper-
ll. 60540. Table lamp—Laurel Lamp
o. Inc., 230 Fifth Ave., N.Y., N.Y.
Ceramics on end table—Raymor/
ds/Morgenthau, Inc., 41 Madison
N.Y., N.Y. 10010. (Bottom): Chair
toman—Selig Mfg. Co., Leomin-
lass. 01453. Black stemmed goblets,
sticks, flatware, and plates—Rosen-
SA Ltd., 411 E. 76th St., N.Y.,
0021.
3 (top left): Dining table—Bassett
Co., Inc., Bassett, Va. 24055.
—Noritake Co. Inc., 212 Fifth Ave.,
N.Y. 10010. (Top right): Chair—
er Mfg. Co., 222 E. Fifth, Naper-
ll. 60540. Pillow—Bloomcraft Inc.,
th Ave., N.Y., N.Y. 10016.
4 (top left): Track lighting—Prog-
ghting, Div. of LCA Corp., Box
Philadelphia, Pa. 19134. (Bottom
Wallpaper—United Desoto, Inc.,
Kedzie Ave., Chicago, Ill. 60623.
ware—Rosenthal USA Ltd., 411 E.
., N.Y., N.Y. 10021.
5: Sofa, drapery, and pillow fabric
mcraft Inc., 295 Fifth Ave., N.Y.,
0016.

Y STEP TO SPECTACULAR CAKES
6 (left): Decorating tubes, colors,
, coupler, rose nail—Wilton Enter-
833 W. 115th St., Chicago, Ill.

(left): Cork tray—Crate & Barrel,
. Wells St., Chicago, Ill. 60610.
white canisters—Rubbermaid Inc.,
. Bowman St., Wooster, Ohio,
Brown mixing bowls—Pyrex, Corn-
ss Works, Corning, N.Y., 14830.
1 (right): Electric knife—General
Co., Housewares Division, 1285
Ave., Bridgeport, Conn., 06602.
(bottom right): Mixer bowl—Sun-
orp., 5400 W. Roosevelt Rd., Chi-
ll., 60650.

TESTED RECIPES
(left): Bread basket—F. O. Merz
Inc., 100-110 N. 63rd St., Phila-
, Pa. 19139. (Right): Gravy boat—
26 Kennedy Blvd. E., Brunswick,
16.
(bottom right): Cup and saucer—
Glass Works, Corning, N.Y.
Rectangular plate—Thomas U. S.
411 E. 76th St., N.Y., N.Y. 10021.

Monday Italian
Tuesday Thousand Island
Wednesday French Style
Thursday Blue Cheese
Friday Cole Slaw
Saturday Russian
Sunday Catalina

At Kraft we think salads ought to be fun!

A flavor a day keeps temptation away.

with the 7 great-tasting Low Calorie Dressings from Kraft.

KRAFT Division of Kraftco Corporation

We're Listening

Who's listening? Food manufacturers are listening to you!

Complete this answer sheet and mail it—with any additional comments you wish to make—to:

We're Listening
P.O. Box 4551
Des Moines, Iowa 50336

1._____	15._____
2._____	16._____
3._____	17._____
4._____	18._____
5._____	19._____
6._____	20._____
7._____	21._____
8._____	22._____
9._____	23._____
10._____	24._____
11._____	25._____
12._____	26._____
13._____	27._____
14._____	

We Live in _____(state).

1. How often does your entire family eat in a restaurant? **(1)** More than once a week **(2)** About once a week **(3)** Two or three times a month **(4)** About once a month **(5)** Less than once a month.

2. Compared to a year ago, we are eating out **(1)** More **(2)** Less **(3)** About the same.

3. How often do you pick up ready-to-eat foods at a carry-out or fast-food service to bring home or eat in the car for a full meal? **(1)** More than once a week **(2)** About once a week **(3)** Two or three times a month **(4)** About once a month **(5)** Less than once a month.

4. Compared to a year ago, we are eating carry-out foods **(1)** More often **(2)** Less **(3)** About the same.

5. Who is most influential in selecting the specific place for dining out when the whole family is going? **(1)** Children **(2)** Husband **(3)** Wife.

6. What most often prompts the decision to take the family out to eat? **(1)** Lack of time to prepare meal at home **(2)** Special occasion (birthday, etc.) **(3)** Good social experience for children **(4)** Break for wife from cooking chores **(5)** To enjoy food we usually do not prepare at home.

7. What is the most important factor in selecting a place for dining out when the entire family is going? **(1)** Atmosphere **(2)** Menu—food selection **(3)** Prices **(4)** Proximity or location of restaurant **(5)** Children's menu.

8. In your opinion, who is best qualified to judge good cooking? **(1)** Foreign chefs **(2)** American chefs **(3)** American women **(4)** American men.

9. During the past six months the frequency with which I have substituted fresh potatoes for frozen has **(1)** Increased **(2)** Decreased **(3)** Not changed.

10. During the past six months I have substituted rice for potatoes **(1)** More often **(2)** No change **(3)** Less often than before.

11. During the past six months I have substituted pasta (noodles, macaroni, spaghetti) for potatoes **(1)** More often **(2)** No change **(3)** Less often than in the past.

12. Currently I am serving potatoes less frequently than I was six months ago. **(1)** Agree **(2)** Disagree.

13. Presently I am using smaller amounts of potatoes for family meals than I was six months ago. **(1)** Agree **(2)** Disagree.

14. My interest in the use of new and different recipes has **(1)** increased a great deal **(2)** Increased slightly **(3)** Decreased **(4)** Not changed.

15. I have *increased* interest in recipes for: **(1)** Meat entrees **(2)** Casseroles **(3)** Desserts **(4)** Salads **(5)** Vegetables **(6)** Snacks/appetizers **(7)** Beverages **(8)** Breads **(9)** Breakfast **(10)** Home canning/freezing **(11)** Leftovers **(12)** Ethnic dishes **(13)** Low-calorie foods.

16. My home preparation of ethnic dishes (Mexican, Chinese, etc.) has **(1)** Increased a great deal **(2)** Increased slightly **(3)** Decreased **(4)** Not changed.

17. What is most likely to prompt you to purchase canned meats? **(1)** Good to have on hand, easy to store, emergency supply **(2)** Canned meats offer good value for the money **(3)** Family enjoys canned meats **(4)** Canned meats have wide variety of uses.

18. The following statement(s) describe our use of *unbleached* flour. **(1)** Never purchase it **(2)** Buy it for bread baking **(3)** Bought it for the first time in the past year **(4)** Find the quality is superior to other flour **(5)** Find it inferior to other flour **(6)** See no difference in quality **(7)** Use it exclusively **(8)** Use it, but use other flour as well.

19. Canned pineapple packed in its own juice is purchased primarily by **(1)** Dieters **(2)** People interested in natural flavors **(3)** Anyone.

20. Canned pineapple packed in its own juice is used most frequently for **(1)** Breakfast **(2)** Lunch **(3)** Dinner **(4)** Snacks.

21. Canned pineapple packed in its its own juice is served most often **(1)** Plain (as it comes from the can) **(2)** In or with desserts **(3)** In salads **(4)** In or with other cold foods **(5)** In or with other hot foods.

22. Among canned fruits, children prefer **(1)** Fruit cocktail **(2)** Canned pineapple **(3)** Canned peaches.

23. Among canned fruits, the following offer the most value for the money: **(1)** Fruit cocktail **(2)** Canned peaches **(3)** Canned pineapple.

24. When I purchase canned pineapple, I most often buy **(1)** "National" brand packed in its own juice **(2)** "National" brand packed in syrup **(3)** "Store" brand packed in own juice **(4)** "Store" brand in syrup.

25. The female household head in our family is **(1)** 18-24 **(2)** 25-34 **(3)** 35-49 **(4)** 50-64 **(5)** 65 or over.

26. Enter the number of people (count yourself) living in your household on the answer sheet.

27. Our total household income (before taxes) is **(1)** Under $5,000 **(2)** $5,000-$7,999 **(3)** $8,000-$9,999 **(4)** $10,000-$14,999 **(5)** $15,000-$24,999 **(6)** $25,000 or more.

The following Family Food Ideas advertisers thank you for your help. **Betty Crocker Ready-To-Spread Frosting; Hormel Ham, Dole Pineapple Slices and Prince Royal Yams; Kretschmer Wheat Germ; Mary Kitchen Roast Beef Hash; Blue Bonnet Margarine, Pillsbury's Best Flour and Fleischmann's Yeast; R.T. French Mustard and Worcestershire; Stouffer's Frozen Prepared Dinners; Morton's Frozen Prepared Dinners; Morton's Frozen Fruit Pies; Rath Ham and Christian Brothers Napa Rosé Wine; Lea & Perrins Worcestershire Sauce; Fleischmann's Margarine; Fleischmann's Egg Beaters; Carnation Slender; Armour Ham; Dinty Moore Beef Stew; Campbell Soup; Ayds.**

Easter dinner.

The family.

Laughter.

Reminiscences.

Oohs and aahs when you bring on the tender, flavorful Hormel Ham topped with luscious, sweet Dole Pineapple Slices and those rich-tasting Royal Prince Yams.

Contented sighs.

All the good things.

Isn't it nice to know some things never change.

FAMILY FOOD IDEAS

WHY A LOT OF PEOPLE THINK WHEAT GERM TASTES LIKE MEATLOAF.

It's unfortunate, but true.

Some people's total wheat erm experience can be summed p in one word.

Meatloaf.

Now, granted, the idea of sing Kretschmer Wheat Germ nstead of bread crumbs is a good ne. It makes a more nutritious neatloaf. It even makes a better asting one.

But lest you forget, we'd ke to say a few words about retschmer as a cereal. The orld's most nutritious natural ereal.

Natural cereals.

Generally, there are two kinds f cereals. Fortified. And natural. ortified means vitamins and inerals have been added. And atural cereals contain only na- ural ingredients.

However, just because a ereal says it's natural, doesn't ake it particularly nutritious. Read a few labels and you'll see hat we mean.)

Ounce for ounce, you get a lot more from Kretschmer.

Just an ounce (roughly a quarter of a cup) of Regular Kretschmer Wheat Germ provides 15% of your Recommended Daily Allowance of protein. (More than any of the new "natural" cereals.) And more B Vitamins, iron and Vitamin E than the "naturals" provide.

A matter of taste.

Naturally if your only wheat germ experience is "wheat germ in something else," you have no idea how good it tastes.

Regular Kretschmer has a slightly nutty taste. Something like a cross between bran and toasted walnuts.

Kretschmer Cinnamon Raisin is our idea of what to have for breakfast instead of Danish pastry.

Kretschmer Caramel Apple is so delicious a lot of people eat it by the handful. Right out of the jar.

And Kretschmer Sugar & Honey is so sweet to begin with that all you add is milk.

It doesn't come in a box. So already you know it's different.

Kretschmer Wheat Germ comes in a jar, not a box. This is to keep it fresh, and preserve its nutrients. (The same reason vitamins come in a jar.)

However, you'll still find it in the cereal section of your store. Right next to the cereal boxes.

Because it is a cereal.

A delicious cereal.

Not some secret ingredient.

INTERNATIONAL MULTIFOODS

KRETSCHMER WHEAT GERM. THE WORLD'S MOST NUTRITIOUS NATURAL CEREAL.

FAMILY FOOD IDEAS

begins on page 76

Step-by-step cakes

Even if you're no longer a novice at cake decorating, you'll find this primer on materials and techniques a helpful review.

Basic Decorating Equipment

• With just ten decorating tubes and a rose nail, you can create a vast assortment of decorative trims; Nos. 3 and 6—writing, stems, and string work; Nos. 17, 21, 30, and 35—drop stars, rosettes, shells, and border effects; No. 48—saw-toothed ribbon designs; No. 67—leaves; Nos. 102 and 104—roses, daisies, and other flowers. Be sure to keep the tubes clean, free of grease, and thoroughly dry.

• Paste colors give more vivid hues than liquid food coloring and won't thin the frosting. Start with lemon yellow, sky blue, and Christmas red to mix a rainbow of brilliant hues.

• Make disposable decorating cones in the sizes you need from parchment, butcher, or high-quality typing paper. Preshaped plastic and canvas cones are available but must be washed each time you want to change frosting color.

• A two-piece plastic coupler lets you change from one decorating tube to another without changing the cones.

• Although you can use whatever knife or spatula works best for you, a short flexible metal spatula about one inch wide is ideal for spreading frosting smoothly and evenly.

• Wooden dowels and flat wooden craft sticks are inexpensive and handy for "pinning" cakes together.

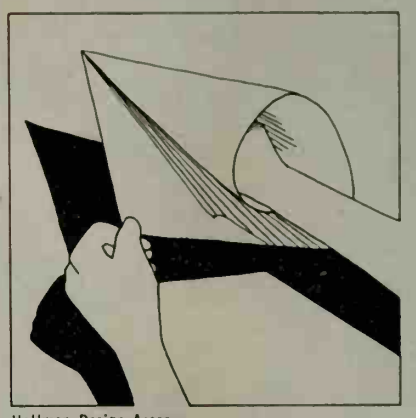
• A lazy-Susan turntable, handy though not essential, lets you turn the cake easily as you frost.

To order Better Homes and Gardens Cake Decorating Kit, see page 90.

Decorating Cone

• Use either the rolling or folding method to shape paper cones. Following the drawings below, you can master either technique in just a few minutes.

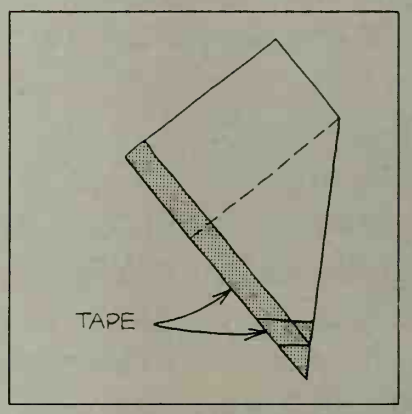
To roll cone, lay a rectangle of paper flat on table. Grasp top corners with the right hand inside the



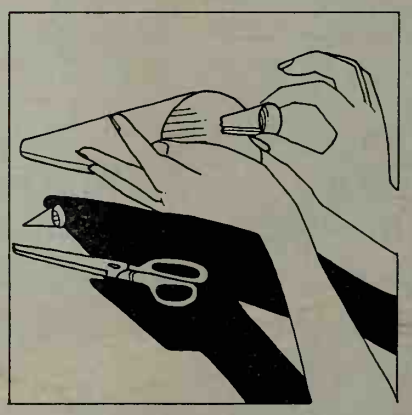
Hellman Design Assoc.

cone, and left hand outside adjacent corner. Roll right corner toward center till partial cone is made. Circle left corner all the way over and around cone. Move hands back and forth till the end of the cone forms a sharp point. To secure paper in place, fold the top in or staple it in place.

To fold cone, fold paper rectangle in half crosswise. Open paper. Working with one long side, bring bottom corners to center fold; crease in place. Open paper again. Starting with one bottom corner, refold the paper in sequence along the fold lines. Tape the loose end in place as shown.



• To insert decorating tube, cut straight across tip of cone. Three-fourths of the decorating tube should be exposed. If desired, tape across cut end of paper cone to give it added support. Drop the decorating tube, decorative end down, into the cone.



• To use a coupler, cut off cone tip (fine grooves on upper coupler piece should just show through end

continued

Your family will bubble over our whole wheat bubble loaf.

Give your family the hearty taste of whole wheat tonight with this delicious and different bubble loaf. It pulls apart into little rolls just right for individual servings.

Every ingredient insures good, homemade taste and easy, consistent results.

Blue Bonnet® Margarine gives it richness. Fleischmann's® Active Dry Yeast gives it a high, light, and delicious texture.

And Pillsbury gives you the recipe and interesting variations in specially marked sacks of Pillsbury's Best Flour. **Plus bonus coupons for an additional 27¢ savings on Blue Bonnet® Margarine, Pillsbury's Sweet*10®, and Pillsbury's Best Flour. Bubble your family a hearty surprise tonight.**

FAMILY FOOD IDEAS

3570 STORE COUPON

10¢ **Save 10¢** **10¢**

on any Blue Bonnet® Margarine.

TO DEALER: Standard Brands will pay the face value plus usual handling charges, provided you and your customer have complied with the terms of this offer; any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void if prohibited, taxed or restricted. Your customer must pay any sales tax. Cash value: 1/20th of 1¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Redeem only through our representatives or by mailing to Standard Brands Incorporated at: P.O. Box 2062, Birmingham, Alabama 35201. Offer good only in U.S.A. Offer limited to one coupon per package of Blue Bonnet Margarine.

TO HOMEMAKER: This coupon is good only on the product indicated. Any other use constitutes fraud. Redeem promptly.

Everything's better with Blue Bonnet on it

Another fine product of *Standard Brands*

3570

Pillsbury

10¢

Save 10¢

on Pillsbury's Best Whole Wheat or Medium Rye Flour.

STORE COUPON 6272-627

TO GROCER: If you allow 10¢ toward the retail price of the above product when this coupon is presented to you by a retail customer, The Pillsbury Company will redeem for 10¢ plus 5¢ handling cost, providing you mail coupon to address below. Limit: one coupon per purchase. Void unless initially acquired in manner provided above or where prohibited, taxed, or otherwise restricted. Cash value: 1/10¢.

STORE COUPON 6272-627

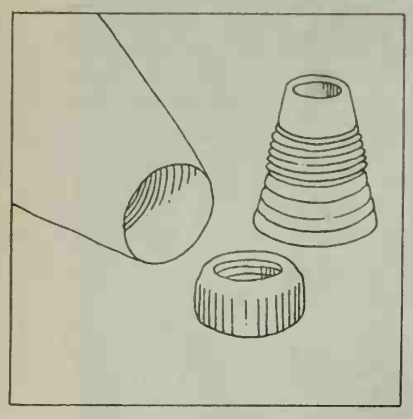
THE PILLSBURY COMPANY, BOX 802, MINNEAPOLIS, MINN. 55460.

© The Pillsbury Company, 1975

BH&G 3/75

continued

Step-by-step cakes

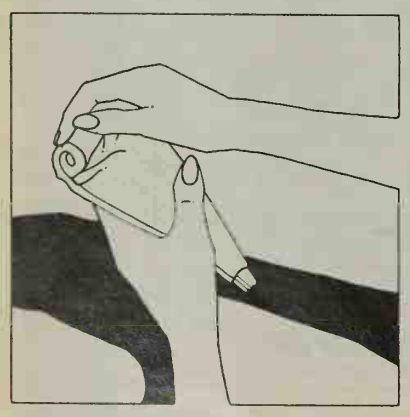


of cone). Drop in upper coupler piece, then fit decorating tube over coupler. Holding tube, twist ring in place. To change tube, simply remove ring and tube and replace with new tube.

• With a spatula, fill cone with frosting no more than ¾ full. Push

frosting completely down into bag to remove any air bubbles.

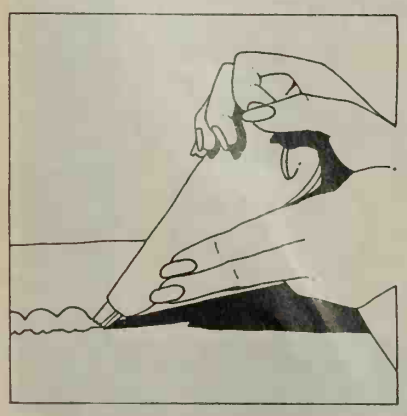
• To close cone, flatten its sides above frosting. Fold in corners, then



fold top flap down. Roll top down.

Decorating Tips

• To hold cone, grasp it at top with your right hand (left hand, if

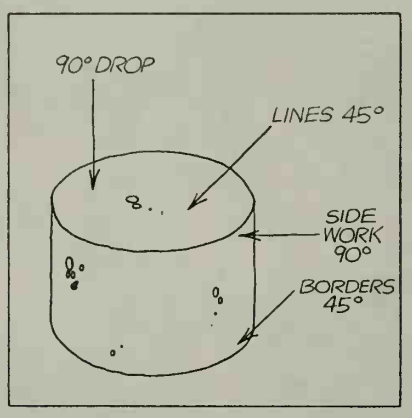


left-handed). Using the fore and middle fingers of your left hand to guide and steady the cone only, squeeze with your right hand.

• If you need additional support, rest your hand or arm on an elevated surface such as a coffee can.

• Proper consistency of frosting is essential to achieve good-looking decorations. For borders and flat-petaled flowers, frosting should hold a ¾-inch peak on a spatula. Stiffen frosting for stand-up designs; thin for string work and writing.

• Hold the cone at the correct angle for the design. Leaves, most borders, and flowers made with a flower nail are applied at a 45°



angle; drop stars, rosettes, and flowers at a 90° angle.

Cakes

PAN-COAT GREASING is the one-step way to grease and flour pans. Cakes will be easy to remove and have a smooth, crumb-free surface: Combine ½ cup shortening and ¼ cup all-purpose flour; mix together well. Store, covered, on your kitchen shelf. Makes about ⅔ cup. To use, generously grease bottoms and sides of pans completely. There will be enough mixture to cover several standard cake pans. You can easily double or triple the recipe if you want to keep larger amounts of the coating on hand.

• For a symmetrical cake, spread the batter in the pan with a spatula as evenly as possible.

• Proper cooling of cakes is very important, especially for decorating. Let the cake cool in the pan about 10 minutes. Then remove to a wire rack elevated on cans or something high enough to let air freely circulate around the cake.

• Be sure the cake is completely cool before trying to trim, shape, or frost. This will take about 4 to 5 hours. If you let the cake cool overnight, cover the cake lightly with a kitchen towel.

• Use a sharp knife to trim or shape the cake. An electric knife makes a particularly clean, smooth cut. If necessary, dip your kitchen knife in hot water occasionally.

• For the cake board, use a cutting board, scrap plywood covered with decorative paper, flat platter, or other flat, sturdy material you may have available.

• Assemble layer cakes with bottoms of the cakes together.

• To secure the cake to board or plate, spread a little frosting in the center of the board. Then set cake atop frosting.

HOT MILK SPONGE CAKE

Animal Fair	Golf Ball
2½ cups	2 cups all-purpose flour
2½ teaspoons	2 teaspoons baking powder
½ teaspoon	½ teaspoon salt
1¼ cups	1 cup milk
5 tablespoons	4 tablespoons butter or margarine
5	4 eggs
2½ cups	2 cups sugar
2 teaspoons	2 teaspoons vanilla

Thoroughly stir together flour, baking powder, and salt. In saucepan, heat and stir milk and butter or margarine till butter melts; keep hot. In large mixer bowl, beat eggs on high speed of electric mixer till thick and lemon-colored, about 5 minutes. Gradually add sugar, beating constantly at medium speed for 6 minutes. Add dry ingredients to egg mixture; stir just till blended. Stir in hot milk mixture and vanilla; blend well. Pour in specified pans and bake as directed for Animal Fair or Golf Ball.

PEPPERMINT CANDY CAKE

3⅓ cups all-purpose flour
2 cups sugar
1½ teaspoons salt
1½ teaspoons baking soda
1½ teaspoons baking powder
1¾ cups buttermilk
6 egg whites
¾ cup shortening
2 teaspoons vanilla
1 teaspoon peppermint extract
¼ cup crushed peppermint candies

In mixer bowl, thoroughly stir together flour, sugar, salt, soda, and baking powder. Add buttermilk, egg whites, shortening, vanilla, and peppermint extract; beat 4 minutes at medium speed on electric mixer. Fold in peppermint candy. Pour in specified pans and bake as directed for Jack's Stack-up.

WHITE CAKE

1 package 2-layer-size white cake mix
1⅓ cups milk
3 egg whites

Prepare cake mix according to package directions using the milk in place of water and 3 egg whites instead of 2. Pour into specified pans and bake as directed for Easter Egg.

DOUBLE FUDGE SUNDAE CAKE

4 squares (4 ounces) unsweetened chocolate
1⅓ cups milk
1 cup granulated sugar
¾ cup packed brown sugar
⅔ cup shortening
1 teaspoon vanilla
3 eggs
2 cups all-purpose flour
1 teaspoon baking soda
¾ teaspoon salt

In small saucepan, melt chocolate with milk over low heat; cool. In mixer bowl, cream sugars, shortening, and vanilla till mixture is light and fluffy. Add eggs, one at a time, beating well after each addition. Thoroughly stir together flour, baking soda, and salt. Add dry ingredients to creamed mixture alternately with milk mixture, beating till smooth after each addition. Pour in specified pans and bake as directed for Treasure Trove.

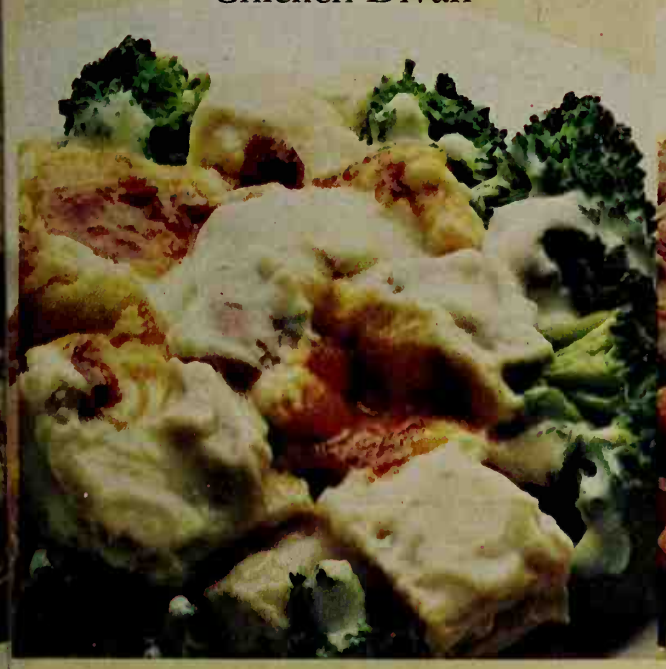
continued

hour of decision.

Lobster Newburg

Tuna Noodle Casserole

Chicken Divan



Green Pepper Steak with Rice

Macaroni & Beef

Baked Breasts of Chicken

Unlike other things in life, the more you plan meals the harder it gets. So, on the days when you're fresh out of ideas, let Stouffer's give you some.

We've got plenty.

All the dishes you see here. Plus 35 other delicious main dishes and side dishes.

Like eight different chicken dishes, 11 dishes with beef, even 11 you can have in 15 minutes, just by boiling water.

So keep some Stouffer's waiting in your freezer.

And make your next hour of decision an effortless one.

Save 15¢ on your next Stouffer's decision.

Dear Grocer: Please accept this coupon for 15¢ on the purchase of one package of any Stouffer's Prepared Main Dish. We'll redeem it for 15¢ plus 5¢ handling. Offer limited to one (1) coupon per package purchased. To redeem, mail coupon to: Stouffer's, Box 1742, Clinton, Iowa 52734. Offer void where prohibited, taxed or restricted by law. Customer must pay sales tax. Cash value 1/20¢. Invoices showing purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Offer good only in continental United States. HOD-01

It's a good day for Stouffer's.

15¢ Store Coupon 15¢

continued

Step-by-step cakes

Frosting

- Tightly cover all frosting that is being stored. This prevents a crust from forming that can clog the decorating tubes.
- As you decorate, keep the bowl of frosting covered with a clean, damp cloth.
- Brush away any loose crumbs before frosting.
- Always remove the amount of frosting you will need for one decorating step from the main batch of frosting and put it in a separate container. A few cake crumbs will inevitably collect on your spatula and will cause the frosting to come out unevenly from the decorating tube.
- Slip strips of waxed paper under the bottom edge of the cake to keep the board clean. After the cake sets, carefully pull strips out.
- Use two thinner coats of frosting instead of one thick coat. **FIRST-COAT FROST** with Buttercream Frosting thinned with a little water. Let this dry to the touch, 1 to 2 hours. Then apply an undiluted second-coat of frosting.
- Frost the sides of the cake first, building edges slightly higher than cake. Then frost the top.
- Smooth top and sides of cake carefully. A smooth, evenly frosted cake helps set off decorations.
- Canned frostings or packaged mixes can be substituted for homemade versions. Adjust the consistency of creamy types as needed by adding a little sifted powdered sugar for stiffening or water for thinning.
- To tint frosting, dip a wooden pick into the desired paste color then into the frosting. Start with a small amount of color and mix into the frosting thoroughly. Keep in mind that the color always dries slightly darker.

BUTTERCREAM FROSTING

1 cup shortening
2 teaspoons vanilla
½ teaspoon butter flavoring
¼ teaspoon almond extract

• • •

2 pounds powdered sugar, sifted
⅔ cup boiling water

In mixer bowl, cream shortening, vanilla, butter flavoring, and almond extract. Gradually add *half* the powdered sugar, beating well. Beat in ½ cup of the boiling water. Slowly add remaining water and powdered sugar alternately, beating till smooth. Frosting should be smooth and easy to manage. If needed, add additional sifted powdered sugar, 1 teaspoon at a time, or a few drops water to reach proper consistency. Store tightly covered at room temperature. Makes about 5½ cups frosting.

BOILED FROSTING

Use this frosting as soon as you make it—

1 cup granulated sugar
½ cup water
½ teaspoon cream of tartar

• • •

½ cup (4) egg whites
½ teaspoon vanilla

In 1-quart saucepan, combine sugar, water, and cream of tartar. Bring to boiling. In large mixer bowl, beat egg whites and vanilla to soft peaks (tips curl over). Gradually add hot syrup to egg whites, beating at high speed till stiff peaks form, about 5 to 6 minutes. Makes about 7 cups frosting.

ROYAL ICING

When using this icing, be sure mixing equipment and decorating tubes are free of grease—

3 egg whites (room temperature)
1 pound powdered sugar, sifted
½ teaspoon cream of tartar
1 teaspoon vanilla

In mixer bowl, combine all ingredients. Beat with electric mixer 7 to 10 minutes or till very stiff. Keep frosting covered with damp cloth at all times to prevent crust from forming. If upon standing, Royal Icing becomes too "marshmallowy" to go through tube easily, whip again. Icing may be stored, covered, in refrigerator 1 or 2 days. If frosting has been chilled, bring to room temperature before rewhipping. Makes 3 cups icing.

DECORATORS' FROSTING

1 pound powdered sugar, sifted
5 teaspoons cornstarch
½ teaspoon salt
1 cup shortening
1 slightly beaten egg white

Sift sugar, cornstarch, and salt together. In mixing bowl, cream shortening. By hand, gradually stir in sugar mixture; blend to very fine crumbs. Stir in egg white. *Do not beat air into mixture.* If too stiff for even piping, add ½ teaspoon water. Store tightly covered. Makes 2½ cups frosting.

ANIMAL FAIR

Ted Bear

1 2-pound coffee can, cleaned, scalded, and dried
1 3-pound shortening can, cleaned, scalded, and dried
1 10-ounce soup can, cleaned, scalded, and dried
4 6-ounce metal juice cans, cleaned, scalded, and dried
1 2¾-inch muffin pan
1 recipe Hot Milk Sponge Cake
1 recipe Buttercream Frosting (Boiled Frosting for rabbit)
7 flat wooden craft sticks
Wooden picks
Aluminum foil
Assorted candies
Colored construction paper

1. Pan-coat grease (see page 100) coffee can, shortening can, soup can, juice cans, and muffin pan.
2. Prepare Hot Milk Sponge Cake for Animal Fair. Fill containers as follows:
   Body—3¾ cups batter in coffee can (½ full)
   Head—2 cups batter in shortening can (¼ full)
   Ears—⅔ cup batter in soup can (½ full)

Think our new pies look better? Wait till you taste them!

If one picture is worth a thousand words, one bite of our new pies is worth a million.

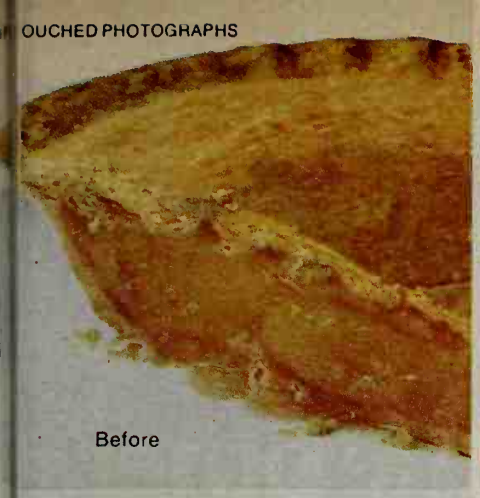
Because now America's favorite frozen dessert pies are better than ever. So much better, they rate a new name: Morton Pastry Shop Pies.

FRUITIER FRUIT PIES: Our luscious new fruit pies are even deeper, filled way up with at least 24% more fruit. Quality fruit, like Golden Delicious and Jonathan apples. Plump Montmorency cherries. Flavorful wild and cultivated blueberries. Succulent California peaches. All topped with a crust that's extra light and flaky. And all with a taste that's even more delicious.

CREAMIER CREAM PIES: We've done the same with our marvelous new cream pies. Given them extra-rich, extra-smooth fillings, and toppings that are unbelievably creamy.

New Morton Pastry Shop Pies. No words (or pictures) can tell you how good they taste.

Introducing Morton® Pastry Shop Pies



Before

New Morton Pastry Shop Pie (apple)

Before

New Morton Pastry Shop Pie (cherry)

Before

New Morton Pastry Shop Pie (blueberry)

Legs—⅓ cup batter in *each* juice can (⅓ full)
Nose—3 tablespoons batter in one 2¾-inch muffin cup (½ full)

Place cans in shallow baking pan.

3. Bake in 350° oven as follows:
Muffin pan—15 to 20 minutes
Juice cans—30 minutes
Soup can—35 minutes
Shortening can—45 minutes
Coffee can—50 to 55 minutes or till done.

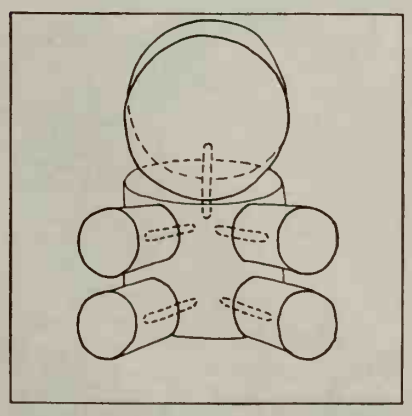
4. Cool in containers 10 minutes. Remove to wire rack elevated on more cans. Let cool completely, 4 hours or overnight.

5. Prepare a sturdy cake board, 12x9 inches (see page 100).

6. Prepare 1 recipe Buttercream Frosting (about 5½ cups). Keep frosting tightly covered.

7. To secure cake in place, spread a little frosting on cake board; place coffee can cake (body) flat side down, atop frosting.

8. For upper legs, trim about ¼ inch from one end of *two* juice can cakes.



9. To assemble cake, insert one wooden craft stick halfway through one end of each of the four legs. Attach the two bottom legs, about 1½ inches apart, to base of body, carefully pushing wooden sticks into body and also securing legs to body with a little frosting. Attach upper legs directly above lower legs in the same manner.

10. To attach head to body, insert one wooden stick into *curved edge* of shortening can cake (head). Attach to body, securing with 2 to 3 tablespoons frosting.

11. For ears, slice soup can cake in half crosswise. Insert one wooden stick into *curved edge* of each ear. Attach ears to head, securing with a little frosting.

12. For nose, insert two wooden picks in wide end of cupcake. Attach to face, securing with a little of the frosting.

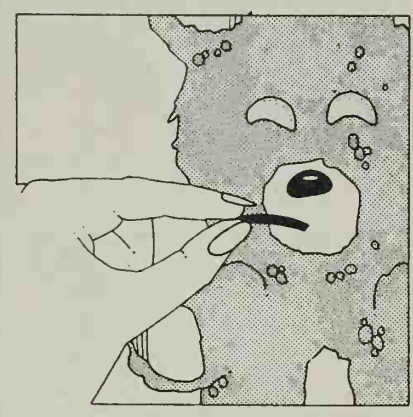
13. Let cake dry 1 hour.

14. Measure out 1 cup Buttercream Frosting; stir in 1 teaspoon water. Give all parts of cake a first-coat frosting (see page 102). Let dry 1 to 2 hours.

15. Tint ⅔ of remaining undiluted Buttercream Frosting brown by first tinting a deep red, then adding small amounts of blue and yellow. Tint remaining frosting yellow.

16. Lightly score round areas on ears and an oval area on stomach with wooden pick. With narrow spatula, spread brown frosting over all except the round and oval areas, end of nose, and bottoms of feet. When frosting has just begun to set but is not yet dry (about 30 minutes), stipple surface with spatula to give fur-like texture. Frost remaining areas with yellow frosting.

17. Slice large red gumdrop; cut 2 slices in crescent shape for eyes. Cut 1 black oval jelly bean in half lengthwise; use one half for nose.



Use red string licorice for mouth.

Bonnie Rabbit

The Boiled Frosting should be prepared the same day you plan to serve the cake—

1-5. Follow steps 1 through 5 for Ted Bear, omitting soup can cake and using the cupcake for rabbits cheeks. (Bake the extra batter as cupcakes.)

6. Prepare 1 recipe Boiled Frosting. Keep frosting tightly covered.

7-10. Follow steps 7 through 10 for Ted Bear.

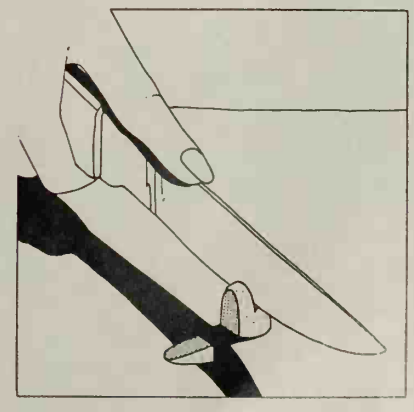
11. For cheeks, cut cupcake in half crosswise. Insert a wooden pick in cut side of each half. Attach cheeks to face, securing with frosting.

12. Let cake dry 1 hour.

13. Tint ¼ of Boiled Frosting pink; leave remainder white.

14. Lightly score oval area on stomach with wooden pick. With narrow spatula, spread white Boiled Frosting over all except oval area and bottoms of feet, making peaks and swirls to resemble rabbit fur. Apply pink Boiled Frosting to remaining areas.

15. Use 1 pink jelly bean for nose;



2 slices large red gumdrop, halved for eyes; 2 pink tiny marshmal-

continued

Next time you serve a tender Rath Hickory-Smoked ham, give your taste buds a double thrill and add the luscious, fruity flavor of The Christian Brothers Napa Rosé Wine. After all, one great taste really does deserve the other.

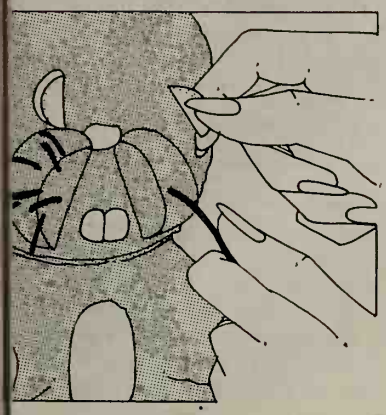
One great taste deserves the other.

The Rath Packing Company, Waterloo, Iowa

Worldwide Distributors: Fromm and Sichel, Inc., San Francisco, Californi

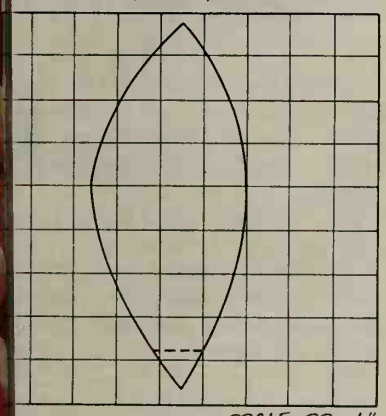
ntinued

Step-by-step akes



ws for teeth; and black string orice for whiskers.
. Apply 1 large white marshmal- v tail in back.

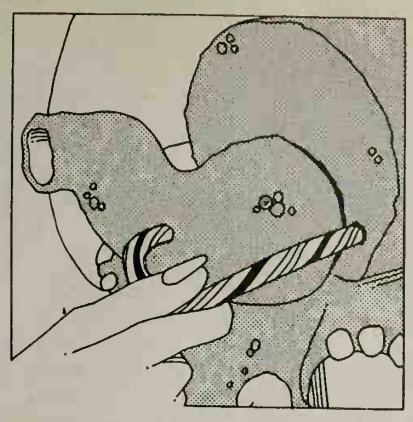
ABBIT EARS PATTERN



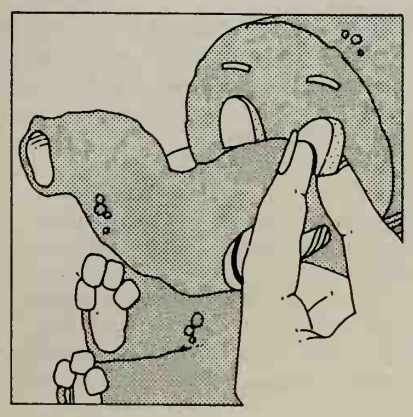
For ears, cut long ears from k construction paper using scale wing as guide. Insert ears into e just before serving, flopping s slightly.

e Phant

0. Complete steps 1 through 10 ndicated for Ted Bear, omitting soup can cake and cupcake. ke extra batter in muffin pan as cakes.)
Let cake dry 1 hour.
Measure out 1 cup Buttercream sting; stir in 1 teaspoon water. e all parts of cake a first-coat sting (see page 102). Let dry to touch 1 to 2 hours.
Tint ¾ of remaining undiluted tercream Frosting pink; tint re- ning frosting purple using red blue. Lightly score oval area on nach with wooden pick. With ow spatula, spread pink frosting othly and evenly over all except oval area and bottoms of feet. ly purple frosting to remaining rosted areas.
For trunk, lightly shape alu- um foil into trunk shape, about inches long. Insert one wooden t stick into large end. Frost k except narrow end with the frosting, spreading smoothly evenly.
To attach trunk, carefully insert r end of stick into head. Frost of trunk with a little purple ting.
Insert two 3½-inch-long curled ermint stick "tusks" on either of trunk for additional support.

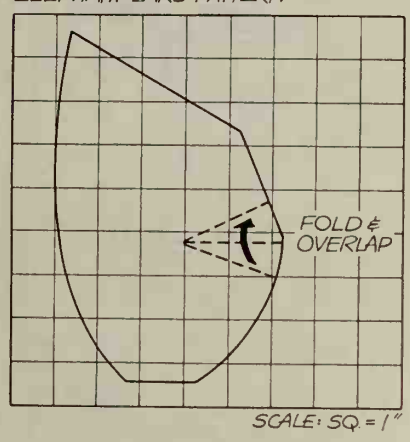


Cut 7 pink tiny marshmallows in half and place 3 halves atop each upper leg and 4 halves on lower legs for toenails. Use 2 large red



gumdrop slices for eyes. Use red string licorice for eyebrows.

ELEPHANT EARS PATTERN



17. For ears, cut large ears from purple construction paper using scale drawing as a guide. Insert ears into cake just before serving.

JACK'S STACK-UP

2 recipes Royal Icing

• • •

Waxed paper
1 5½-inch square white nylon netting
4 4½-inch squares white nylon netting

• • •

1 13x9x2-inch baking pan
1 2½-inch muffin pan
1 recipe Peppermint Candy Cake
1 recipe Buttercream Frosting
8x⅜-inch wooden dowel
2 5-inch-long red candy sticks
1 cookie ice cream cone
1 piece red string licorice
2 gumdrops

1. Prepare Royal Icing (about 6 cups). *Keep frosting well covered while working.*
2. For lid, draw 5½-inch square pattern as shown in scale drawing (top of page 106) on piece of paper.

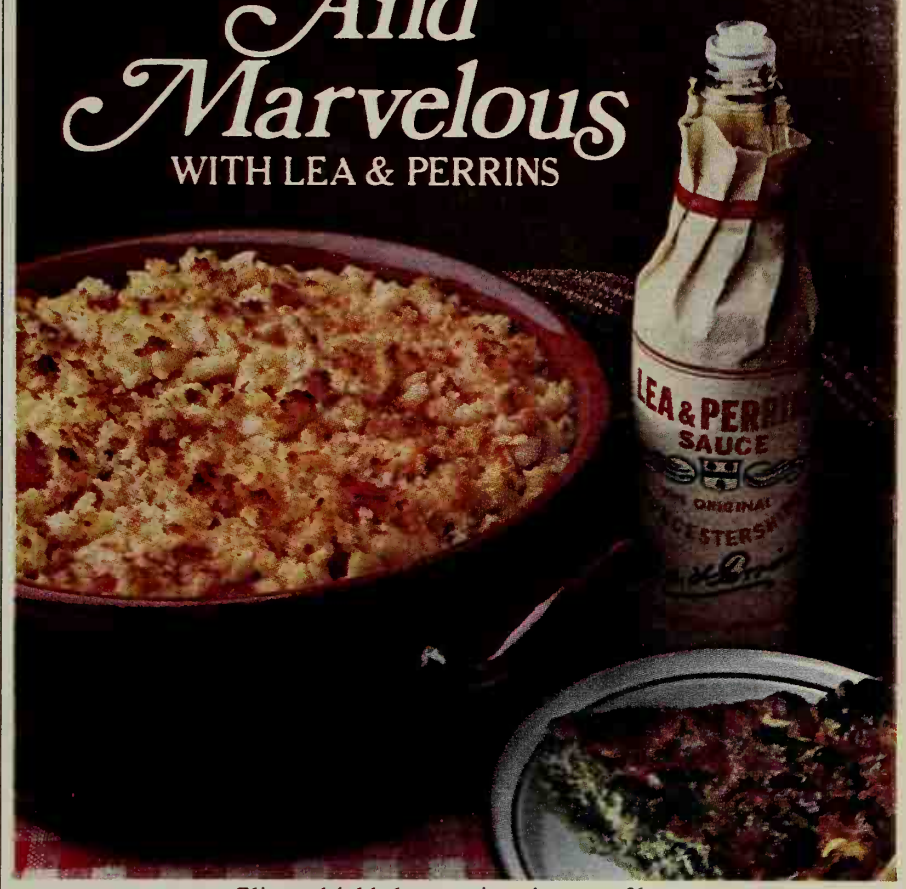
continued

#1 in a series

MEATLESS

Meatless And Marvelous

WITH LEA & PERRINS



Clip and fold these recipes for your file.

Vegetables, fish, cheese and pasta all have a natural affinity for Lea & Perrins Worcestershire Sauce. So when you're skipping meat, slip in some Lea & Perrins for hearty, wholesome deliciousness only the original Worcestershire can give.

Tuna-Macaroni Bake

1 lb. elbow macaroni, cooked and drained
2 cans (6 to 7 oz. each) tuna fish, drained and flaked
1 tomato, diced
1½ cups milk
2 cans (11 oz. each) condensed Cheddar cheese soup
2 Tbsp. Lea & Perrins Worcestershire Sauce
½ cup buttered soft bread crumbs

In 3-quart casserole combine macaroni, tuna and tomato. Blend and heat next 3 ingredients. Pour over macaroni mixture. Top with crumbs. Bake, uncovered, in preheated 375°F. oven 30 minutes. Yield: 6 to 8 portions.

Spinach and Cheese Pie

9-inch unbaked pie crust
1 pkg. (10 oz.) frozen chopped spinach, thawed and drained
1 cup shredded Swiss cheese
⅓ cup sliced scallions
¼ cup grated Parmesan cheese
4 eggs, lightly beaten
1¼ cups light cream or milk
4 tsp. Lea & Perrins Worcestershire Sauce
½ tsp. salt

Prick pie crust with fork. Bake in preheated 450°F. oven 8 minutes. Layer half the spinach, Swiss cheese and scallions. Repeat. Combine remaining ingredients. Pour over spinach mixture. Bake 10 minutes. Reduce oven to 325°F.; bake until firm, 20 to 25 minutes. Cool 5 minutes. Yield: one 9-inch pie.

Spaghetti and Cheese Bake

1 jar (15 oz.) marinara sauce
4 tsp. Lea & Perrins Worcestershire Sauce
8 oz. spaghetti twists, cooked and drained
1 lb cottage cheese
1 pkg. (6 oz.) sliced Mozzarella cheese

Combine marinara sauce and Lea & Perrins. In 8-inch baking pan layer half the spaghetti, sauce and cheeses. Repeat, ending with sauce. Bake, uncovered, in preheated 375°F. oven 30 minutes. Sprinkle with Parmesan cheese, if desired. Yield: 4 portions.

Lea & Perrins. The people who know their sauces.
For your free Worcestershire recipe book, write Lea & Perrins, Dept. BM, Fair Lawn, N.J. 07410.

More doctors use and recommend Fleischmann's than any other margarine.

Fleischmann's is #1 with doctors all over the country. According to a recent survey, twice as many doctors personally use Fleischmann's at home than any other brand. And twice as many doctors also recommend Fleischmann's than any other brand to their patients.

And in a separate clinical test, Fleischmann's was part of a total dietary program along with reduced fats, fewer eggs and skim milk, that lowered serum cholesterol levels an average 17%.

Shouldn't you serve your family Fleischmann's? It's the only leading margarine made from 100% corn oil.

SELECTED FOR USE BY THE U.S. OLYMPIC TEAM · USA

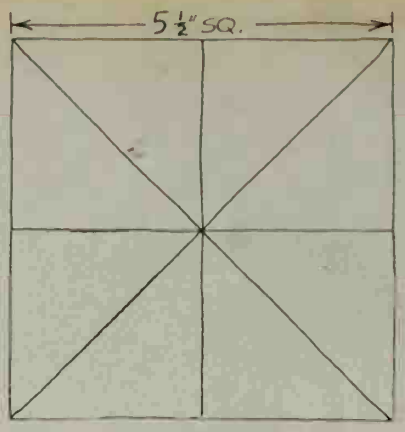
Another fine product of Standard Brands

Fleischmann's makes sensible eating delicious.

continued

Step-by-step cakes

Tape a piece of waxed paper over pattern. Cut a 5½-inch square of white nylon netting; secure netting on a piece of waxed paper with a little Royal Icing along the edges.

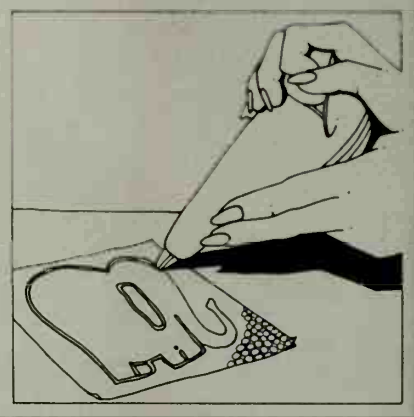


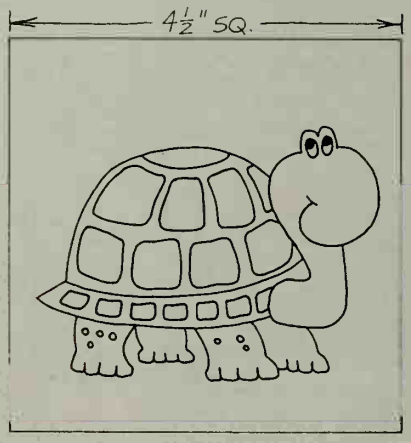
3. With ½ cup white Royal Icing and No. 17 tube, pipe on netting following the inside straight lines in zigzag fashion. With white icing and No. 3 tube, fill in spaces in a loose zigzag fashion (allow some netting to show).

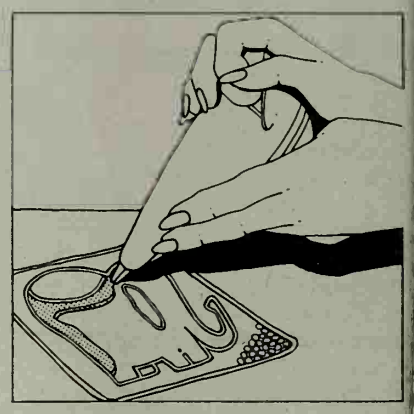
4. Remove ¾ cup Royal Icing and tint red. Outline edges of netting in tight zigzag fashion with red Royal Icing and No. 17 tube. Let dry 8 hours or overnight.

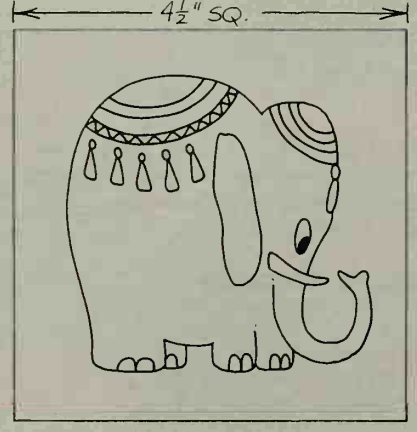
5. For color-flow designs, tape waxed paper over 4 chosen pictures. (Pictures should be no more than 4½ inches at greatest height or width.)

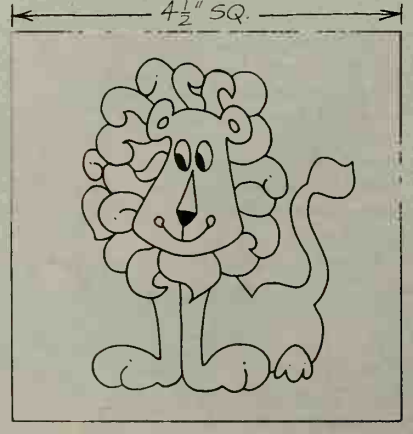
6. Center a 4½-inch square of white nylon netting over each design. Secure it with a little white Royal Icing along edges.











7. Using approximately 1¾ cups white Royal Icing and No. 6 tube, outline edges of netting, figures, and details within figures. Let dry about 2 hours.

8. Thin 2½ cups white Royal Icing with about 2 tablespoons water. Divide into as many portions as colors desired. Tint each portion with paste colors as desired. Using No. 3 tube, fill in outlined areas. Colors will flow to borders of figure. Use a wooden pick to fill in small areas. Use pastel colors to fill in areas outside figures. Let dry 8 hours or overnight. Carefully peel off the waxed paper.

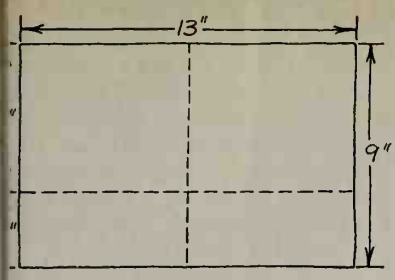
9. After first side of lid has dried, peel off waxed paper. Turn lid over and repeat icing pattern on the other side using ½ cup white Royal Icing. Let dry 4 to 5 hours.

10. Pan-coat grease (see page 100) one 13x9x2-inch baking pan and two 2½-inch muffin cups.

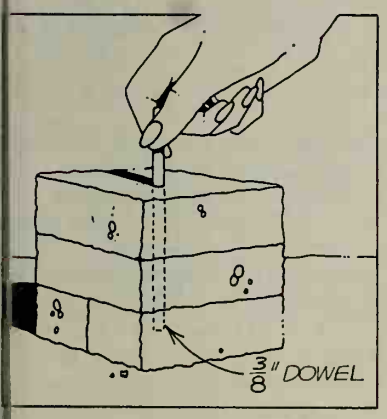
11. Prepare Peppermint Candy Cake. Fill 2 muffin cups half full with batter. Pour remaining batter into oblong pan. Bake in 350° oven 20 minutes for cupcakes; 40 minutes for oblong cake or till cake tests done.

12. Cool cakes in pans 10 minutes. Remove to wire rack elevated on cans (see page 100). Let cakes cool completely, about 4 to 5 hours or overnight.

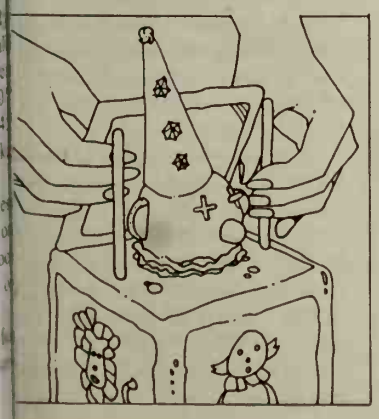
13. Prepare a sturdy cake board for serving about 8x8 inches square (see page 100).



. Carefully cut oblong cake in lf crosswise to make two rectanes, about 9x6 inches. Cut 3 inches f long side of rectangles to form o 6x3-inch pieces. Trim all cake eces to lie flat and have square rners. Trim one cupcake into a ll for head (second is a spare).
. Prepare Buttercream Frosting.
. To secure cake in place, spread me Buttercream Frosting in cen-



of board. To form box, place the o 6x3-inch cake pieces, bottom es up, together side by side on ard, frosting between pieces to m square. Place square cakes p, frosting lightly in between. im sides to make cake square.
. Cut wooden dowel 1½ inches nger than height of cake. Insert rtically into top center of cake to chor. Let stand 1 to 2 hours.
. Remove 1½ cups Buttercream osting; thin with a little water. st-coat frost (see page 102) cake l head. Dry 1 to 2 hours.
. Remove 1¼ cups Buttercream osting. Give cake and cupcake ad a smooth, second coat.
. Gently frost backs of color-flow signs with some Buttercream osting. Press one on each side of ke. Let dry 1 to 2 hours.
Gently place cupcake head on wel; twist till head almost touches ke. Cut 1 inch off open end of cream cone. Place atop head.
Tint 2 cups remaining Butteram Frosting red. Using No. 17 e, pipe edges of cake in zigzag hion. Also pipe ruffle for neck. l pompons on hat. Use a piece of en gumdrop for nose and 2 ved orange gumdrop slices for s. Cross string licorice for eyes.



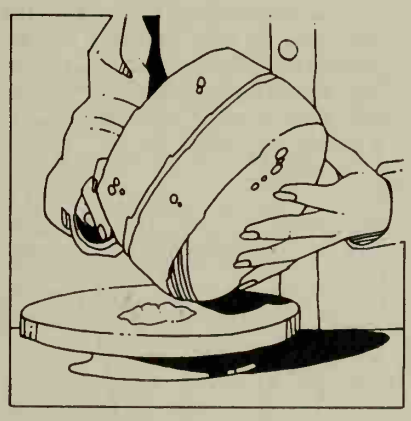
23. Place lid behind clown, supporting with candy sticks.
24. To serve, remove lid, side panels, and clown. Cut cake in half vertically then slice each half.

EASTER EGG

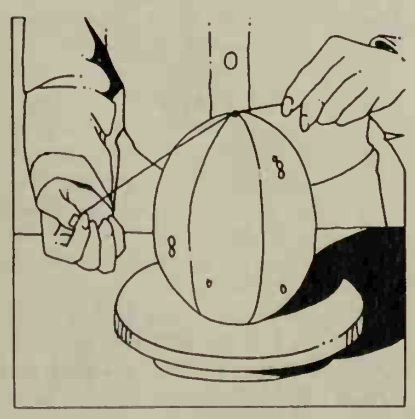
Make cake, frosting, and roses a day ahead—

2 3-pound ham cans, cleaned, scalded, and dried
1 recipe White Cake
1 recipe Decorators' Frosting
1 recipe Buttercream Frosting

1. Pan-coat grease (see page 100) ham cans; line bottoms with waxed paper and grease again. (Or use one can and keep remaining batter chilled while first layer is baking.)
2. Prepare White Cake. Spread 2¼ cups batter in each pan. Bake in 325° oven 35 to 40 minutes. (Bake extra batter as cupcakes.)
3. Cool in pans 10 minutes. Invert onto wire rack elevated on cans (see page 100) peel off paper. Let cool completely, about 4 hours.
4. Prepare Decorators' Frosting (2½ cups) and Buttercream Frosting (about 5½ cups).
5. For roses, tint 1 cup Decorators' Frosting light red. Make 3 large roses (No. 102 tube), 4 medium roses (No. 102 tube), and 3 or 4 small roses (No. 104 tube). (See directions below for Roses.) Place in shallow pan; refrigerate, covered.
6. Spread ¾ cup of the Buttercream Frosting on bottom of one cake. Top with second cake, bottom sides together. Let stand overnight.
7. Prepare a sturdy cake board about 9x9 inches (see page 100). Spread a little Buttercream Frosting on board where cake will stand. Set cake upright.
8. With sharp knife, trim edges of cake to give a more egg-like shape. Let stand 1 hour to dry surface.

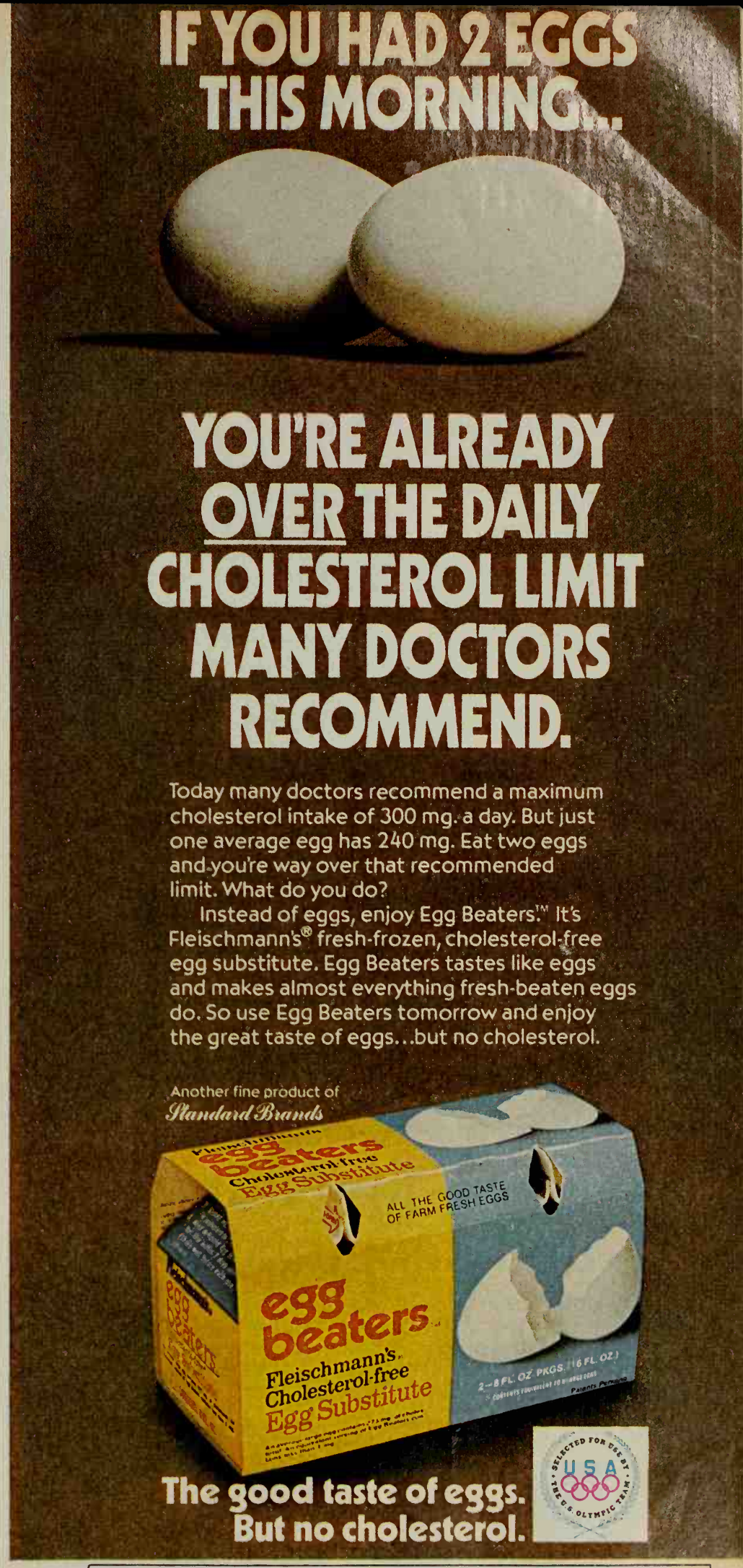


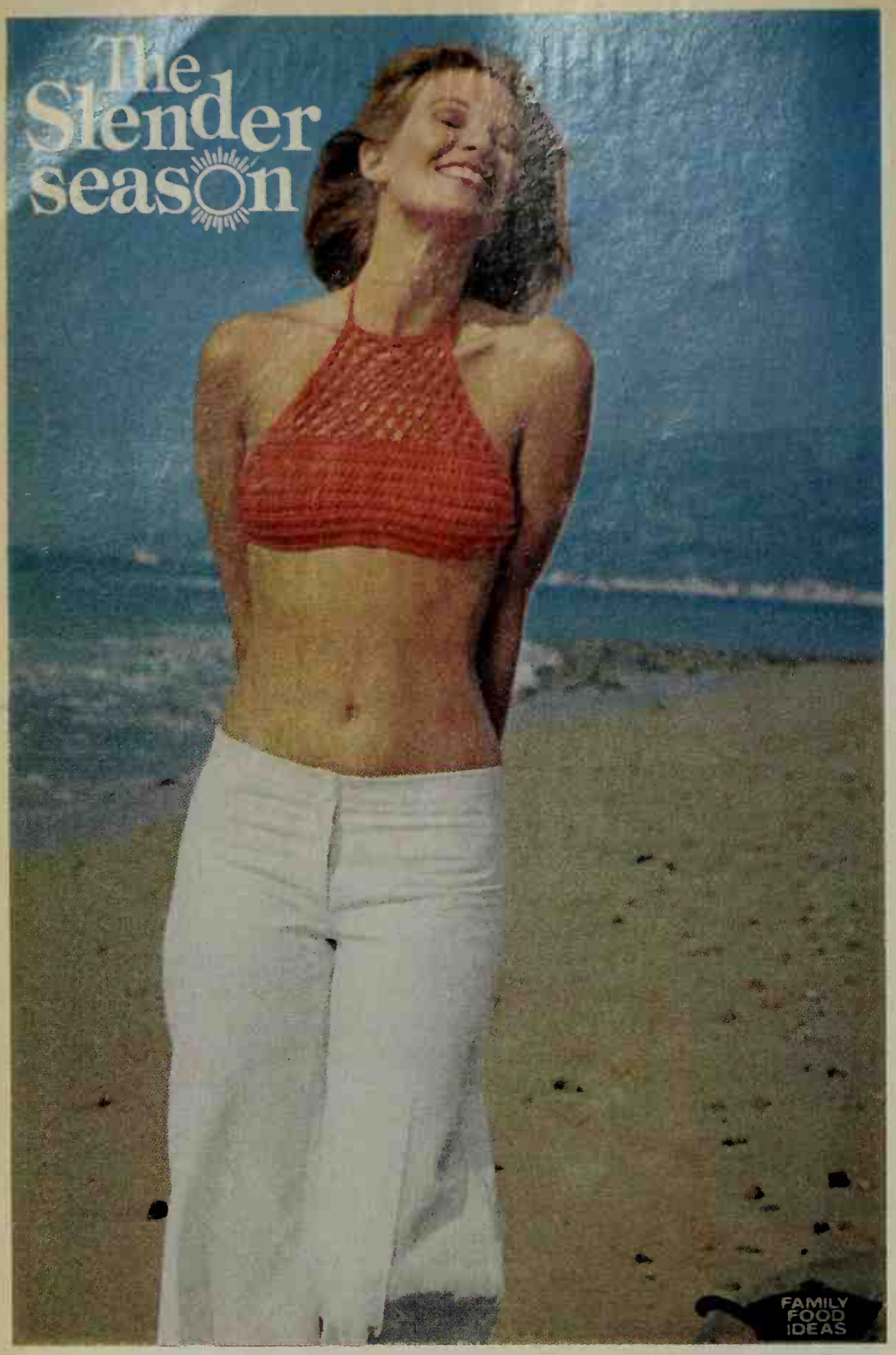
9. Measure out 1 cup Buttercream Frosting; stir in 1 teaspoon water. First-coat frost cake (see page 102). Let dry about 1 to 2 hours.
10. Using 1½ cups undiluted Buttercream Frosting, give cake a second coat. Let stand 1 hour.



11. Using a string drawn taut to lightly touch the cake from top to bottom, mark cake evenly into 6 vertical sections.
12. Using red paste color, tint ¾ cup Buttercream Frosting light pink for ribbons. With same red color, tint ½ cup Buttercream Frosting dark pink for rosebuds. Tint ½ cup of the Buttercream Frosting green for leaves.

continued





Slender is for taking it off and keeping it off.

Any time you're serious about slimming down—that's the time for Slender. Just 225 calories, mixed as directed with the substantial nutrition of milk or chilled from the can. And it really *works*. So ask your doctor and get Slender. Any season is the Slender season.

Slender® diet food for weight control. Carnation Company, Los Angeles, California

continued

Step-by-step cakes

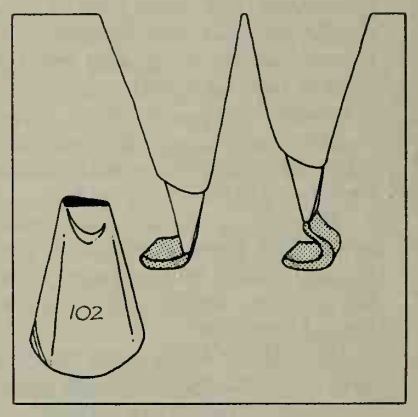
13. For ribbons, use light pink frosting and No. 30 tube. Make drop stars close together along marked lines. Hold decorating cone perpendicular to cake as you quick-

ly squeeze out frosting, release pressure, and lift cone away.

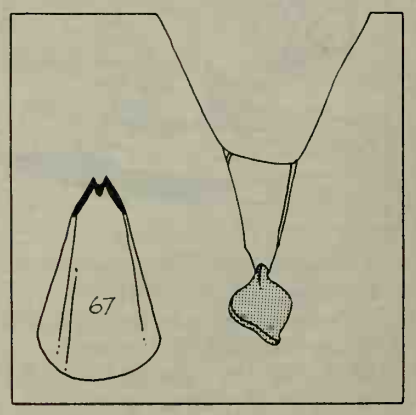
14. Using untinted Buttercream Frosting and No. 30 tube, finish bottom edge of cake with more drop stars. Reserve any remaining frosting for anchoring roses onto the cake.

15. Arrange a cascade of roses on one side of cake using largest roses on top and graduating to smaller ones at end of cascade. Anchor roses to cake using dollops of remaining untinted frosting piped through No. 30 tube.

16. Using dark pink frosting and No. 102 tube, make rosebuds directly on cake at tip of cascade.



Hold cone at about 45° angle with wide end of tube touching surface and narrow end up. Press out frosting as if to make a vertical "s" pulling tube toward you slightly to make the top petal.

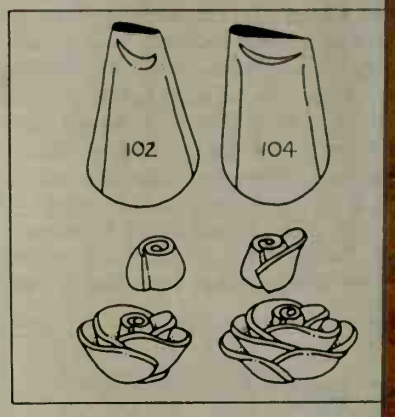


17. Using green frosting and No. 67 tube, pipe 2 small overlapping leaves at base of buds and additional leaves among roses. (You may need to thin frosting slightly.) Hold cone at 45° angle. Press out frosting as you pull cone along. At halfway point of leaf, release pressure but move tube along, lifting slightly, to draw leaf to point. For ruffled look, move tube back and forth as you squeeze.

18. To serve, cut egg in half horizontally. Lift off top half with two wide spatulas to cutting board and slice each half vertically.

Roses

Use No. 102 tube for large a medium roses; No. 104 tube f small roses. Stiffen Decorato Frosting as needed to make pet stand up. Secure a small square waxed paper to flower nail with dot of frosting. Hold decorati cone at 45° angle with narrow e of tube pointing up and slight toward center of nail.



1. Squeeze cone while turning n counterclockwise, piping a ribb of frosting in a dome shape.

2. With tube in same positi squeeze three slightly overlapp petals around top of dome to m a bud (small rose).

3. For medium rose, pipe 5 m petals under and around bud, t ing narrow end of tube out so pe stand out a little.

4. For the large rose, add anot row of petals. Start at the bott of dome, turning tube so pe stand out.

TREASURE TROVE

2 9x5x3-inch loaf pans
1 recipe Double Fudge Sundae Cake

• • •

1 recipe Buttercream Frosting
1 tablespoon chocolate extract
Brown cardboard
4 flat wooden craft sticks
2 4½-inch-long wooden dowels, ⅛-inch diameter
Gold dragees
Colored gumdrops
Foil-wrapped chocolate coins

1. Pan-coat grease (see page two 9x5x3-inch loaf pans.

2. Prepare Double Fudge Su Cake. Spread 4 cups batter in loaf pan (for trunk of chest) the remaining batter in second pan (for lid of chest). Bake s cake in 350° oven for 25 to 30 utes; large cake 40 to 45 min

3. Cool in pans 10 minutes. Rer to wire racks elevated on cans page 100). Let cool complete to 5 hours or overnight.

4. Prepare Buttercream Fro omitting almond extract (about cups). Remove 1½ cups fros tint yellow. Tint remaining fro brown by first tinting a deep then adding small amounts of and yellow to make brown. S tablespoon chocolate extract brown frosting.

5. Prepare a sturdy cake b about 12x8 inches (see page To secure cake in place, s some brown frosting in cent board. Place cake for trun frosting, *bottom side down*.

6. On a piece of brown cardb trace around bottom of the pan. Cut a rectangle ½ inch sn

continued

When it comes to cooking ham, a lot of people have only scratched the surface.

You'd be surprised what a variety of ham ideas you'll find in America's favorite cookbooks. Check your own. We figure with a little inspiration you'll be having ham more often. Especially if it's delicious and tender like our boneless Armour Star Canned Ham.

BETTER HOMES AND GARDENS NEW COOKBOOK

Spinning Ham
Fully cooked, boneless ham barbecued on a spit and brushed with a syrupy glaze.

Ham and Fruit Kabobs
Chunks of ham, crab apples, pineapple and orange wedges on skewers.

THE FANNIE FARMER BOSTON COOKING SCHOOL COOKBOOK

Ham and Onion Casserole
Layer of onions topped with ham and a creamy sauce.

Epicurean Ham Slice
Thick ham slices broiled with brown sugar crust and served with sauteed pineapple.

WOMAN'S DAY ENCYCLOPEDIA OF COOKERY

Deep-Dish Ham Pie with Cheese Pastry
Bite-sized ham, mushrooms and peas under a pastry lattice.

Jambalaya
Classic Creole rice dish made with ham, chicken, seafood, herbs and spices.

Austrian Schinkenfleckerln
Sauteed onions and cubed ham tossed with buttered noodles and a sprinkle of caraway seeds.

Ham Tetrazzini
Spaghetti, ham and mushroom casserole topped with croutons and parmesan.

JULIA CHILD'S MASTERING THE ART OF FRENCH COOKING

Tranches de Jambon En Piperade
Ham slices baked with tomatoes, onions and peppers.

Jambon Braise Morvandelle
Ham braised in white Burgundy wine or vermouth with a special cream and mushroom sauce.

JAMES BEARD'S AMERICAN COOKERY

Broiled Ham Slice with Fruit
Choose apricot or peach halves and top with a honey lemon glaze.

Boiled Ham and Cabbage
A very American dinner of ham served with freshly buttered cabbage and potatoes.

SUNSET'S COOKING WITH WINE

Ham in Pastry
Ham simmered in Madeira or Ruby Port then surrounded by a mushroom stuffing and baked in pastry.

THE GRAHAM KERR COOKBOOK

Apple Gammon
Ham steaks broiled with sliced apples and topped with butter and brown sugar.

GOOD HOUSEKEEPING COOKBOOK

Barbecued Canned Ham and Peaches
Peaches baked with ham and basted with a tangy barbecue sauce.

Calico Ham Casserole
Colorful mixed vegetables, ham strips and grated Cheddar topped with buttered bread squares.

We hope you try a new ham recipe soon. We'll even send you some of ours free. Write to: "Magic Can Recipe Booklet," Armour and Company, P.O. Box 4354, Dept. B, Chicago, Illinois 60680.

FAMILY FOOD IDEAS

Look for the Armour Star outside. You'll find Armour quality inside.

Have dinner for lunch.

This is a family that gets a lot out of life. They work hard and play hard. All day long. And they build up quite an appetite.

A family like this needs a lunch that can really stay with them.

That's where Dinty Moore comes in.

Dinty Moore Beef Stew contains the same good things you'd expect in a good dinner. Meat, potatoes, carrots and a good meat gravy with bits of beef right in it. Mmm!

A meal like this really satisfies, just like a good dinner. It's just more convenient.

So you can have it for lunch.

Hormel
FINE FOOD PRODUCTS

FAMILY FOOD IDEAS

continued

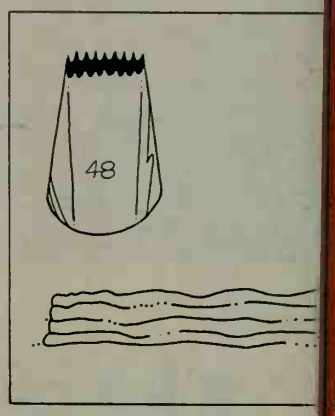
Step-by-step cakes

than tracing (for base of lid). pletely cover cardboard with plastic wrap.

7. To secure lid to card spread some brown frosting side of cardboard lid base; cake for lid on cardboard, *side down.*

8. Remove 1½ cups of the frosting; stir in 1 teaspoon First-coat frost both lid and cakes (see page 102). Let touch 1 to 2 hours.

9. With remaining undiluted ing, give cakes a smooth, coat of frosting. Let dry abo 2 hours.



10. Using yellow frosting a 48 tube, pipe a broad band horizontally in center of tru to make "metal stripping." of lid, start at one long s pipe 3 bands evenly spaced the cake.

11. Make drop stars on eit of strips with yellow frost No. 30 tube. Hold decorati perpendicular to the cake quickly squeeze out frost lease pressure, and lift th rating cone away.

12. Cut 4 wooden craft stic to 3½ inches in length. Alo edge of trunk cake, ¾ inch sides and back, insert stic cally through cake, spacing (Flat sides of sticks should allel to long side of cake a out of cake ½ to ¾ inch the hinge.)

13. Cut two ⅛-inch wooder 4½ inches long. At front trunk cake, ¾ inch in fr corner, insert the dowels v through cake. (Dowels will of cake about 2 inches support lid.)

14. Using yellow frosting 21 decorating tube, insert orating cone over the woo els. Press the frosting out, r the decorating cone at t time you press.

15. Place lid on top of trur back edge of lid is resting not on top of, sticks, and board base is balanced o the dowels.

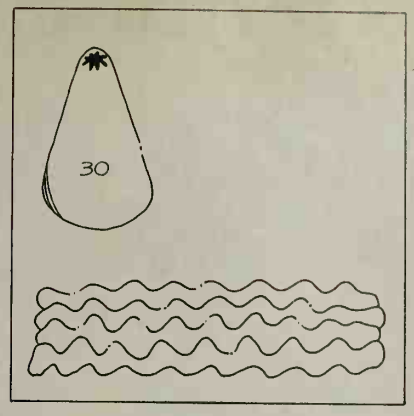
16. Using yellow frosting 30 decorating tube, pipe border around cake edg gold dragees evenly space ter of "metal stripping" tc effect of studs.

You've put us on top

of hamburgers and hot dogs and steaks and pork chops and shish ke-bab and lamb chops and chicken and...

That's why we're America's #1 tastes.

FAMILY FOOD IDEAS



17. String colored gumdrops on thread of string for candy necklace.
18. Place gold foil-wrapped chocolate coins and candy necklace in and around chest. To serve, lift off lid before cutting.

THE 19TH HOLE

For other sport fans, use this same shape to make a baseball, basketball, or bowling ball. Follow steps 1 through 6 a day ahead of serving time—

- **1 small electric mixer bowl**
- **1 recipe Hot Milk Sponge Cake**
- **1 plastic funnel, 4-inch diameter**
- **1 12x12x¾-inch piece plywood**
- **1 2½-inch-long wood screw with nut and washer**
- **1 recipe Buttercream Frosting**
- **Red cinnamon candy**

1. For cake mold, use small bowl of electric mixer (or substitute 5-inch oven-going bowl). Pan-coat grease (see page 100) bottom and sides of bowl. Prepare Hot Milk Sponge Cake for Golf Ball. Pour 2½ cups batter into prepared bowl. (Refrigerate remaining batter.) Bake in 350° oven 35 minutes or till cake tests done.
2. Let cool in bowl 10 minutes. Remove to rack elevated on cans (see page 100). Allow cake to cool completely, about 4 hours.
3. Repeat to make second cake, using mixer bowl and another 2½ cups of batter. (Bake remaining batter as cupcakes.)
4. For cake board "green" and "tee," secure funnel in center of plywood using wood screw, washer, and nut.
5. Prepare Buttercream Frosting (about 5½ cups). Remove 2 cups of the frosting and tint green for cake board. Keep the unused frosting tightly covered.
6. Spread ½ cup white frosting on flat side of cake layer. Top with second cake, flat sides together. Let dry overnight.
7. With sharp knife, trim cake to golf ball shape. Let stand 1 hour to dry surface.
8. Place cake atop wide mouth of funnel with seam of cake parallel to cake board.
9. Remove 1 cup white frosting. Stir in 1 teaspoon water. First-coat frost cake (see page 102). Let dry 1 to 2 hours.
10. Using 1½ cups undiluted white frosting, give cake a smooth, second coat of frosting. Let dry slightly about 30 minutes.
11. Make indentations in frosting to resemble golf ball using the round end of wooden spoon handle or your index finger.
12. Place one red cinnamon candy on top of cake.
13. Remove another ½ cup white frosting and tint with desired paste color. If necessary, thin to writing consistency with a few drops water. With No. 3 tube at 45° angle, write name on ball around candy.
14. Frost board with green frosting. Let dry 15 minutes. Give "grass" texture by stippling with spatula.
15. To serve, lift cake from "tee" using two spatulas. Cut in half, then slice each half.

"The first time you try my Gourmet™ Popping Corn, it'll probably blow the top right off your popper."

ORVILLE REDENBACHER
VALPARAISO, INDIANA

Back when I was a boy, we popped corn that my father grew in his garden. I dreamed of ways to make it pop bigger and better.

I have succeeded, I am proud to say. My Orville Redenbacher's® Gourmet Popping Corn is the finest popping corn in the world.

Virtually every kernel pops, and pops larger than those of the merely acceptable popping corns. That is why I advise you to measure less of it into your popper, or else have the broom handy when the top rises up.

My Gourmet Popping Corn gives you more than just a larger bowl of popped corn. It gives you a larger bowl of the best-eating popped corn you ever put into your mouth.

Each small golden kernel explodes out of its husk into a crisp, incredibly tender morsel. Even the flavor is extra light. This is truly the popped corn I dreamed of, those long years ago.

I hybridized and cross-bred 40 generations of fancy popping corns to make it so. In the jars you can see that we sort and clean and pack this magnificent corn with the same painstaking care we put behind growing it.

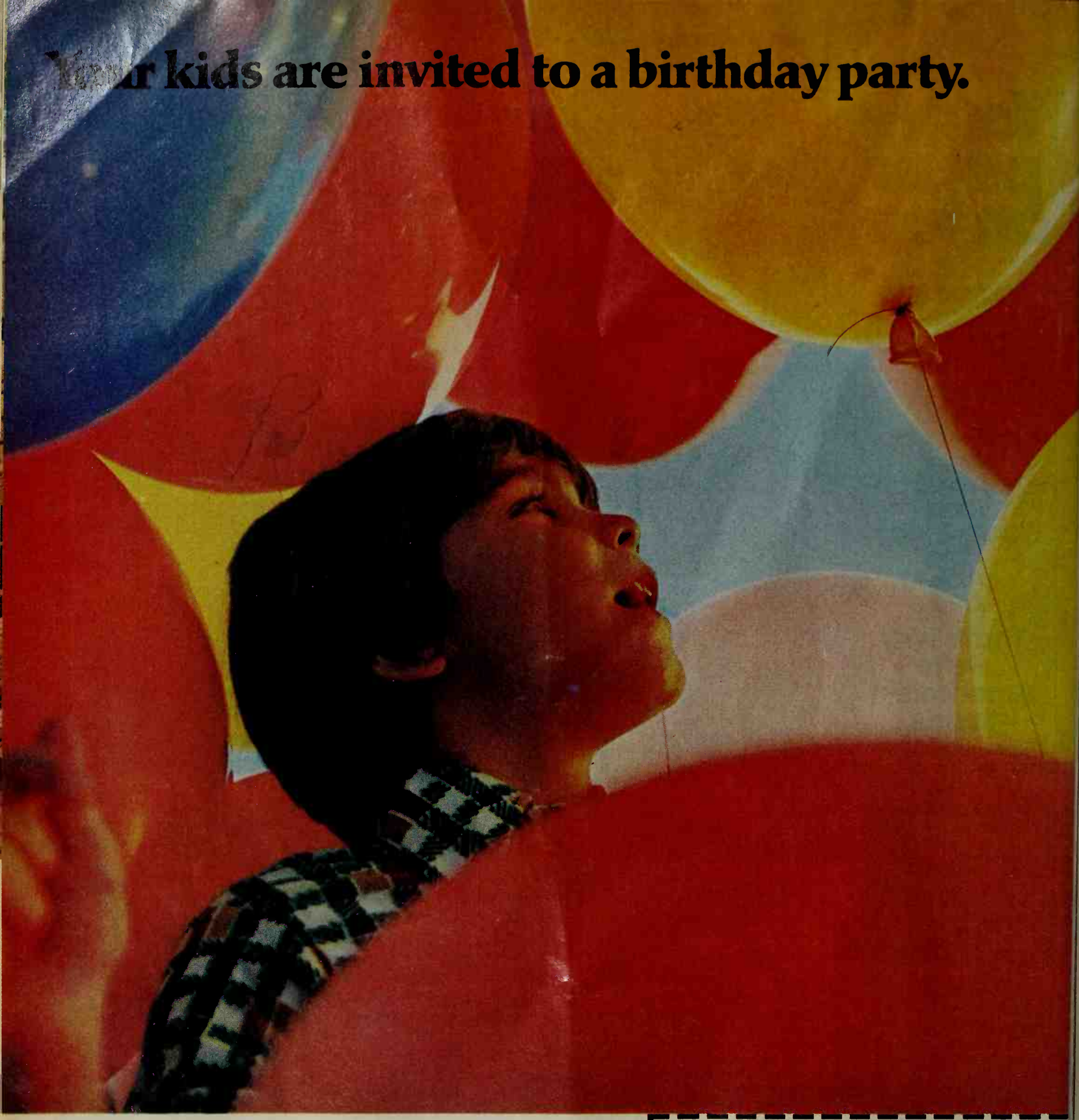
All of this fussiness runs up my costs. When you find my Gourmet Popping Corn in the store next to the common kinds, you will notice it is a little more expensive. (If you cannot find it, ask for it.)

I believe that once you pop a batch and taste it, you will agree that you got your money's worth.

Thank you.

© 1974 Hunt-Wesson Foods, Inc

Your kids are invited to a birthday party.



The United States of America was born in Pennsylvania 200 years ago. And in 1976 we'll be having a once-in-a-lifetime celebration. Pageantry. Patriotism. Parades. Fireworks. History come alive.

Your whole family is invited. It will be a perfect chance for your children to understand and appreciate the meaning of America, its past, present and future.

It won't happen again. In your lifetime or in your children's. So don't let them miss it. And there's no reason to. Because you'll be able to enjoy all the fun and festivities on even the tightest family budget.

Fill in the coupon below and mail it to us. We'll let you know all about the wonderful things we're planning for you in Pennsylvania in 1976.

Plan ahead now. Don't miss the birthday party of a lifetime.

Travel Pennsylvania 1976
Room BHGN1
South Office Building
Harrisburg, Pennsylvania 17120

Bicentennial Pennsylvania 1976

So your children can tell their children.

My family wants to go to the birthday party. Please send me your free "Bicentennial package."

Name_____

Address_____

City_____

State_____ Zip_____

Milton J. Shapp, Governor

Photographs: George Bush

SPRINGTIME TRAVEL ADVENTURES IN THE ROCKIES

By George Bush

Spring does not come to the Rockies in a rush. As the season's warmth creeps north, it first invades the plains between the ranges, then the higher valleys, until it finally chases the last snow from all but the tallest summits. Thus, you'll find blossoms much earlier in the relatively low Flathead Lake country of way-north Montana than in the majestic mountains of Colorado, although the latter lie much farther south.

It's the most wondrous time of year. Buds sprout through the soil right next to sun-warmed snow, streams run high from all the melting, and meadows green to nourish the new life. The bursting beauty provides a marvelous setting for family vacations, as well as considerable savings since prices are generally lower before the tourist season starts in July.

True, to catch spring's early stirrings, you may have to take your youngsters out of school for a few days, but surely their teachers will agree that the kids can learn a lot on such a trip. Also to be considered is the fact that you may run into spells of wet weather, for winter does try comebacks, and there's often snow and sleet. But that only adds more splendor to the crisp clear morning after the front has passed. In any case, take appropriate clothing: sweaters for warmth, waterproofs for rain, boots to keep your feet dry.

On these pages is a sampler of choice spring vacationing in the mountains of the West—everything from "snow beach" skiing to river floats and pack trips. Some of these vacations are just great for March or April. Others are best in May or June.

SNOW-BEACHING IN UTAH'S WASATCH RANGE

Come late March, the high Rockies are still wrapped in gleaming white, but look closely and you'll note a difference: the snow is no longer dust but a crunchy mass of tiny crystals whose facets sparkle like those of polished diamonds. This is known as "spring snow" or "corn," the easiest snow of all to ski on, for it grips your skis yet lets them move as if on ball bearings. You'll feel like an expert long before you should.

You will also tan in a hurry. The sun, glaring on corn, will burn even dark-skinned persons who spurn cream, will chap your lips if you don't apply protection, and blind you temporarily if you don't wear sunglasses. Properly armored, however, you can shed outer garments, roll up your sleeves, and stretch out for a sunbath beyond compare, a relaxing form of non-activity that has come to be called "snow-beaching." Your skis, placed side by side in the snow, serve as your beach chair, and you bunch up your sweater or parka for a pillow. Just pick a spot that's not exposed to wind, and cover up promptly when clouds drift in.

Utah's Wasatch Mountains are perfect for this kind of spring vacationing, a combination of invigorating exercise and utter self-indulgence. That's because this range of Rockies, right outside Salt Lake City, lies far enough south to benefit early from the reawakening sun, yet high enough to hold its snow cover. Moreover, while elsewhere Easter vacation usually marks the end of the ski season, the Wasatch resorts tend to stay open later.

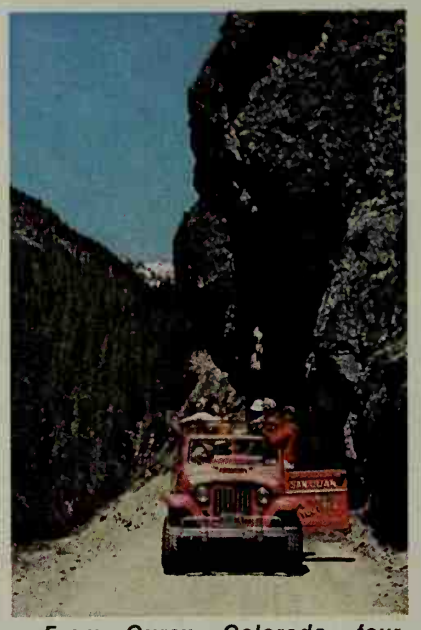
With Easter Sunday on March 30 this year and the vacations over on April 6, Alta, Utah, will operate its lifts through Sunday, April 27, and its newer neighbor, Park City, through April 13. This means that at Alta you have three weeks, and at Park City one week after the crowds vanish—a delightful time during which you'll pay lower post-season rates for your accommodations, avoid long waits in lift lines, and get lots of individual attention in ski classes.

Snow picnics are favorite outings when spring comes to the ski resorts. Many families ride lifts just for high-altitude sunning.

Alta, 28 miles out of Salt Lake City, is an especially fine area for beginners. The big advantage there is that one of the area's six chair lifts is strictly for novices, serving practice slopes up to one mile in length, which is a lot more continuous skiing than beginners find most other places.

At Alta's base altitude of 8,550 feet, lift bottom is still snow-covered in April, so that you can snow-beach it right on the terrace of your lodge. Go up to 10,550 feet, the top lift station, and you're really bathed in undiluted ultraviolet. You've never seen such fabulous country this side of the Swiss Alps: snowy meadows framed by pine forests and backgrounded by rugged peaks. Every view is worth a snapshot.

Alta, which is small, intimate, and cozy, has only five lodges, all of which run on the modified American plan: room, breakfast, and dinner. Packages that include such MAP accommodations as well as lift tickets are available for three, five, and seven days. Three-dayers, with a family of three or four sharing the room, start around $70 to $80 per person. Seven-day packages range up from $166 per person without private bath, and from $173 with. Kids may get discounts of up to 40 percent. A ski lesson booklet with five two-hour class coupons that may be shared within a family costs $18. Boots, skis, and poles rent for about $9 a day.



From Ouray, Colorado, four-wheel-drive excursion jeeps climb adventurous trails through some of our most majestic mountains.

Park City, also only about 40 minutes from Salt Lake, lies lower than Alta, and thus generally loses its snow a little earlier at lift bottom. But there's still plenty of snow for skiing and beaching on the higher slopes that rise up to 9,400 feet, and down in this once booming mining town there's more to do. One of the old mines, the 1,350-foot-deep Silver King, is open to visitors, and on Tuesday and Thursday nights you can ride a train into its depths, which now house a fascinating museum ($3 for the 90-minute tour; children $2).

Prices in local hotels and lodges range from about $12 to $40 a night for two, but the best family deal is to take an apartment in the Park City Resort Condominiums, where prices start at $55 a day. A ski lift pass costs $39 for six days (children under 12, $25).

For general information on all Wasatch resorts, write to Mountainland Travel Council, 160 East Center, Provo, Utah 84601; for lodging information and reservations, the Utah Ski Reservation Center, Newhouse Hotel, Salt Lake City, Utah 84101 (which can also refer you to low-cost motels in the Salt Lake City area within comfortable commuting distance of the ski areas). For Park City Condominiums information, write Box 38, Park City, Utah 84060.

UP-HIGH JEEPING IN SOUTHERN COLORADO

In the summer tourist season, Ouray, one of Colorado's most picturesque vacation destinations, fills up so fast you usually have to reserve way ahead to find a bed. Not so, however, in May and most of June, when this old mining town is pretty much its sleepy old self, drenched by day in the hot sunshine of its southerly location (less than 100 miles north of New Mexico), frosty and star-spangled at its nearly 8,000-foot altitude by night. Nor is it ever more beautiful than at this time of year, when new greenery is framed by glittering snow summits so stunningly bright they make you squint.

It is then that waterfalls, in all their fullness, torrent from the snowcaps. Rock walls, hundreds of feet high, sparkle like giant mirrors with the moisture of the spring melt. Aspen, in fresh leaf, twinkle golden-green against the sun. Marsh marigolds erupt from mountain meadows, and the first columbines make their debuts in pale blue.

You can experience all this contrasting beauty in a single day's adventure, riding four-wheel-drive vehicles capable of climbing the narrow, rocky trails that steeply twist up Ouray's mountains, 28 of which tower above 13,300 feet. Such a trip is not just a voyage of discovery; it's as thrilling as any roller-coaster ride. Glance over the side of the vehicle, and often you can't see the roadbed—the nearest flat may be a thousand feet straight down a precipice. Many of the hairpins require repeated backing up to negotiate the corner. Occasional boulders block the trail and must be pushed aside before you can proceed.

That's why you shouldn't try this adventure on your own, although drive-it-yourself jeeps are available for rent (at about $35 a day plus gas) and backcountry maps are furnished as part of the deal. Going it alone is certainly not a good idea in the spring when you face the added hazard of getting bogged down in a stretch of fresh melt up above the tree line. Far better to leave the driving to experts, and join one

of the excursions offered by San Juan Jeep Tours, whose headquarters are right on Ouray's wide, western-style Main Street.

On these tours, you ride in bright red, open-topped vehicles that hold anywhere from six to ten passengers. There'll be several stops along the way, scheduled as well as impromptu. If you want to look closely at something or take a picture, just holler, and the driver stops. There's never any rush.

No telling in advance which tours will be offered during your visit. That depends on how much of the high country is still snowed in when you get there. But in May there are always half-day trips, starting at 8 a.m. and 1:30 p.m., that will take you up 13,190-foot Engineer Mountain as far as you can travel without risk, as well as into Yankee Boy Basin, a mountain bowl ringed by spectacular peaks of barren volcanic rock. In late June, the passes to Lake City and to Mystery Mountain open up, followed by the most adventurous route of all, over Ingram Pass to Telluride, another famed hub of the old mining days. These last three are full-day trips, with lunch stops in Lake City, Telluride, and/or Silverton.

On all these tours you'll pass abandoned gold and silver mines and rickety ghost towns, observe marmots and other wildlife, and get the chance to roam wildflower meadows, clamber around splendid waterfalls, and look out over some of the highest mountains of our continent. But remember that no matter how warm the day seems when you set out from Ouray's sheltered valley, up there above 12,000 feet it can get mighty chilly, so be sure to take plenty of sweaters and jackets. The half-day tours cost $7.50 per person; children under ten, $6. Full-day tours run $15 and $12.50, respectively; lunch is not included.

In Ouray itself, there's plenty to do between jeep excursions. A large municipal swimming pool, fed by hot springs, is open from early spring on ($1.50; under 18, 75 cents). The Ouray Livery Stable, which dates back to the 1890s, arranges rides that include the kids ($3 per hour). For browsing, there are several craft shops scattered along Main Street. At the south end of town is Box Canyon, a narrow gorge with a stream that thunders down a 200-foot drop; a steep but short trail from a parking lot ($1) leads to a viewing platform and a suspended boardwalk.

Ouray's motels are extremely reasonable before the tourist season: figure on about $12 to $18 for a room with two double beds at the Ouray Chalet, a neat establishment right in the center of things. Other good motels include the Antlers, Box Canyon, and Twin Peaks. And there's a fully equipped KOA Campground 3½ miles north of Ouray on State-23, off US-550. For moderately priced family fare, try the Outlaw, Gold Diggers, and the Village Diner, and for a sandwich lunch, The Depot, a re-created train station where you pay for your meal at the ticket window. The 1876 Gourmet is for fancier dining as is the Hungry Miner, which generally opens June 1.

For details on four-wheel drives, write San Juan Jeep Tours, Box 143, Ouray, Colorado 81427; for general information, contact the Ouray Chamber of Commerce (zip 81427). Material on other nearby attractions in southwestern Colorado—such as the famous narrow-gage railroad between Durango and Silverton—is available through the Colorado Division of Commerce and Development, 602 State Capitol Annex, Denver, Colorado 80203.

Blossoms sprout early in the low-lying Flathead Lake basin of western Montana, where you can ride through the greening foothills (above), and visit the Moiese National Bison Range, as it turns golden with arrowleaf balsamroot (see picture on opening page and top, above).

FAMILY VACATIONING ON MONTANA'S FLATHEAD LAKE

That spring is the season of new life is nowhere more apparent than around Flathead Lake, Montana. Here, in a wide, fertile bowl between the main range of the Rockies and the Cabinet Mountains, cherry trees flower as early as mid-April in a gentle year, meadows turn yellow with the blooms of arrowleaf balsamroot, ducks and swans trail their fluffy offspring on the waters of the Ninepipe and Pablo Wildlife Refuges, and baby buffalo, their short pelts still hazelnut-colored and not yet a shaggy black, totter hungrily after their mothers on the Moiese National Bison Range. Up in the corrals of Flathead Lake Lodge near Bigfork, young cowboys with baby faces and adult muscles hone their skills in a unique rodeo school.

It's all there for you to enjoy on a vacation in which activities can include boat cruises, trail rides, fishing, hiking, sight-seeing, and eating your fill of crisp-crusted pies at the Cherry Blossom Festival, held every Mother's Day in the tiny communities along the orchard-lined eastern shore of Flathead Lake.

Dense forests rise steeply from these blooming orchards, and you don't have to look up very far to see pine tops dusted with white. And only a couple thousand feet up it's still winter. This kind of magnificent contrast is what spring in the Rockies is all about.

It means, of course, that you can't take extensive hikes or pack trips into the backcountry, but there are hundreds of miles of trail in the forested foothills, and you can, without encountering snowdrifts, climb high enough on half-day excursions to see all of the 190-square-mile lake, which is the largest body of fresh water west of the Great Lakes.

Of course, May and even June are too early for swimming. Flathead Lake, at an elevation of 2,900 feet, doesn't really warm up until summer. But the bonus is that cold currents make for great fishing. Island-studded Flathead is alive with mackinaws, dolly vardens, cutthroats, rainbows, and silver salmon, and you can rent skiffs with outboards at a number of marinas for about $5 a half day.

The *Retta Mary*, a large, diesel-powered excursion boat, chugs daily out of Polson, at the lake's southern tip, for two-hour cruises at 1:30 p.m., and again around 8 p.m. ($3; children 8 to 14, $2; under 8 free). The evening cruise, timed for the best view of the sun setting behind the mountains to the west, is generally preferred. Evening is also when you're most likely to see deer grazing in the clearings of the fir-treed islands, and bighorn sheep clambering on the cliffs of Wild Horse Island, largest on the lake.

Most travelers approach the Flathead country from Missoula, branching off I-90 onto US-93. Some 30 miles north of Missoula US-93 snakes between sunflower-yellowed pasture hills. Then you climb a hump and face the solid wall of snowy peaks that frame the Flathead Valley; it's one of our continent's most spectacular alpine views.

At the foot of these mountains lies the Flathead Indian Reservation. You'll want to stop there to visit St. Ignatius Mission, established in 1844. The present church, built 50 years later, doesn't look grand from the outside. But go in, and you'll think you're in Europe. The walls and ceilings are covered with beautiful frescoes painted around the turn of the century by a Jesuit lay

continued

brother from Italy who was the Mission's cook.

Just beyond St. Ignatius a side road climbs westward to the Bison Range, whose 300-head herd is the healthiest and most productive anywhere. Starting in late May, you can take a winding 19-mile drive through this mountainous, 18,000-acre reservation, and more often than not you'll have to stop while part of the herd crosses your path. Earlier in the season, however, you must be content with watching the animals that are kept in a large enclosure behind Range Headquarters. There are always females with new calves among them. Here, near a pleasant picnic area, you can also see some of the other wildlife of this reserve, such as elk, mule deer, and whitetail deer, again with newly born young. There's other wildlife too: antelopes, bighorn sheep, mountain goats, and bear, but they range free.

Yet another stop before you reach Flathead Lake will be the Ninepipe and Pablo National Wildlife Refuges, right off US-93. Some 100,000 waterfowl nest in reservoirs and water-filled potholes in April and May—swans, Canada geese, mallards, teals, mergansers, and many others.

Polson, about 60 miles north of Missoula, has several motels, resorts, and campgrounds that offer preseason discounts at this time of year. For instance, at the unpretentious Cherry Hill Motel, a family of four can stay comfortably if not elegantly for about $15 a day. Despite Polson's convenience as the port of the *Retta Mary* and the town's 18-hole championship golf course ($5.50), you may prefer to headquarter farther up along Flathead's eastern shore.

There is the Holiday Resort, a modern two-story motel with housekeeping units, right on the water 19 miles north of Polson ($36 per day for a kitchenette-equipped unit for four). Flathead Lake Lodge, a full-fledged family resort offers splendid trail rides, boating, sailing, tennis, a covered swimming pool, daily lake cruises, and a wide range of dude ranch activities, plus the opportunity to watch the unique rodeo school that's held in a series of five-day sessions throughout May.

Float trips down the Salmon River through the Idaho Primitive Area become possible in late spring. But as early as March you can explore the River's canyon on horseback. A few guest ranches, accessible only by jet boat or airplane, offer lodgings in this wilderness.

There are courses in steer wrestling, calf roping, and team roping for men, and barrel racing for girls, with all events held in the resort's huge arena corral, deep in the pine trees.

Rates at the Flathead Lake Lodge, including all activities and three good meals a day, are $31 per adult per day, or $217 for seven nights and seven days; children from $9 to $28 per day, depending on age, or from $63 to $196 a week.

Another fine place to stay is the Cheff Ranch in the foothills above the Ninepipe Wildlife Refuge, where a family of four can spend a week for about $340, including meals and all the horseback riding you're likely to want, along with great trout fishing right on the property.

For detailed literature on the area write to the Chamber of Commerce in Polson (zip 59860), in Bigfork (zip 59911), and the Montana Highway Commission, Helena, Montana 59601.

IDAHO ADVENTURES ON THE "RIVER OF NO RETURN"

Some of the wildest country in the Rocky Mountain states, and indeed in all our land outside of Alaska, is the vast Idaho Primitive Area, some 100 miles north of Boise. No roads, not even jeep trails, reach the borders of this 1,232,000-acre preserve, which to this day remains nearly as untouched as nature made it: a forbidding jumble of steep gorges, rushing rivers, and dark forests where the mountain lion still is king. There are only two routes into this wilderness. Either you ride a jet boat that's powerful enough to skim up the white waters of the Salmon River (which long ago earned its reputation as the "River of No Return," since there was then no way to counter its current) or you fly in on a small plane that barely seems to clear the summits, and then zigzags through canyons to land on some narrow, gravelly strip staked out on a river bar.

You'd think that a trip there would be chancy enough in summer, and all but impossible in spring. But that isn't so. The elevation of the Salmon River and its South Fork is only about 2,000 feet, and the mountains seem high only because they rise so abruptly: they top out at just 8,000 feet. Even in midwinter there's little snow on their lower slopes, and by March it's gone. On sunny days, it's not unusual for the mercury to pop into the 80s as early as April. Sheltered by ramparts all around, the bottomlands soon blossom into lush fecundity.

True, the Salmon is not exactly reliable at that time of year. Depending on the heaviness of the snowfall and the rapidity of its thawing, the river may run so wild and high that the favorite pastime in these parts—floating downstream on big rubber rafts—is not possible until later in the spring. Generally it's mid- to late June before outfitters will arrange such expeditions, with overnight campings on the banks. Also, so long as the Salmon is silty, you won't have much luck getting lunker trout to rise.

That's no reason, though, to skip the Salmon on an earlier trip. If you like to fish, late February through March is the time for steelhead, with catches ranging from seven to 25 pounds. Early spring is also the best season for observing wildlife. The lion has not yet retreated into the high forests, so there's at least a chance that you might glimpse one slinking through the trees along the river. Bears, with their penchant for pawing for fish in silty water, come around in April and May. As for elk, deer, mountain goats, and bighorn sheep, it's no trick to watch and even photograph them in this season, as they forage for fresh sprouts.

Mackay Bar Lodge, at the confluence of the Salmon and its South Fork, is one of the few outposts of civilization in this wilderness—and "outpost" it is. The only means of communication there is a crackling radio transmitter. Civilization drops away even as you raise your eyes to the slopes rising immediately behind the cozy camp, composed of air-

strip, cookhouse, stable, and a scattering of comfortable cabins. Herds of elk and mule deer are plainly visible at almost any time; they come so close you often don't need binoculars even for detailed observation.

Like the other handful of guest ranches along the river, Mackay Bar runs fishing and hunting trips, furnishes horses and wranglers for pack-ins and day rides on old mining trails, and operates jet boats for sight-seeing in the country's second deepest canyon—not quite as deep as Colorado's Great Gorge, but deeper than the Grand Canyon, and because of its narrowness even more spectacular. And of course as soon as the Salmon calms down, Mackay Bar gets out its specially built rafts for exciting white-water floats lasting up to five days, with cookouts and gear provided.

Hiking is possible, too, but to brave any distance you should be experienced backcountry backpackers. Otherwise you're best off taking short walks or horseback rides on lower altitude trails, returning to the lodge at mealtimes for its bountiful fare, served family-style at a long table shared by guests and the brawny staff.

Daily rates, including lodging and meals, run around $30 per adult, $22 for children 6 through 11, and $1 per year of age to age 6. Horses cost $7 a day; fishing tackle rental, $5 a day. Jet boat rides come to $40 per running hour, divided among up to six passengers. (In the March steelhead season, the daily lodge rate is $40, but includes jet boat transportation to fishing holes.)

But you will have already experienced the thrills of jet boating if you opt to be met on arrival at French Creek, where the last stretch of road peters out 28 miles upriver from Riggins, Idaho, a small town on US-95, 154 miles north of Boise. Otherwise you arrange for a fly-in from Boise, which costs $60 for the magnificent round trip over the snowy Salmon Range, $45 for kids to age 12, and no charge under 6.

If you're interested in a late-spring float trip, be sure to check well in advance on schedules, which are determined not only by the condition of the river but by U.S. Forest Service allocation to the different outfitters. To preserve the wilderness, only a limited number of parties are allowed on the 100-odd miles of protected water at one time. Float trip rates at Mackay Bar range from about $275 to $350 per person for five days. (For details, write Mackay Bar Lodge, Box 1099, Boise, Idaho 83701.)

The spectacular scenery of Emerald Lake Trail makes it perhaps the most popular in Colorado's Rocky Mountain Park. Generally you can count on this route being thawed out by mid-June, along with several other high-country trails that are easy enough for family hikes.

Rates at the other guest ranches are about the same. Among those opening as early as February are the Shepp Ranch, where Crooked Creek runs into the Salmon (write c/o Jim Campbell, Cambridge, Idaho 83610), and the Allison Ranch, another 25 miles up the Salmon (write Star Rt., McCall, Idaho 83638). In addition, Norm Guth, who runs a Wilderness Air Taxi service, operates a base camp that specializes in fishing, hunting, and photographic expeditions throughout the year, and boat trips starting in late spring.

For a complete list of available backcountry services, you can write to the Idaho Outfitters and Guides Association, Box 95, Boise, Idaho 83701.

SPRING HIKES IN ROCKY MOUNTAIN NATIONAL PARK

As winter storms move east across the Rocky Mountains, they lose most of their precipitation against the first high mountains they hit. Frequently, by the time the storm slides down into the plains there's hardly any moisture left. As a result, the Eastern ramparts of Rocky Mountain National Park often get very little snow and spring's first warm spells may open up some fairly high trails.

Among those trails that generally thaw out by mid-June, and sometimes in late May, are several of the park's most scenic routes. Later in the season, these trails are overrun with day hikers, but this early, you can still enjoy them in relative seclusion, except perhaps on sunny weekends, when many families come up from nearby Denver.

Be forewarned that the weather at these high elevations is at its most fickle in spring. Even for a half-day stroll you should carry rain gear and warm sweaters. Sturdy boots are also required; not only do they feel better when you walk a rough, rocky trail, but in some shady cuts there'll still be snow deep enough to sink into.

Most rewarding for a hike that requires no special mountain gear or know-how is a trail that starts at Bear Lake and leads you to real high country within a couple of hours. First it leads to Dream Lake, and then over a steep step to Emerald Lake, deep in a glacial cirque, under the headwalls of Flattop Mountain and 12,713-foot Hallett Peak. You'll be at tree line there, with boulder fields and scree slopes rising abruptly on all sides. Chances are that tiny Emerald Lake still will be partly covered with ice. The round trip is about four miles, with a vertical rise of 600 feet that almost any family should be able to manage.

The trail to Bierstadt Lake is not as spectacularly alpine in its immediate scenery, but provides a sweeping panorama that includes lofty Longs Peak. This delightful trail branches off the Bear Lake road about 11 miles from the park's Beaver Meadow entrance and hairpins up just beside the highway. The slope has a wide-open southerly exposure and is among the finest easily accessible wildflower areas in the park. Indeed, you will find looking at the blossoms a welcome excuse to stop, for the trail seems quite steep for its first mile or so if you're not used to hiking.

From Bierstadt Lake, which is easy to miss because it's not right on the main trail, you can continue through dense, silent evergreen forest to Bear Lake, for a total distance of 3½ miles. Team up with another group so you'll have transportation at both ends of the hike.

Longer and more strenuous is the lovely trail to Fern and Odessa Lakes (eight to ten miles round trip from the trail head on Moraine Park Road). The path is usually open in June and can be hiked in a day. The trails to Lawn Lake (about 12 miles round trip from its trail head above the park's Fall River entrance) and Thunder Lake (about 14 miles round trip from Wild Basin, at the southeast corner of the park) might tax your energy because of their length but neither requires special mountaineering skills. Lawn and Thunder Lakes, as well as Fern and Odessa, have backcountry campsites (no charge). The maximum is seven nights; permits are required, and only a limited number are issued. At improved roadside camps the charge is $3 per night.

If you're not camping, your most convenient base is the resort community of Estes Park, where you'll find lodgings in all price ranges, including the famous old Stanley Hotel (from $24 - $38 for a double; children under age 12 sharing a room with parents $4 additional; under 5 free), lots of restaurants, and a variety of tourist attractions.

For park information write Rocky Mountain National Park.

continued

Estes Park, Colorado 80517. Also write to the Rocky Mountain Nature Association in Estes Park (zip 80517) for the "Outdoorsman Guide to Rocky Mountain National Park," which contains excellent trail descriptions ($2.15). General resort information is readily available from the Estes Park Chamber of Commerce (zip 80517).

HORSEBACK PACKING INTO WYOMING'S WIND RIVERS

Someone once said that "it's always springtime in the Rockies." He had a point. Go up into the Wyoming high country in August and you're about as likely to wake up with a snow sprinkle on your tent as if you went in June. By the same token, June and even late May aren't too early for a horseback pack trip into those big-time picture-postcard peaks that form the Continental Divide south of Yellowstone Park.

These mountains, the Wind Rivers, are among our country's most beautiful and yet surprisingly little known, even though they are no less spectacular than the famous Tetons, and indeed include Wyoming's highest summit. Gannett Peak (13,804 feet). One reason for their relative anonymity is that you can't really see the Wind Rivers in all their magnificent splendor until you're deep in their wilderness: there are no super-highways with scenic turnoffs; in fact, there are hardly any roads. Packing in is the only way to explore here.

A four-wheel-drive vehicle takes you up the first dozen miles or so, as far in as wheels can make it, bouncing over boulders and fording streams up to their axles. Meanwhile, your riding horses and pack stock are being driven to the rendezvous. No point getting saddlesore before the real adventure begins. Then, when all the gear is properly distributed, covered with tarpaulins and tied down, you swing yourself (or get boosted) into your saddles, and set off on the trail. You ride across high pastures, bright with bluebells, blue larkspur, white locoweed, red Indian paintbrush; across yet higher pastures still boggy from the thaw; up through endless forests where your horses' hooves clop softly on thick beds of needles; and finally over a ridge. That's when at last you see the real Wind Rivers, with their glaciers and gleaming snowfields draped over immense cliffs, and forest-framed clear blue lakes at their feet.

Although horses do the heavy labor, everybody works up a huge appetite on pack trips into Wyoming's Wind River mountains (upper picture). Guitar music is the favorite evening entertainment after dude ranch cookouts in Colorado's Gunnison country (lower picture).

You set up camp near one of those lakes or alongside a brook and settle in. Wranglers tend the horses, and supper is soon fixed over the open fire. Since beef is the homegrown fare on the ranches there, it will just about be your daily menu, except for the fish you catch: grayling, brookies, rainbow, and cutthroat.

Your first night may not be the most restful. Being strangers to the wilderness, you'll awake now and then to the snorts of the tethered horses and the creaking of the trees. But by the second night, you'll be used to it, and after that you'll wonder how anyone can spend most of his life sleeping in a bed instead of a bag. Days are spent fishing, riding, exploring on foot, lazing in the sun, and somehow working up a tremendous appetite.

All gear is furnished, right down to air mattresses. All you need to bring along with you is appropriate clothing, fishing rod, and camera.

A number of ranches—many of them actually working ranches—arrange pack trips into the Wind Rivers. One of the best and also most reasonable is the small, cozy Pilot Lake Ranch in the Wind River Indian Reservation, off US-26 northeast of Riverton (address: West Route, Pavillion, Wyoming 82523). Their price for a week's pack trip is $175 per adult, $125 for children under 16, but keep in mind that it's not wise to take kids who are under school age. You can stay at the ranch itself for $150 a week; children 10 to 16, $125; under ten, $75, with everything included.

You'll also love the Cross Mill Iron Ranch, 20 miles south of Dubois, off US-26/287 (address: Burris, Wyoming 82511). The charge here is $175 per person over 10, and $120 for ages 4 to 10, for a week's stay at the ranch, which automatically includes one overnight pack trip. The CM Ranch, off US-26/287, north of Dubois (address: Dubois, Wyoming 82513), charges $200 per week regardless of age, including a three-day, two-night pack trip up to 9,600-foot-high Simpson Lake. At the high end of the scale is the spiffier Dry Creek Lodge (Burris, Wyoming 82511), where a one week's pack-in comes to $600 per person. Staying at the lodge itself costs $70 per day per couple, $100 a day for four.

Most of the ranches start their pack trips around June 1. Pilot Lake Ranch is a notable exception: here you can go anytime weather permits. For a listing of outfitters and other information, write to Wyoming Travel Commission, 2320 Capitol Avenue, Cheyenne, Wyoming 82002.

DUDE RANCHING IN HUMMINGBIRD COUNTRY

Not long ago, dude ranches were working outfits that took in dudes—often with barely concealed contempt—to supplement their income. When the season was over, the dudes swaggered home having learned a little something about horses, like not mounting from the right side, and the ranch hands breathed big sighs of relief. But times have changed. Most of today's dude ranches are family resorts that make it easy for you to enjoy all the activities that draw you to the Rockies in the first place—trail rides, fishing, chuck wagon cookouts, and marveling at the mountain scenery.

There's hardly a better place for such a typically Western vacation than the Gunnison area of south-central Colorado. Protected by high mountains all around, Gunnison (252 miles southwest of Denver via Colorado Springs) sits in a fertile bowl whose fields and pastures are free of snow by April, and lush with fresh color by May. That's also

continued on page 119

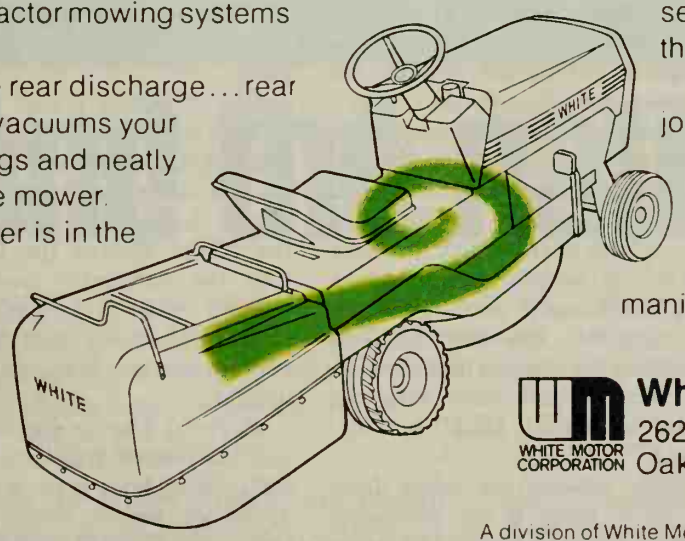
White's New Grass Pack...fits right in

White's® new 8-hp Grass Pack™ is the newest concept in lawn tractor mowing systems available today.

The Grass Pack's unique rear discharge...rear bagging design, literally vacuums your lawn clean of grass clippings and neatly stows them at the rear of the mower.

Because the grass catcher is in the rear, the Grass Pack cuts precision close on both sides of the 26-inch mower deck...up close in tight spots...around curved flower beds...even handles final trimming chores.

Up to 4½ bushels of grass clippings can be dumped right from the tractor seat...or by easily removing the hopper.



The new T-800 Grass Pack joins White's family of rear bagger mowers including two walk-behind models.

See your White Outdoor Products dealer for the manicured look in lawn care.

White Outdoor Products
2625 Butterfield Road
Oak Brook, Illinois 60521

WHITE MOTOR CORPORATION

A division of White Motor Corporation...makers of quality equipment for transportation, agriculture and energy

The call of the Tetons

It's riding and raft rides, wildlife and a great life,

in the mountain valley of your dreams. It's a hike on a trail in the Grand Teton National Park, a raft ride on Snake River. It's a trout on your line. Or a bird on the wing. It's the vacation you've always planned some day. Why not this summer? At your choice of accommodations from camping facilities and cabins to luxurious lodges. Ask your travel agent. And mail our coupon today.

Grand Teton Lodge Company

Reservations Office, P.O. Box 240
Moran, Wyoming 83013

Please send me your color brochure on vacations in the Grand Tetons. BH 1

Name _____

Address _____

City _____

State _____ Zip _____

Grand Teton Lodge Company, operators of Jackson Lake Lodge, Jenny Lake Lodge, Colter Bay Village, Jackson Hole Golf and Tennis Club. Managed by Rockresorts, Inc.

TRAVEL WEST

Tony Swan

An insider's guide to family vacations for readers who live in metropolitan areas of the Far West

San Pedro revisited

In the '50s Jack Kerouac affectionately called it "smelly old Pedro," but the atmosphere in the port city of Los Angeles has changed dramatically since the days of the beat generation writer. San Pedro is still the largest man-made harbor in the Western Hemisphere and the busiest on the West Coast, as well as being home base for a huge tuna fleet and canning industry, and the jumping-off place for Santa Catalina Island.

But recently San Pedro has achieved popularity as a tourist attraction, and an estimated 7,000,000 persons a year come to see its sights, visit its shops, swim and fish in the Pacific, drive its scenic hills, and tour its next door neighbor, the fashionable Palos Verdes Peninsula.

Ports O' Call Village and Whaler's Wharf are the leading attractions. Clustered on the quayside near the harbor entrance, both are exacting replicas of villages of days gone by. Ports O' Call takes visitors back to Spanish colonial times, with its pastel, balconied adobe buildings grouped around cool patios and arching banyan trees. Whaler's Wharf reproduces the New Bedford, Massachusetts, of whaling days, recalling the era when New England harpooners pursued the gray whale off San Pedro's shores. As you walk the elm-shaded brick lanes past a white-spiraled colonial meetinghouse, you'll expect to encounter Ishmael or Queequeg around the next corner. Strolling musicians singing period songs and shopkeepers and tradesmen in authentic costume help to maintain the illusion that the visitor has stepped back into the pages of "Moby Dick" or "Ramona."

Both villages are open daily 11 to 9; there is no admission charge. Ports O' Call, as its name implies, contains more than 40 shops selling merchandise from

all over the world: lace from Belgium, jewelry from the Philippines, stainless steel from Sweden, cheese from Denmark, coffee from Brazil. A silversmith fashions jewelry in the old ways, demonstrating his craft for visitors; so do a rug weaver and a potter. Craftsmen, stalls, and shops cram all three decks of the *Sierra Nevada*, a side-wheeler retired from San Francisco Bay service and permanently berthed at Ports O' Call as a floating arcade. As for Whaler's Wharf, its 30 shops, ranged along Flintlock Lane and Cockade Place, sell spices, Oriental curios, Indian crafts, and specialty tobaccos. The old meetinghouse is a shop selling colonial reproduction glass.

Eleven eating places are situated to overlook the harbor, giving diners a heady view of freighters, cruise ships, and pleasure yachts that ply the waterway. At the Aloha Bar of the Ports O' Call the bartender greets each passing vessel with a blast of a ship's whistle—a greeting each captain returns, to the customers' delight.

If you'd like to see the ships and the harbor from sea level, a sight-seeing boat is the way to do it. Motor vessels embark regularly from Ports O' Call on tours of the San Pedro and Long Beach harbors. The excursions include the fishing docks, the Long Beach naval station, and the *Queen Mary*, now a permanent fixture at Long Beach. Two-hour, 20-mile tours of the inner and outer harbor leave twice daily; fare is $3 for adults, $1.50 for children 5-11. On weekends, hourly tours circle the inner harbor only for $1.50 for adults and 75 cents for children; Friday and Saturday evenings at 7 and Sundays at 12:30 p.m. there are one-hour cocktail cruises. If you like thrills, try the helicopter ride around the harbor ($3, 11-9 daily). A tamer way to achieve a similar view is from the top of the 315-foot Ports O' Call Sky Tower (open 11-9 daily; adults 75 cents; kids 2-12, 50 cents). Perhaps the most enjoyable excursion is a one-hour cruise aboard the *Buccaneer Queen*, a replica of a square-rigged bark designed along the lines of the *Bounty*. The *Buccaneer Queen* actually uses her sails on her thrice-daily, seven-mile cruises. She sails seven days a week mid-June through Labor Day weekend, weekends only from mid-March through mid-June and from September through mid-November. Fares are $2.50 for adults, $2 for children 2-12, under 2 free. The *Buccaneer Queen* boards at the Whaler's Wharf pier. Cruise times are 1, 2:30, and 4 p.m.

Giant gray whales, once nearly hunted to extinction but now flourishing under international protection, pass within a few hundred feet of the San Pedro coastline during the annual migration between their winter calving quarters in the Gulf of California and summer home in the Bering Sea. During the migratory season, February, March, and April "whale watch" voyages put out from San Pedro daily—1 p.m. weekdays, 10 and 2 weekends—to see them. The fare is $3.50 for adults, $2 for children under 12.

For all its tourist appeal, San Pedro is a working port, and an intimate one at that. The inhabitants are a polyglot of seafaring peoples, including Yugoslav

More For Your Travel Dollar! **See page D6 for a listing of free travel information and literature you can order.**

ns, Filipinos, Japanese,
gians, Italians, and old
es. Many visitors enjoy ex-
the town itself or strolling
rs, where they can see the
ers, fishing boats, and fish-
close at hand. A small
nen's Wharf, just north of
)' Call, is headquarters for
ing fleet and also caters to
with fish markets, tackle
seafood restaurants, fish-
ip counters, and shell
and handicraft shops.
t fishing boats depart at
daily from Pier 22; eight
ishing in local waters costs
adults, $7.50 for kids un-
Also in the port, the Star-
ina canning plant on Ter-
Island welcomes visitors
lays a week, and the naval
ere is open to the public
kends. An elegant touch is
by the *S.S. Princess Louise,*
ently docked at Terminal
Once a Canadian luxury
he now operates as a so-
ted French restaurant,
zing in the cocktail hour
dlelight dinners.
erouac's day, San Pedro
lated from Los Angeles
e 30 miles of truck gar-
d open country. Now the
ve sprawled together, and
ealthy commuters live on
ghts above the town, their
ve homes commanding a
g view of the harbor and
ean beyond. A marked
drive tours the most lavish
rhoods and then follows
erdes Drive (State-25) as
s northward around the
erdes Peninsula along the
e route offers fine views of
d seascape and then takes
tors to other attractions.
illo Beach and Marine
n are near Lookout Point,
drive near the edge of
he municipal beach park
orite picnicking, fishing,
imming spot, with a pro-
beach, barbecue pits and
nd a 1,200-foot-long fish-
. The museum, open 10-6
ner and 9-5 in winter, has
reat exhibits of seashells
5,000, of local and for-
igins), local marine life,
p models, highlighted by
t replica of the brig *Tra-*
hat took seven years to

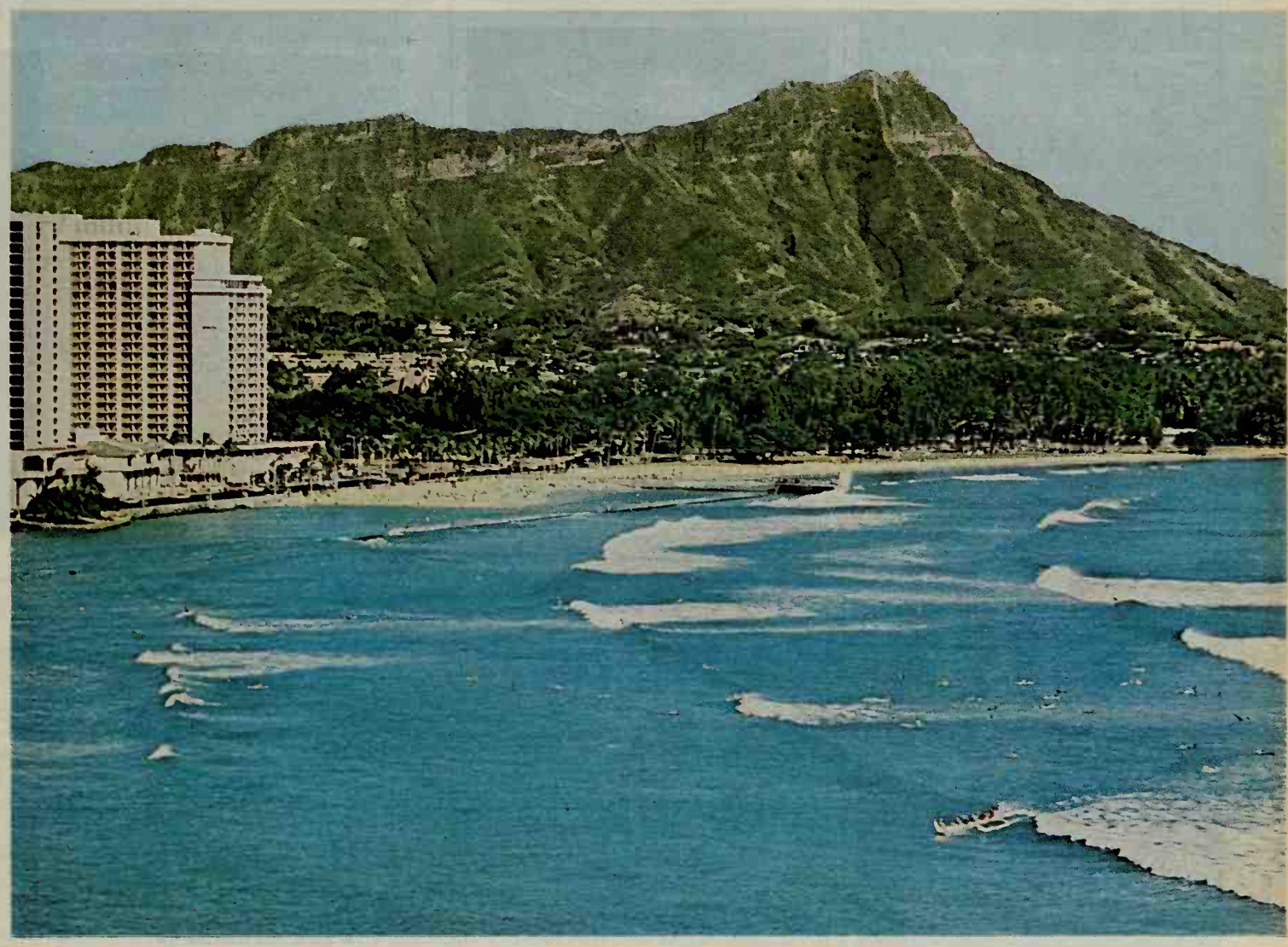
l Wright's Wayfarers'
—the spectacular "Glass
"—is a few miles west, at
ese Bend, perched high
ff overlooking the Pacific.
ing his father's architec-
adition, Wright specified
tion of native materials,
cal sandstone and red-
providing a stunning
ork for the glass walls
f. A biblical garden sur-
the building. The Way-

farers' Chapel is open daily.

A mile west of the chapel is the famous Marineland, an attraction that's good for a daylong family outing on its own. Its 90 acres spill down a hillside to the sea, with a 244-foot steel Sky Tower marking its location. The tower is one of the oceanarium's newest attractions. A doughnut-shaped, glass-walled car makes one-and-a-half revolutions on a ride to the top, where visitors get a seagull's view of Catalina and the coastline.

The focal point of Marineland

The tourist part of Waikiki.



And the native part.

Don't get us wrong. The tourist part is plenty nice. But there's no space left in it. It's where most of the hotels are. Where most of the stores and restaurants and night clubs are. And where most of the tourists are.

But it's not where we are.

We're down the street a ways. In the native part. Near cool, green Kapiolani Park, with its trees and paths, its grassy lawns and flowerbeds. With its Concert Shell, its Aquarium, its Hula Show, its amazing tropical Zoo. Where famous Diamond Head National Park begins. And where future building is prohibited by law.

It's the part where native Hawaiians spend their days off. Where their families picnic and swim. Where Hawaiian kids surf right off our sea wall. Where The Beach is at its widest and sandiest. Where the scenic part of Waikiki begins. And ends.

The part where smart tourists end up.

For reservations, *see your travel agent. Or phone any Holiday Inn or Holiday Inn Reservations Office.*

Holiday Inn
Waikiki

alaska!

Cruise to seven "Inside Passage" ports. 2,125 miles in 7½ days. Weekly (May 31 to September 4) from Vancouver, B.C. From $475* to $1,848. *(Double occupancy, Canadian funds)

"Princess Patricia"
CP Rail, Pier B
Vancouver, B.C., Canada
V6C 2R3

Send free folder on your cruises to Alaska

Name _____

Address _____

City _____

State _____

Zip _____

CP Rail

TW-2

Get away to it all

Drive your car or camper aboard the Queen of Prince Rupert (registered in Canada) for the 20-hour cruise between Vancouver Island and Prince Rupert. Enjoy spectacular scenery, fine food and stateroom accommodation. Then drive through *the* great outdoors, almost 1000 miles to Vancouver. It's the Totem Circle adventure. One of North America's most exciting travel bargains.
See your travel agent or write

BRITISH COLUMBIA FERRIES

Tsawwassen Terminal, Delta, British Columbia, V4K 3M2, Canada.
BH5C

Name _____

Address _____

CRUISE THE PANAMA CANAL. ROYAL VIKING STYLE.

We cruise the Canal all year round, so you can see it in the season that suits you best. You'll also see the Mexican Riviera, and suntanned Caribbean islands. Aboard the all First Class *Royal Viking Star* or *Royal Viking Sky*. Of Norwegian registry and spirit.
You can take a Royal Viking Trans-Canal cruise from San Francisco and Los Angeles to Ft. Lauderdale in an easy-going 16 days. From Ft. Lauderdale west in 17 days. Or take the round trip in about a month.
Your travel agent can give you valuable professional advice—and confirm your reservation. See him soon. Or call us at 800-227-4246, toll free. (From Northern California and Canada, call 415-398-8000 collect. From Southern California, 213-627-1365, collect.)

Hawaiian hospitality

Surf Resorts

All the friendly fun, all the happy things to do, all the charm of Hawaii's gracious Outer Islands. It's all waiting at **Kona Surf, Naniloa Surf, Maui Surf,** or **Kauai Surf** . . . four great Hawaiian resort destinations.
See your travel agent or write:

surf resorts HAWAII
P. O. Box 8539 / Honolulu, Hawaii 96815

WELCOME WEST ®

Get in touch with America on a Greyhound vacation.

Get in touch with America's fun, beauty, history on an exciting, pre-Bicentennial escorted Greyhound Vacation Tour. Hotels, sightseeing, even some meals included. Ask your travel agent or us. And take a little time to ride along. For example:

- ☐ Alaska
- ☐ Colorado
- ☐ Colonial Virginia
- ☐ Florida
- ☐ Mexico
- ☐ New England
- ☐ Pacific Northwest
- ☐ Walt Disney World
- ☐ Preview Bicentennial Tours

Greyhound World Tours, Inc. BW-A-3
Greyhound Tower, Phoenix, Ariz. 85077
Please send information on the Greyhound Escorted Tours checked.

Name _____

Address _____

City _____ State _____ Zip _____

Greyhound Vacation Tours

TRAVEL WEST

is "the world's largest fishbowl," a 540,000-gallon tank that is home to more than 3,000 ocean creatures, from California bat rays to leopard sharks and vicious moray eels, all living more or less happily together. Underwater windows arranged on three tiers allow visitors to come nose to nose with the tank's residents. Similarly, you can peer into the tank that houses Marineland's two famous killer whales—20-foot, 7,500-pound Orky, and 15-foot, 4,000-pound Corky. Smaller aquariums display tiny colorful specimens from all over the world.

Corky, Orky, a pilot whale named Bubbles, and a large cast of dolphins star in three different shows presented continuously through the day. Several times a day, a diver enters the giant fishbowl and hand-feeds its residents, while relating to the audience dietetic facts and specimen identifications via a microphone inside his helmet.

Marineland charges a single admission—$3.75 for adults, $1.75 for 4-11, under 4 free—covering all-day admission to the grounds, the shows, the Sky Tower, and a giant slide. The park is equipped with picnic tables as well as restaurants and snack bars. Hours are 10 to sunset. For further information, write Marineland, 20th Century Fox, Palos Verdes Peninsula, California 90274.

For San Pedro information, you can write the San Pedro Chamber of Community Development and Commerce, 390 West Seventh Street, San Pedro, California 90731.

Pecos National Monument: the church within a church

Since scholars first began researching archaeological sites in the Southwest, New Mexico's Pecos National Monument has been a puzzle. Located in the southern foothills of the Sangre de Cristo Range an easy 25 miles southeast of Santa Fe on I-25, the Pecos site has been inhabited by Indians since about 1100 A.D. The ruins of a large pueblo containing some 1,000 rooms in two main complexes are found there, and evidence indicates the Pecos Indians, besides farming the region, were also involved in trading with the buffalo-hunting Indians to the east and the cotton-farming Indians in the Rio Grande valley.

The puzzle of Pecos doesn't stem from the history of the Indians, however. It dates from the early Spanish explorations of the Southwest during the 16th and 17th centuries. Beginning in 1540 with a 20-man detachment from Coronado's main force, Pecos was visited by several groups of Spaniards, and in the early 1620s a mission church and *convento* were established at the site. Later descriptions by the padres of the Pecos Mission were invariably extravagant—"a splendid temple of distinguished workmanship and beau

and "a magnificent temple, ned with six towers, three on side, its walls so wide that ices were held in their thick-." Yet the ruins that remain est a thoroughly convention-ructure of only normal size plan when compared with r missions in New Mexico. more puzzling, the ruins of *convento* were much larger would be expected in associ-n with such a church. His-ns were forced to conclude claims of the church's mag-ence had been purposely ex-rated to attract attention at e to the struggling mission-fforts on the frontier.

wasn't until 1967 that ar-ologists found stone founda-buried under and around valls of the existing mission. her excavation revealed the plan of a great church 170 long, 90 feet wide at the ept, 39 feet wide at the nave, walls nine feet thick. Here at was the "magnificent tem-an imposing cruciform ture in an architectural style al of southern France, the such mission known north exico City. Evidence found g digging indicates that this l mission was razed during ueblo rebellion of 1680. The er church was then built in arly 1700s.

sides the ruins of the two ches and the *convento*, the Pecos pueblo is also worth g although it's still only excavated. Two of more 22 original *kivas*, or under-d ceremonial chambers, been restored and are open e public, giving visitors an al opportunity. *Kivas* like are still used by modern o Indians, but visitors are arely allowed into them.

the summer, Indian, Span-merican, or Franciscan s will help you understand ory of Pecos. During the est visiting hours, Indian panish-American craftsmen ct demonstrations of tradi-crafts—baking bread in an or oven; weaving baskets ear grass or willow; making y; carving native woods; playing old Spanish folk on fiddles and guitars. conditions permit, you can the excavation and stabili-of the ruins.

k hours are 8-5 in winter, summer. Any time is a ime to visit, but a particu-compelling event at Pecos Our Lady Of The Angels celebrated annually the first y in August within the

ting to Pecos is simple. I-25 from Santa Fe 18 southeast to the Glorieta Baptist Assembly exit, then along Alternate US-84-85 through the site of the 1862 Glorieta Battlefield where Union troopers from Colorado defeated the Texas Mounted Volunteers and secured the Southwest for the Union. There is a marker at the site near Arrowhead Mesa.

Continue six miles to the rugged little town of Pecos, where food, lodging, and gasoline are available, and then two miles to Pecos National Monument.

There is no camping at the monument but there are many

How well do you know the West?

Match the picture with the state.

____ARIZONA ____CALIFORNIA ____COLORADO ____IDAHO ____MONTANA
____NEW MEXICO ____NEVADA ____WYOMING ____UTAH

Chances are you didn't think all of the above scenes are in Utah—but they are. Because that's us. A little bit of everything the rest of the West has to offer.

Within Utah's boundaries are a myriad of splendors no other one state can match: Awesome red rock, wild rivers, lush alpine forests, painted desert, mountains of such magnificence they seem to scrape their very shoulders on the sky. Utah!

A one state vacation.

In addition, we also boast a nationally recognized ballet company, one of the finest symphony orchestras in the country, and plenty of hotels, motels and restaurants which personify that famous "Western hospitality."

This year don't drive through Utah. Drive to Utah. Plan your own stay or consider one of the 87 package tours we've put together for you.

Fill out the coupon on this page and find out why we feel Utah is the *Best of the West.*

This year experience the romance of the American West with the people who know it best.

Please send me additional information about Utah.
Name _____
Address _____
City _____ State _____ Zip _____

Send to:
Utah Travel Council
Dept. HL 114
Council Hall
Salt Lake City,
Utah 84114

Utah: Five National Parks — Seven National Monuments —43 State Parks
Eight National Forests — Two National Recreation Areas

campsites along the Pecos River from five to 20 miles north of the village of Pecos. For information, write the Superintendent, Pecos National Monument, Drawer 11, Pecos, New Mexico 87552.

Port Townsend: Victorian treasure trove

If a growing arts and crafts center set in a sedate garden of Victorian architecture appeals to you, you'll love Port Townsend, Washington. Perched on the northeast tip of the Olympic Peninsula, the little town is one of several in Washington that once envisioned itself as a probable western railroad terminus and as *the* Puget Sound seaport. But the railroads wound up elsewhere, leaving Port Townsend to stare dreamily out over the water at ships turning into the Sound, headed for Seattle or Tacoma.

During the height of Port Townsend's ambition, less than a century ago, its harbor bristled with the tall masts of more sailing ships than any harbor in America except for New York City. Settlement had begun in 1851 (six months ahead of Seattle, as local people will point out to you), and from the start both commerce and elegance flourished. Customs officials oversaw cargo proprieties from a handsome stone federal building (still in use as a post office), but ignored a brisk business carried out, literally, through the back doors of the fine brick buildings lining Water Street. Here passages opened onto salt water at high tide, convenient for the silent transfer of illicit goods and occasional shanghaied seamen.

Today more genteel operations are underway in these same buildings. One is home for a bookstore and art gallery well known for its showings of Northwest artists. Another features a brass shop where you can find fittings off old ships—running lights, railings, wheels, dining room chandeliers, you name it. Part of City Hall is given over to a historical museum (free, open Wednesday through Saturday, 11-5, April through November). A shop, five feet wide and 60 feet long, houses a potter, a jewelry designer, and a leather-tool expert. Antiques are offered in several shops. So is expertise in duplicating a bit of Victorian molding or gingerbread scrollwork, or caring for antique wallpaper or stained-glass windows that have begun to buckle with age.

Port Townsend boasts the finest assemblage of Victorian architecture north of San Francisco. Visitors can follow the route of white gulls painted on the streets, and walk or drive through the downtown section and up the bluff past scores of restored mansions. You'll notice multiple chimneys rising from roofs, eaves embroidered with millwork and iron grillwork, fancy porticos, cupolas, and castle-like towers. At least half a dozen of the homes, privately owned, are open for touring (50 cents to $1). One features a third story wholly given over to a ballroom. Another has a spiral staircase that leads to a tower. Fireplaces with tiles from Belgium, a hot-water heater built of wood and set in the attic for gravity flow, a chandelier hung with bunches of purple crystal grapes—all are touches from an elegant past.

If you have time to tour only one of the historic old houses, make it the Rothschild House, now operated by the State Parks Commission (free, open 1-5 daily except Monday, May through September). Although it's not one of the grand mansions, this 1867 house has all its original furnishings, down to trunks and drawers filled with neatly folded clothing. The house is located at Franklin and Taylor Streets, close to such conspicuous landmarks as the classic New England-style Saint Paul's Episcopal Church and the Bell Tower used as a fire alarm (both worth seeing in themselves).

There are three other Port Townsend Victorians that should be well up on your list of local touring priorities—the Manresa Castle, the Starrett House, and the Jefferson County Court House. The Castle, on upper Sheridan Avenue overlooking Port Townsend, was built in 1890, enlarged into a school in 1927, and today is a sometimes-open overnight guesthouse in the process of restoration. The Starrett House, dating to 1889, is one of Port Townsend's most ornate mansions. If you want to tour the house, the fee is 50 cents. The courthouse, visible from Manresa Castle, is a Victorian institutional classic in red brick with gray sandstone trim.

For a beach excursion, drive to Point Hudson on the northern doorstep of town. Buildings that served as a quarantine station until the 1940s now have been put to use as a motel and coffee shop. From there you can walk along the beach a half mile to Chetzemoka City Park. It offers shady trees, a rose arbor, an old-fashioned gazebo, picnic tables, and a playground.

Fort Worden State Park, just west of Point Hudson, includes an extensive sandy beach with saltwater campsites, $3.50 with complete hookups. There you can skin-dive, climb in tall, grassy dunes, and explore gun emplacements and a searchlight tower left as monumental testament to

More for your Travel Dollar!

1 MR. K'S TREASURE CHEST OF AUSTRALIA AND NEW ZEALAND TOURS. Deluxe independent itineraries, 17 - 35 days. See South Pacific in depth.
2 MR. K'S ALASKA TREASURE CHEST OF AIR-SEA TOURS. Cruise the Inside Passage . . . 13 Deluxe independent itineraries, 7 - 24 days or longer.
3 CORONADO, CALIFORNIA—Casula seaside village near all of Southern California's fabulous attractions. Easy to reach, near Mexico, full range of accommodations. Free CORO-KIT information packet.
GREYHOUND WORLD TOURS. DETAILED FULL-COLOR BROCHURES ON FRIENDLY ESCORTED TOURS:
4 Greyhound 1974 Vacation and Travel Planning Guide
5 Mexican Escorted Tours
6 Florida Parlor Car Tours
7 Walt Disney World Individual Tours
8 Alaska Escorted Tours
9 Canadian Rockies Escorted Tours
10 Colorado Circle Escorted Tours
12 Expo '74
13 CP RAIL—ALASKA! See it the Canadian Pacific Way. Send for a free full-color brochure on the "Princess Patricia" cruise through "Inside Pasage."
14 BC FERRIES—Drive aboard British Columbia Ferries flagship "Queen of Prince Rupert" for the spectacular Inside Passage and Totem Circle Adventure.
15 ALASKA/CANADA—Two-week cruises with Royal Viking Line. Up the Inside Passage to spectacular Glacier Bay. Ask for free brochure.
16 ROYAL VIKING LINE—Ask for the Cruise Digest. A full-color brochure describing Royal Viking's complete range of cruises, world-wide.
17 UTAH—truly is "Discovery Country." The Utah Travel Council offers a complete kit of information to answer any travel question about Utah.
18 The Utah Travel Council will send you a complete information packet with beautiful 4-color folders and brochures about "Discovery Country."
19 For complete information about the state of Utah, brochures, parks folders, fact book, maps, and calendar of events, circle #19.
20 UTAH—Five national parks, seven national monuments, 43 state parks, eight national forests, two national recreation areas. It's truly "Discovery Country."
21 BH&G TOURS—Enjoy a worry-free vacation in 1975 with Better Homes and Gardens. Free brochures available for BH&G Tours to British Isles, Europe, Mexico, Spain, Italy, and Hawaii.
22 THE VILLAGE GREEN RESORT MOTOR HOTEL—Resort to something different at one of the nation's best, just 15 min. so. of Eugene, Oreg. Color brochure.
23 "THE GOOSE," ONLY AUTHENTIC STEAM EXCURSION TRAIN IN THE NORTHWEST—Two-hour ride into Bohemia Mountains from the Village Green.
24 HOLIDAY INNS—WAIKIKI—Free full-color brochure showing every detail of this striking 637-room hotel overlooking the beach.
25 ANAHEIM—Anaheim's Special Vacation Package Plans.
26 ANAHEIM—Anaheim Attraction and Lodging Guide.
27 GRAND TETON, WYOMING—beautiful color brochure, rates and information. Jackson Lake Lodge, Jenny Lake Lodge, Coulter Bay Village, Coulter Bay Tent Village, and description of activities in Grand Teton National Park.
28 MAUNA KEA—Rockresorts, on the big island Hawaii. Magnificent beach, golf, tennis, hunting, color brochure.
29 CERROMAR BEACH HOTEL—Dorado Beach, Puerto Rico. 20 miles west of San Juan. Golf, swimming, all water sports.
30 DORADO BEACH HOTEL—Dorado Beach Puerto Rico. 20 miles from San Juan. Family, Golf, and Honeymoon plans available. Special children's programs.

March, 1975 Coupon Expires September 30, 1975

Mail to:
TRAVEL WEST
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 503W
DES MOINES, IOWA 50336

Name _____

Address _____

City _____

State _____ **Zip Code** _____

Circle numbers of booklets wanted

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30						

a past era of coastal defense.

Four miles south of town on State-20 is the site of old Fort Townsend, built in 1856 and now a state park. A lawn with picnic tables sweeps across the old parade ground and site of the officers' quarters, and a roofed community kitchen solves rainy-day problems. There are swings nearby for the kids. Campsites are situated in the forest, and fees and services are the same as Fort Worden's. Be sure to walk the nature trail down to the beach. Waves slosh against the pilings of the old fort's wharf, and cormorants and gulls sit atop them, then circle out and plunge into the water after fish. The beach all but disappears at high tide. At low tide, butter clams, littlenecks, and horse clams can be dug. No license, fee, or skill is needed. The park gate is open 6:30 a.m. to 10 p.m., mid-April to mid-October; 8-5 the rest of the year.

Spring and summer are the best seasons to visit Port Townsend, although it's pleasant enough there year-round. The Jefferson County Fair is held in Port Townsend the second weekend in August, and an annual tour of Victorian homes the third weekend in September. The town's rhododendron festival is celebrated in May.

There are several motels in the town—plus a private trailer park at Point Hudson—but during the summer months reservations are advisable. You'll have a marvelous Victorian dining experience at the Farmhouse, a weekends-only gourmet restaurant run as a hobby by a University of Washington drama professor. Reservations are a must. There are also several coffee shops and restaurants in the waterfront area.

Getting to Port Townsend can be either a driving or nautical adventure—or perhaps a little of each. If you're making the trek up the eastern edge of the Olympic Peninsula on US-101, turn north on State-113 at Discovery Bay. From the Seattle side of Puget Sound, to Port Townsend, you have no less than five ferryboat options open to you: Edmunds-to-Kingston, Fauntleroy Cove (West Seattle)-to-Southworth, Seattle-to-Winslow, Seattle-to-Bremerton, and Mukilteo-to-Columbia Beach, coupled with Keystone-to-Port Townsend (April 15 October 15 only). The ferryboats are operated by the Washington State Ferries system.

The approach that gives you some highway and some ferry ride is the trip from Mukilteo. Boats leave for Columbia Beach, on Whidbey Island, and travelers then drive to Keystone for the ferryboat to Port Townsend.

Riding the ferries is easy. Just get there about 30 to 40 minutes prior to departure time, to assure yourself of a space. There's no reservation system—it's first come, first served. There are frequent daytime departures and fares are generally between $2 and $3 per car and driver, with an extra charge per passenger.

For further information, write the Port Townsend Chamber of Commerce, Port Townsend 98368, or the Washington State Department of Commerce, Travel Development Division, Olympia 98501. For ferry schedules and information, write Washington State Ferries, Seattle Ferry Terminal, Pier 52, Seattle 98104. All addresses are in the state of Washington.

Sedona—the "mild West"

You've already seen Sedona, Arizona—you just didn't know what you were looking at. Starting with Jimmy Stewart and leading off in all directions to the horizon, every cowboy worth his six-gun has made a western there. The place seems startingly familiar to most moviegoers.

In an advantageous combination of climate and setting, Sedona is nestled in the brilliant red rock country of lower Oak Creek Canyon, 28 miles south of Flagstaff. The town is surrounded by the wilderness area of Coconino National Forest. Everywhere you look there are magnificent red rock table mesas and 2,000-foot pillars of stone.

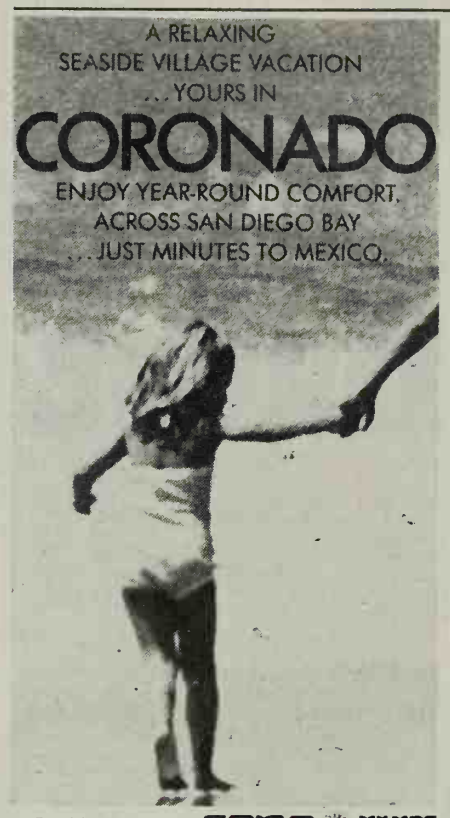
In the midst of all this natural spectacle the town of Sedona itself is a comfortable modern community with an abundance of art galleries and craft shops and plenty of restaurants and motels to choose from. Sedona is the Wild West, in very mellow form.

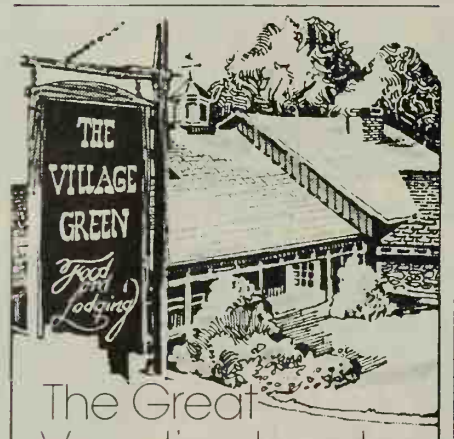
The various things to do and see in the area are bound to keep you busy. There are trout in Oak Creek and the Verde River, abundant wildlife for the hunter, and literally thousands of miles of trails for riding and hiking. There are several stables in Sedona, one of which, the Remount Stables, on the border of the wilderness at the south end of town, offers trips ranging from an hour or two to several days.

Jeep tours into the countryside are also available at Sedona Development Co., but just traveling through the area by car is thoroughly rewarding in itself. Either US-89A or State-179 afford endless fine views. A special treat is the Schnebly Hill Road leading east from the "Y" in the center of town up over the canyon rim. There are golf courses in Oak Creek Village, Cottonwood, and Lake Montezuma; Indian ruins at Montezuma's Castle and Tuzigoot; "the biggest ghost town in the country" 29 miles south of Sedona at Jerome; and five campgrounds within 12 miles of town along Oak Creek.

No matter what time of year you arrive, the temperature should be mild, rarely above 95 degrees in summer, and in the mid-60s in winter. If you're planning a fly-and-drive excursion, Frontier Airlines serves Flagstaff, where you can rent a car.

For further information, contact the Sedona Chamber of Commerce, P.O. Box 478, Sedona, Arizona 86336. ■





The Great Vacation Land

The Village Green is comfortably nestled away in the lush, green Emerald Empire. There, you can enjoy tennis and swimming, bowling and bicycling, golf and hiking, lakes and streams. The Village Green has put it all together. For color brochure or reservations, contact Wade Williams, General Manager, P.O. Box 277, Cottage Grove, Oregon 97424. (503) 942-2491.

The VILLAGE GREEN
RESORT MOTOR HOTEL
"One of the best in the country"

DON'T GO TO ALASKA

Until you've read our brochure!

Learn how you can see more, do more, for less than you'd expect, on the escorted

GREEN CARPET® ALASKA ADVENTURE!

CRUISE THE INSIDE PASSAGE
TOUR THE ALASKA HIGHWAY

- Ride the WP&YR narrow gauge train
- See Juneau • Skagway • Whitehorse
- Fairbanks • Mt.McKinley • Anchorage
- Nome • Kotzebue • Yukon Territory
- Caribou Trail and Much More!

No Smoking Aboard Motor Coach

Exclusive Green Carpet® Milepost Log Book

Choice of 17-day Bus/Jet or 24-day All-Surface itineraries

18 Departures—June 8 thru Sept. 4, 1975

$1269 per person Share Twin

For complete information
SEE YOUR TRAVEL AGENT or write

Trailways Travel Bureau Corp. B
345 N.E. 8th Ave., Portland, Oregon 97232
Send Alaska Adventure brochure.

Name_____
Address_____
City_____ State_____ Zip_____

ANAHEIM'S GREAT VACATION SALE

ANAHEIM/DISNEYLAND VACATION PACKAGES

FROM $25.00*

VISIT ANAHEIM FOR A SUPER LOW COST FAMILY VACATION AND SEE:

- DISNEYLAND
- LION COUNTRY SAFARI
- THE QUEEN MARY
- KNOTT'S BERRY FARM
- UNIVERSAL STUDIOS
- MARINELAND
- BUSH GARDENS
- MOVIELAND WAX MUSEUM
- NBC TELEVISION STUDIOS

INCLUDES: 2 nights lodging in a major hotel or motel; Disneyland admission and 11 ticket attraction booklet; Transportation to Disneyland; Many other low cost options also available.

*per person (rate based on double occupancy, all city tax included)

See your travel agent or write: Anaheim Visitor & Convention Bureau, 800 West Katella, Anaheim, California 92802.

More wheat germ means more flavor.

It's a fact. Wheat Hearts has more wheat germ than any other hot cereal. And that makes it more than nutritious—it's also uniquely delicious. Bold and robust. Because wheat germ gives Wheat Hearts a natural, toasted, nut-like flavor that other hot cereals just don't have. What's more, we've added B vitamins and iron, but no preservatives. So, for a healthy, hearty start on the day, have a delicious, wheaty bowl of Wheat Hearts. Promise?

Wheat Hearts makes great pancakes, cookies and more! Recipes are on each box.

Wheat Hearts.

More wheat germ than any other hot cereal.

Customized containers

With a little imagination, you can make handsome planters from low-cost baskets and tubs. Do your actual planting in clay pots, then set pots and all into these good-looking cover-ups. To avoid mess, remove the potted plants for watering.

Photographs: Hopkins. Designer: Ciba Vaughan

For this rope-wrapped container, you'll need a wooden tub 11 inches in diameter, 7½ inches high; 75 feet of natural sisal rope; colored jute or twine; white glue; finishing nails; plastic spray.

Working from the base of the tub up, spread a thick coat of white glue in a two-inch band around container. Let glue dry until tacky, then start winding sisal rope. Secure beginning of rope to tub with nail. Continue to add bands of glue and to wind rope until tub is completely covered. Clip final end of rope on diagonal so it lies flat; tack in place. When tub is dry, add bands of jute wherever you wish to make stripes. Finish tub with plastic spray to waterproof planter.

Shells and rocks encrust this 11-inch wooden tub. To duplicate it, assemble bucket, a selection of lightweight shells and pebbles, floor mastic and mastic spreader; quart of white latex grout, sponge or squeegee, plastic spray.

The first step is to scrub tub well and let dry. Working on a newspaper-covered table, spread an eight-inch-wide band of mastic (about ¼ inch thick) from top to bottom along one side of tub. Let mastic dry for a few minutes, then fit shells and rocks into mastic. Continue to spread bands of mastic and add shells, rocks. Let dry overnight. Apply band of mastic to rim of bucket and position row of flat shells on rim. Let dry. Mix white latex grout according to package directions. Using sponge or squeegee, apply grout over exterior of tub. Work a small section at a time, letting grout dry each time. Using a damp cloth, smooth the grout down between cracks and completely wipe excess from the tops of rocks and shells. To finish, spray the finished tub with several coats of plastic spray, letting each coat dry between applications.

Three small plants in four-inch pots will fit inside this fabric-covered basket. To get the same effect, start with a mushroom or grape basket that's 14 inches long. You'll also need ¼ yard of 36-inch fabric, fabric glue, and clear polyurethane varnish. Cut a strip of fabric about ½ inch wider than midsection of basket (excluding wooden rims) and about one inch longer than circumference at widest point. Coat basket with fabric glue; let dry till tacky. Beginning in the center back of basket, smooth fabric onto slats, making sure that all air bubbles are smoothed out. Take two darts (facing in toward end of basket) as you round corners. Glue darts flat. Using a knife, tuck raw edges of fabric under rims of basket. Cut strips of fabric to go around rims; strips should be wide enough to tuck inside rims. Glue in place. Tuck in raw edges: Finish with several coats of polyurethane to waterproof the basket.

leaning oday's ookware

ith the trend toward open elving, pot racks, and casual oking, more and more home- akers are letting their pots and ns all hang out. To keep them oking their company best, fol- v these basic cleaning tips.

f you have copper pots and ns, you probably keep them on play, hanging handily from a t rack above the stove. Howev- keeping them bright and shiny es time and care. Here's the ht way to preserve the sparkle. Remove tarnish by rubbing htly with a cleaner intended cleaning copper and brass. , you can use a homemade aner consisting of equal parts salt, flour, and vinegar. Wash the residue, rinse well, and y. Wear clean gloves so you n't leave fingerprints.

If you want a higher polish an the copper cleaner will give, ake a paste of whiting and de- tured alcohol. Allow this to , then polish with a cloth. ash, rinse, and dry, being care- to avoid water spots.

You may also use a paste of tenstone and boiled linseed . Purchase the oil already iled or use olive oil. Apply this ste, then wipe off with a cloth oistened with the same oil. Po- with a dry cloth.

f you have polished bare alumi- n or porcelainized aluminum okware, clean it this way:

Wash the porcelain-covered ts in the dishwasher or by nd, using any type of powder soap. Ordinary polished alu- num pots can be washed in the hwasher and by hand with a ld soap or detergent or one of finer polishes. Some dish- sher detergents may etch the lished surface. Use only soaps d detergents on your shiny, ght pots; polishes and nylon ds will probably dull their fin- . If you use steel wool or an minum polish, rub it in the ection of the polish lines.

When an aluminum pot is used cook eggs and similar foods, interior may become dark. is will not harm the pan nor the od. But if the color bothers you, ok a high-acid food such as erkraut in the pot, or add one two tablespoons of cream of tar to a quart of water, then il, and wipe dry.

Aluminum pans coated with a nstick finish should be washed h hot sudsy water and dried. e newer coatings are resistant scratches so you may use your al metal utensils. If your skil- s and saucepans are not adver- tised as scratch resistant, continue to use rubber or plastic utensils. Do not scour with steel wool or abrasive cleansers.

To keep stainless steel cookware looking its best, never allow the pan to boil dry—it may become permanently discolored. For burned-on food, add two tablespoons of baking soda to a quart of water, bring to the boil; let pan soak. Dry thoroughly to prevent water spots.

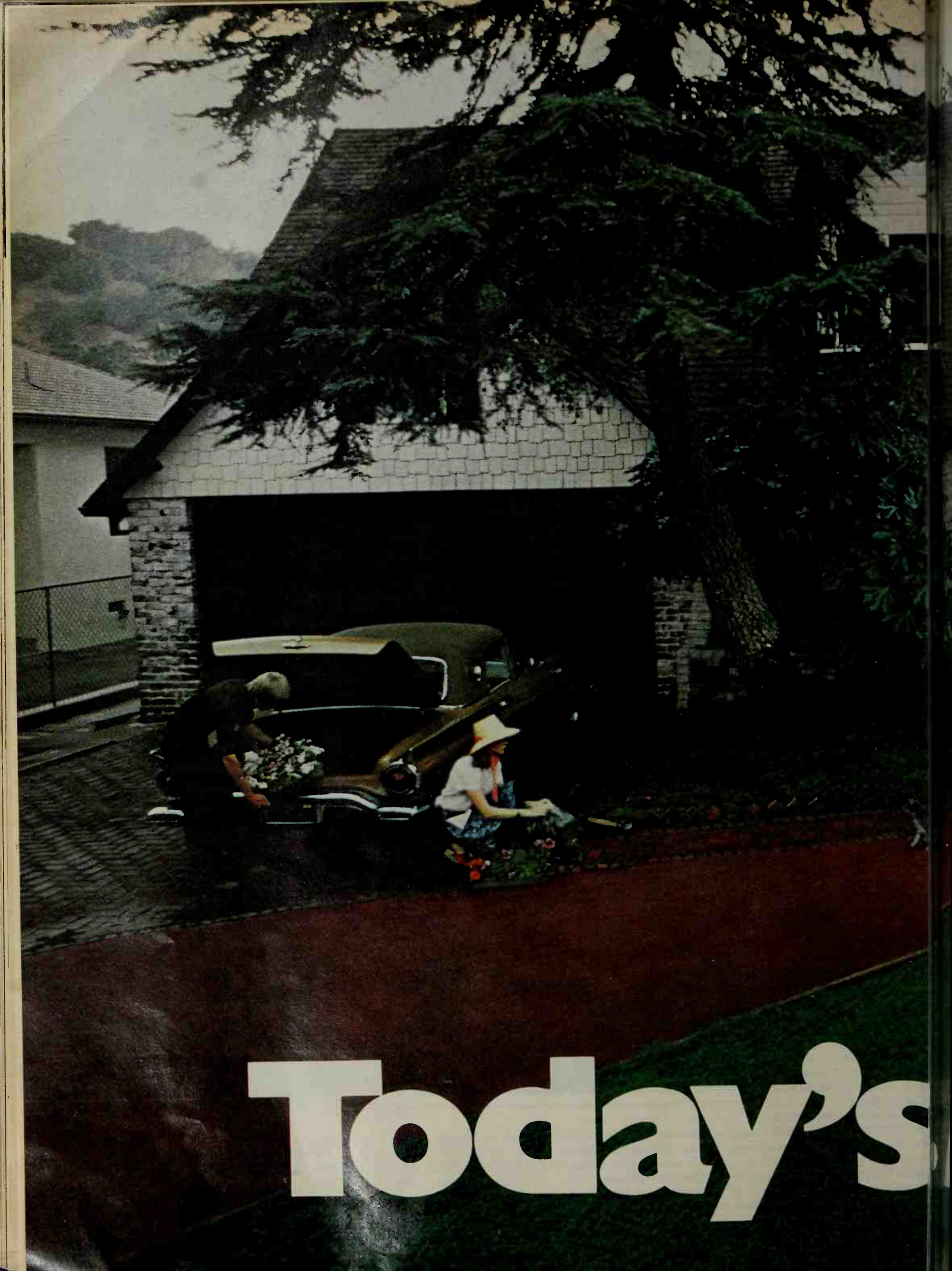
To keep porcelain enamel cookware looking brand-new, avoid high-temperature cooking. If food does burn on, soak the utensil in detergent. ■

DECORATE WITH FRENCH'S BEL-AIR CROUTONS

When you decorate with French's new Bel-Air Croutons you've got taste! Whether you sprinkle them in salads, soups, cottage cheese, vegetables or casseroles. Six crunchy flavors to mix or match with your favorite foods. Each in its own decorator box.

French's®

WE MAKE YOUR LIFE DELICIOUS!


Today's

Asphalt Roofing Manufacturers Association, 426 Pacific Ave., San Francisco, CA 94133

The roof on this house is made of a new kind of asphalt shingle. The edges are thick and irregular, so they cast deep random shadows. The color is deep and muted, so it blends in naturally with the architecture and the surroundings. The result is a woodsy, rustic look. But with all the fire safety of asphalt.

You can get shingles like these from a number of companies. In a variety of subtle earthtone colors. And in textures to blend in with any Western setting or architectural idea. Wherever you live in the West, Today's Asphalt fits in. Naturally.

Asphalt.

Easier yeast

Does your favorite yeast bread recipe call for dissolving the yeast in warm water? Well, the improved yeast on your grocer's shelf lets you skip that time-consuming step and reduces the amount of flour you'll need. Here's how to convert your recipes to this less chancy method.

Simply combine part of the flour and part of the other dry ingredients *(including the dry yeast)* in one bowl. Then add warm liquid and proceed as your recipe directs. Yeast manufacturers call this procedure Rapid mix or Instant Blend.

To change your yeast recipe to this new technique, use this master method: In large mixer bowl, combine yeast, any seasonings and enough of the flour to equal the total measure of liquid, shortening, sugar, and salt in your recipe. In saucepan, heat together liquid (milk, water or juice), fat (butter, margarine, shortening), sugar, and salt just till warm, stirring occasionally to melt fat. Add to dry ingredients in mixer bowl. Add eggs (if your recipe calls for it). Beat at low speed with electric mixer for ½ minute, scraping side of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a (soft, moderate, or stiff) dough. Place in greased bowl; cover and let rise.

PERFECT WHITE BREAD

1 package active dry yeast
5¾ to 6¼ cups sifted all-purpose flour
2¼ cups milk
2 tablespoons sugar
1 tablespoon shortening
2 teaspoons salt

In large mixer bowl, combine yeast and 2½ cups of the flour. In saucepan, heat together milk, sugar, shortening, and salt just till warm, stirring occasionally to melt shortening. Add liquid to dry ingredients in mixer bowl. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead till smooth, about 8 to 10 minutes. Shape into ball; place in greased bowl, turning once to grease surface. Cover; let rise till double, about 1¼ hours. Punch down. Cut dough into 2 portions. Shape each into a smooth ball; cover and let rest for 10 minutes. Shape

Photograph

loaves. Place in 2 greased 3-inch loaf pans. Cover; let rise till double, about 45 to 60 minutes. Bake in 400° oven about 30 minutes. If tops of loaves brown too quickly, cover loosely with foil during last 15 minutes.

Dole® Fresh Pineapple; And What To Make Of It.

Fresh pineapple is a surprisingly easy way to make everyday meals more exotic, exciting, colorful and delicious. To prove it, why not spring this Hawaiian Ham Salad on your family? Just follow the recipe below.

Ham Salad Molokai

Fresh Dole Pineapple	**Cherry tomatoes**
Ham strips	**Green onion**
Cucumber slices	**Dairy sour cream**
Avocado balls	**Dill weed**

Cut pineapple in half lengthwise through the crown. Remove fruit with a curved knife, leaving shells intact; core and chunk fruit. Combine pineapple chunks with all remaining ingredients; spoon into pineapple shells, serve.

How do you pick a nice, ripe pineapple? That's easy, too. Just look for the Dole label. Dole pineapple is scientifically selected for ripeness. Because we don't use guesswork when we pick them, you don't have to when you buy them.

If it says Dole, it's ripe and ready to eat.

Dole PINEAPPLE

© Castle & Cooke, Inc.

CASTLE & COOKE, INC.

Better Homes and Gardens
GUIDE TO VACATION VALUES

Better Homes and Gardens Editors understand that vacations which offer real value for your travel investment are important to you these days. That's why the BH&G Tour Service, created especially for readers of the magazine, brings you group tours which offer the greatest quality and value for the money. All BH&G Tours feature first class hotels, sightseeing, the services of a knowledgeable, full-time Tour Director and have frequent departures from early Spring to late Fall from many U.S. cities. You benefit from the economy of group rates, and BH&G service and professionalism assure you of a truly memorable vacation experience.

For instance, when you go to Italy, Rome is a must—especially during this Holy Year. The 15-day BH&G Tour to Italy includes seven nights in Rome. And, it gives you the other classic cities of Florence and Venice as well as two nights to enjoy the restful beauty of Stresa and Lake Maggiore. In addition to a quality tour, this trip features a charter flight and two meals a day, making it an exceptional travel bargain.

A truly excellent value is a 14-day trip to Spain. This BH&G Tour combines Spain's best cities, the pleasure of resort life on the Costa del Sol, and the mysterious excitement of Morocco. Included are two nights each in Madrid, Seville and Tangier, seven nights in Torremolinos, two meals a day and the added economy of charter air fare. This worry-free vacation promises to bring you a really delightful Spanish adventure.

Other attractive BH&G Tours feature charter flights to Hawaii. You can enjoy either 15 days or 8 days in beautiful Waikiki, Honolulu and the Big Island of Hawaii. As usual, you are assured of first class treatment with two meals a day including a special dining plan which will acquaint you with the famous restaurants of Hawaii—all at a price you can afford.

Three additional 15-day BH&G Tours are also available which provide more deluxe features and are designed to help you savor the foods, wines and cultures of other far-away places. These trips stress small groups (no more than 30), first class hotels, experienced BH&G Tour Directors, sightseeing and welcome and farewell parties to enhance the friendliness of your tour group.

Visit Amsterdam, Cologne, Heidelberg, Lucerne and Paris and come home relaxed because the trip was so perfectly handled for you. This excellent tour of Europe is based on Group Inclusive Tour (GIT) fare on regularly scheduled airlines and features two meals a day (except breakfast only in Amsterdam and Paris).

Or, perhaps you'd like to experience another way of life which emphasizes the famous homes, gardens and the traditions of England, Scotland and North Wales. Included are two meals a day except in London and Edinburgh (breakfast only), Group Inclusive Tour (GIT) fare on regularly scheduled airlines, plus pampered treatment all the way.

The BH&G Tour to Mexico and the Yucatan will help you experience the wonder of the Mexican culture and the ancient Maya civilization. This trip features economy air fare on regularly scheduled jet flights and two meals a day except breakfast only in Mexico City.

Because the BH&G Tour Service brings you the travel know-how necessary for a well planned trip, you can be assured of a worry-free vacation this year. All you have to do is to relax and enjoy the anticipation of visiting those far-away places while all the arrangements are handled for you. You can be confident that you will receive exceptional quality and service from the moment you send for details until the completion of your trip.

Only the complete information about BH&G Tours will help you decide which one is just right for you. Detailed itineraries are available free, without obligation. Use the coupon to receive descriptive brochures for the vacation of your choice.

BH&G TOUR SERVICE '75

Better Homes and Gardens Tour Service
555 Madison Avenue
New York, N.Y. 10022 • Tel. (212) MU 8-6507

Please send more information on:

- ☐ **SPAIN—From $529 to $689**
- ☐ **ITALY—From $759 to $869**
- ☐ **HAWAII*—From $740 to $780 (15 Days)**
  From $530 to $580 (8 Days)
- ☐ **BRITISH ISLES*—From $855 to $1,020**
- ☐ **EUROPE*—From $955 to $1,160**
- ☐ **MEXICO/YUCATAN—From $879 to $1,045**

Prices based on departure city and subject to change.
*Summer Air Supplement June, July, August.

Name

Street Address

City

State Zip Code

Tel. No. Area Code

B035

By Jacqueline Heriteau Hunter

Be your own greengrocer

Nothing can match the flavor of homegrown vegetables—so start digging! Here are ten most-likely-to-succeed vegetables, all suitable for small areas. Grow them in rich soil and space plants as packet directs.

Asparagus. Once established, asparagus will produce well for a decade or more with little maintenance. For best results plant a rust-resistant variety such as Mary Washington. Choose sturdy two-year-old nursery-grown crowns with large buds, and let the plants build up strength the first year. Then harvest two weeks the second year, the third season up until June 1, and until the middle of June after that. When spears reach six to eight inches, pick daily, snapping off at ground level. At end of harvest, let the spears soar into feathery ferns to store energy in crowns for next season's production.

Bush snap beans. These are easy to grow and are available in many disease-resistant varieties. Bush beans need no staking and mature a crop in seven weeks. To insure ample yield over a long period, keep new beans picked as soon as they reach six or seven inches. For a summer-long harvest, sow one row as soon as weather warms and another about three or four weeks later—and up to July 15 for a fall crop. Avoid disturbing bean plants when foliage is wet—you may spread disease spores.

Beets. Sow two packets. In early spring, sow an early variety that will be ready in 45 days. In early summer, sow a late variety to provide baby beets and greens for summer's end and a mature crop to dig for fall. Beets are best when three inches in diameter. Harvest leaves as required, but leave enough to nourish each plant.

Brussels sprouts. Sow seeds directly in the ground outdoors in late spring and harvest through the fall. Buds form in axils of the leaves along the central stem with lower ones maturing first. When the lower sprouts approach one and a half inches in diameter, watch lowest leaves for first indication of yellowing. Then break off these leaves and remove sprouts to capture the most delicate flavor.

Cucumbers. They're popular for pickling and salad makings. Pick as soon as the cucumbers reach five inches and they'll produce generously over a long period. You can expect the first picking in eight or nine weeks. Select wilt- and mosaic-resistant varieties—black-spined ones if you want them for pickling, and white-spined for summer feasting. Seed is usually sown when the soil warms in spring, but you can get an early start by sowing some seeds indoors a couple of weeks before the usual time for outdoor sowing. Use two seeds to a three-inch pot. Select strongest seedling and cut off the weaker one. Plant pot and all when soil warms. To minimize pest problems, avoid planting in the same spot each year.

Lettuce. To fill the salad bowl from spring through fall, plant early leaf and loose-headed types of lettuce as soon as frost is out of the ground. You can expect a crop in 40 days with lots of thinnings, which can be used for early salads and to cook as "spinach." At the same time, plant crisp romaine (or cos lettuce) and it will be ready when early types are gone, or bolt in summer heat. Sow a row of the early type in late summer for fall crop.

Parsnips. These delicious vegetables need a long growing season, but you can dig them until the ground is hardened by frosts. The remainder of the roots can be left in the ground for early spring use. Parsnips are hardy, and their flavor is sweeter in spring. Seed germinates slowly so mark the row for identification by mixing in fast-germinating radish seed for a two-crop row. Radishes mature quickly and will be used up while the parsnips are still small.

New Zealand spinach. Garden-fresh spinach is a delight. This variety tolerates warmer weather than the ordinary kind. You can pick tender tips all season until the first frosts hit. New Zealand spinach is less particular about soil than true spinach and needs less washing. Midspring is the time to plant, but first soak seed for 48 hours. You can harvest in about ten weeks.

Squash. Zucchini is the tastiest of the summer squashes. It can be baked, boiled, broiled, stewed with other vegetables, used as a raw dip stick or chopped into salads—and leftovers freeze well. Sow seed at bean-planting time. Expect first picking in about six weeks. You'll get lavish production until frost if you keep picking all fruits as soon as they're five inches long. Butternut is the sweetest of the fall squashes and it keeps for months if stored in a dry room at 45 to 50 degrees. Plant between tall vegetables, such as Brussels sprouts, to shade the ground, keep down weeds, and conserve space. Cut fruits in fall with two inches of stems attached for storage. They make a great pie.

Tomatoes. These are expensive to buy even in season. With small effort on your part, your plants will produce a large continuous crop until frost. You can gather mature green fruit before a hard freeze and they'll ripen indoors. Dark green ones make a good relish and piccalilli. For early fruits to use in salads, grow cherry tomatoes in containers. The main crop of standard tomatoes will be ready after midsummer if you set out four to six plants (12 to 18 if you can or make juice) as soon as soil feels warm. Pink and yellow kinds are less acid than red ones. Staking the plants allows increased yield and conserves garden space. By each plant, set a 2x2 stake six feet long and drive it 18 inches into the ground. As stems grow during the season, tie them to the stakes. Keep plants picked of all ripe fruits. ■

cts about
ɔric softeners

down the aisle in your
·market and look at the ar-
ɔf fabric softeners. All are
ned to make your clothes
r, fluffier, easier to iron,
o minimize wrinkling—but
are some important differ-
. To make a wise choice,
: the following facts:

lar softeners

most familiar type is the
l fabric softener you dilute
ıdd to the final rinse water
ɔur washing machine. But
mber, unless you have an
natic dispenser, you have to
the machine to make the
on at just the right time.
ɔurse, if you miss the final
cycle, you can run the
:s through a special extra
and use the fabric softener

e manufacturer sells an in-
ısive dispenser that can be
with any top-loading auto-
washer. The dispenser,
ı is like a hollow ball, re-
the softener during the
cycle. The centrifugal force
: spin cycle opens the dis-
r and then releases the
ıer into the water of the
cycle.
gular fabric softeners
dn't be added to the wash
because its chemicals are
ɔmpatible with those in de-
ıts, and both will be inef-
: if used together.

cycle softeners

are convenient to use be-
you can add them to the
cycle. Their chemical
ıp is compatible with the
·y detergents.
sh cycle softeners can also
ed like regular softeners
the final rinse. However,
'acturers recommend that
se only half the amount in
se.

ɔl softeners

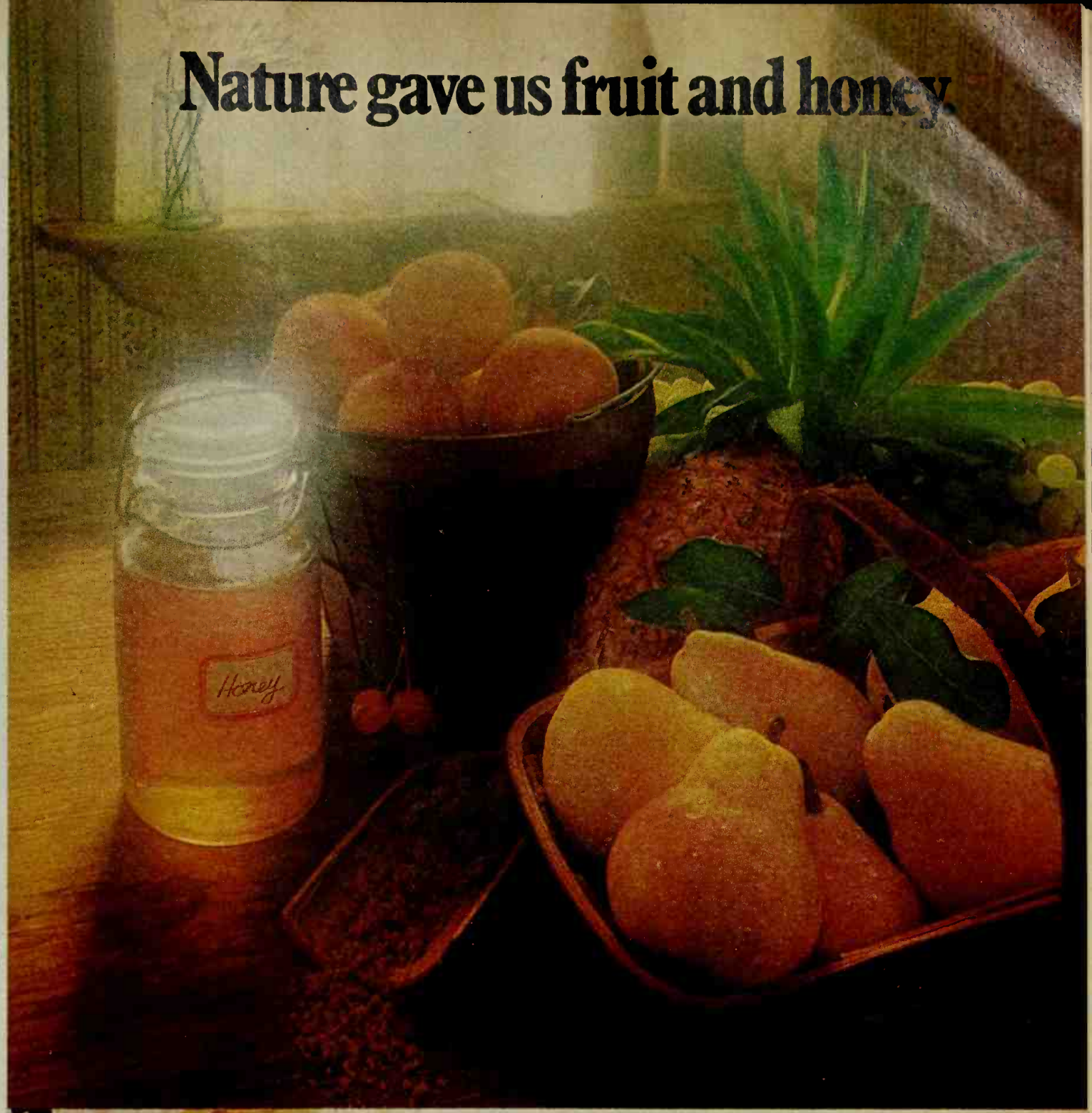
new type of softener
t go near the washer at all
used in the dryer. All you
spray lightly twice around
side of the dryer (gas or
:). put clothes in, and start
ıchine. As clothes tumble,
ick up the softener, which
ıulated to eliminate static
city. Each load of clothes
yed.

ıs

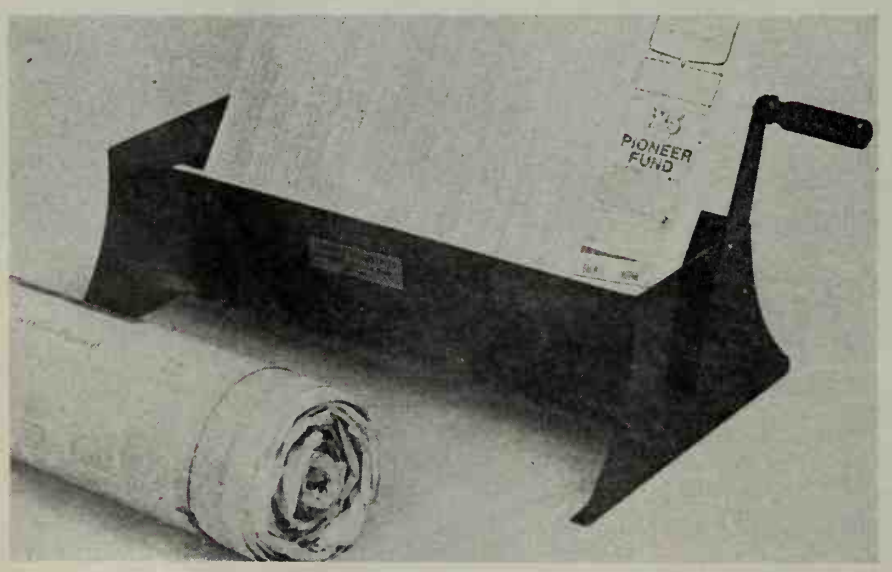
bric softeners should be
nly as specifically directed
label.
er pour or spray fabric softener directly on your clothes. Liquid softeners especially can cause stains. To remove any stains that might occur, rinse the fabric under running water and wash again.

Never put fabric softeners into the bleach dispenser or detergent dispenser; they're not equipped to handle it properly. Use only fabric softener dispensers or add as directed.

If you use fabric softeners in every wash load, they tend to build up on fabrics, reducing their absorbency. It's a good idea to omit the softener every fourth wash or so.


Nature gave us fruit and honey.

So we could give you Fruit 'N Honey.®
We took a tip from nature and combined her choice fruits with a light blend of pure honey and brown sugar. That's Fruit 'N Honey—and there's no other canned fruit like it. Peaches, Pears, Apricots or Fruit Cocktail . . . if you like fruit and honey, you'll *love* Fruit 'N Honey! It's only natural.



Free Fireplace Logs

Tired of the expense and trouble of burning real wood? Then recycle wastepaper, newspaper, and magazines into fireplace logs!

Portable and easy to operate, the logger is useable all year long. It rolls paper into 4½"x20" logs that produce a hot, pollution-free flame. And three logs on the grate will provide a cozy, warm fire for up to five hours with no popping from flying sparks!

So save yourself time and money. Send for a Logger today!

*Total amount enclosed $*_____

Residents of CA, IA, IL, and NY, please include sales tax.

Please send me the following:

☐ **No. 13838 Logger $16.49 each plus $1.75 postage and handling for each Logger ordered.**

If you wish to use your charge card, fill out appropriate boxes below:

Expiration Date Month/Year ☐☐☐☐

Master Charge Interbank No. ☐☐☐☐

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

your BANKAMERICARD welcome

master charge THE INTERBANK CARD

Send order and remittance to:
Better Homes and Gardens, Dept. 2QD
Box 374, Des Moines, Iowa 50336

Name_____

Address_____

City_____

State_____ Zip_____

OUR GUARANTEE: Money back if not completely satisfied.

Symbol signs show the way

Operating on the theory that a picture is worth at least several words, the Federal Department of Highways and Public Roads and the National Park Service are engaged in nationwide road sign programs designed to make traveling easier and safer.

The aim of the federal program is to replace conventional written messages—such as "Hill" or "No right turn"—with international symbol signs. The symbol for hill, for example, will be a silhouette of a truck on a downgrade. The "No turn" symbol will be a right-angled black arrow in a red circle with a slash across it; the red circle and slash over any symbol means "No."

The idea behind the change is that symbols transmit their messages much more quickly than the written word, thus cutting down on driver reaction time in danger situations and making it easier for drivers to find their way while moving at normal traffic speeds.

There are 17 international signs in the new federal program, and spokesmen for the department are hopeful that all will be adopted by the various states for the greatest possible uniformity. However, only the yield, merge, and school zone symbol signs are mandatory; states have the option of adopting the other 14.

The new Park Service program is much more detailed, involving 77 different symbols. Of these, 33 can also be given the "No" slash mark. A truck silhouette, for example, indicates roads open to truck traffic; the slash over the same symbol means no trucks.

December 31, 1974, had been set as the target for the change to the new highway signs, but federal officials expect the project to take until at least mid-1975 because of complicated installation procedures, sign manufacture problems, and the fact that some states must pass new laws to get the new signs.

The Park Service program already under way, has no specific deadline.

Getting used to the new signs will be the easiest part of the program. During the first three years of installations, each symbol will be accompanied by the written message it will eventually replace.

The 1968 United Nations Conference on Road Traffic in Vienna gets credit for spurring the new federal sign system, and three years of research by the University of Bridgeport and UNESCO's International Committee for Breaking the Language Barrier went into the Park Service guide signs. But U.S. highway authorities are fond of citing the experience of Russian highway planners in making the case for symbols. The Russians in their search for a better stop sign, tried the octagonal red U.S. version, complete with the English word "Stop" in white letters. It worked, and is going in use on highways throughout the Soviet Union. ■

Floor design copyrighted by Armstrong.

Franciscan Court™

For the first time—a no-wax floor that offers color-coordinated fabrics and wallcoverings!

Now it's easy to have a *professionally* color-coordinated room! When you see this bright new Solarian design at your Armstrong Floor Fashion Center store, you'll find—in the same place—the color-coordinated fabrics and wallcoverings selected by Armstrong's own interior designers.

FRANCISCAN COURT is Solarian, the Armstrong floor that shines without waxing, far longer than an ordinary vinyl floor. Every time you mop it clean, it *really does look just waxed!* You have your choice of four lovely colors. Then pick the fabrics and wallcoverings that coordinate perfectly with your new floor. You'll end up with a beautiful professionally coordinated room . . . thanks to Armstrong's interior designers and your Armstrong Floor Fashion Center store.

And remember, the Armstrong Floor Fashion Center Guarantee covers both FRANCISCAN COURT FFC™ Solarian *and* the custom installation, too. See FRANCISCAN COURT, and the details of this unusual guarantee, at your nearest Armstrong Floor Fashion Center retailer listed below.

Armstrong floor fashion center

HERE'S WHERE YOU GET NO-WAX FRANCISCAN COURT, WITH COORDINATED FABRICS AND WALLCOVERINGS:

LEY
UM SALES CO., INC.
Pablo Avenue • Phone: (415) 524-7024

LD
BROTHERS
h Texas • Phone: (707) 425-1522

NT
CITY
nmoor Drive • Phone: (415) 793-3312

RD
N BROS., INC.
thill Blvd. • Phone: (415) 581-6776

N CARPETS & LINOLEUM
sion Blvd. • Phone: (415) 538-2404

TTE
ETT'S LINOLEUM
Diablo Court • Phone: (415) 284-4807

LOS ALTOS
WALTHER'S FLOOR COVERING
5084 El Camino Real • Phone: (408) 968-1657

MARTINEZ
FRONTIER FLOORS & INTERIORS
621 Las Juntas Street • Phone: (415) 228-4000

OAKLAND
ACME LINOLEUM
4778 East 14th Street • Phone: (415) 261-3302

ANDERSON CARPET & LINOLEUM
4101 Broadway • Phone: (415) 652-1032

ANDREWS LINOLEUM CO.
10323 MacArthur Blvd. • Phone: (415) 568-5478

CONKLIN BROS., INC.
2701 Telegraph Avenue • Phone: (415) 836-2867

PITTSBURG
FLOOR FASHIONS
415 East 10th Street • Phone: (415) 432-6496

REDWOOD CITY
STUART FLOOR COMPANY
1455 Veterans Blvd. • Phone: (415) 369-2506

RICHMOND
GRAHAM & AVENUE FLOOR COVERING
1063 23rd Street • Phone: (415) 235-2676

SAN CARLOS
PENINSULA FLOORS, INC.
695 Industrial Road • Phone: (415) 591-5387

SAN MATEO
CONKLIN BROS., INC.
2215 El Camino Real • Phone: (415) 345-5761

SAN RAFAEL
JACKSON'S
435 DuBois • Phone: (415) 454-3740

RAFAEL FLOOR COVERING
822 Francisco Blvd.West • Phone: (415) 456-3656

SANTA CLARA
CONKLIN BROS., INC.
200 North Winchester • Phone: (408) 244-4141

SANTA ROSA
CONKLIN BROS., INC.
505 "B" Street • Phone: (707) 542-4981

SUPERIOR BUILDING MATERIALS
3181 Cleveland Avenue • Phone: (707) 545-6363

UKIAH
CHAMBERLAIN FLOOR COVERING
888 North State Street • Phone: (707) 462-6807

VALLEJO
RENO'S FLOOR COVERING
1701 Broadway • Phone: (707) 691-5252

WALNUT CREEK
CONKLIN BROS., INC.
1929 Mt. Diablo Blvd. • Phone: (415) 937-4660

THOMPSON FLOOR COVERING
1525 Locust Street • Phone (415) 939-6552

By Nancy Byal

Fruit and cheese desserts

Photographs: Dieter

Fruit and cheese—they're a classic dessert combo. We've combined their complementary flavors in an after-dinner cheese ball and Israeli-style crepes for special dinners, and a fruit bake for everyday meals. Steaming espresso coffee or a sweet dessert wine makes the perfect after-dinner beverage partner.

COTTAGE CHEESE BLINTZES

Strawberry preserves are in the filling and on top—

- ¾ cup all-purpose flour
- 2 tablespoons sugar
- ¼ teaspoon salt
- 2 slightly beaten eggs
- 1 cup milk
- ½ cup cream-style cottage cheese, sieved
- 1½ cups well-drained cream-style cottage cheese
- 1 slightly beaten egg
- ½ teaspoon vanilla
- Dash ground cinnamon
- ½ cup strawberry preserves
- Butter or margarine
- Whipped cream
- Strawberry preserves

In mixing bowl, thoroughly stir together flour, sugar, and salt. Combine the 2 eggs, the milk, and the ½ cup sieved cottage cheese; gradually add to flour mixture, beating till smooth. Pour about 2 tablespoons batter into hot, lightly greased 6-inch skillet. Quickly swirl pan to spread batter evenly. Cook over medium heat till golden on bottom and edges begin to pull away from side, about 2 minutes. Loosen; turn out of skillet onto paper toweling. Repeat with remaining batter.

Stir together the drained cottage cheese, the 1 egg, vanilla, and cinnamon. Place blintz cooked side up; spoon 1 tablespoon of the cottage cheese mixture in center. Top with 1 teaspoon preserves. Overlap sides of blintz atop filling, then overlap ends. Repeat with remaining blintzes. Brown on both sides in small amount of butter or margarine. Serve hot topped with whipped cream and strawberry preserves. Makes 8 or 9 servings.

GOURMANDISE DESSERT CHEESE BALL

Cream cheese helps make more expensive gourmandise cheese go further—

- 1 8¾-ounce can crushed pineapple (juice pack)
- 8 ounces gourmandise, softened
- 2 3-ounce packages cream cheese, softened
- ½ cup chopped pecans

Drain pineapple, reserving 2 tablespoons juice. Beat softened gourmandise, softened cream cheese, and reserved juice till well blended. Stir in crushed pineapple. Chill thoroughly. Shape into a ball; roll in chopped nuts. Chill till serving time. To serve, place in center of tray. Surround with crackers and sliced fresh fruits such as apples and pears. Makes about 2 cups.

CREAMY PEAR CHEDDAR BAKE

A casual dessert that tastes great served warm or chilled—

- 1 cup all-purpose flour
- 1 tablespoon sugar
- Dash salt
- 4 tablespoons butter or margarine
- 1 slightly beaten egg yolk
- 1 tablespoon water

• • •

- 1 29-ounce can pear halves, drained
- ⅓ cup sugar
- 1 teaspoon lemon juice
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ cup whipping cream
- 1 5-ounce jar neufchatel cheese spread with pineapple
- ½ cup sugar
- 2 slightly beaten eggs
- 1 teaspoon vanilla
- ½ cup shredded natural cheddar cheese

Combine flour, the 1 tablespoon sugar, and the salt; cut in butter or margarine till mixture resembles coarse crumbs. Combine egg yolk with water; blend into crumb mixture. Press on bottom and two-thirds up sides of 8x8x2-inch baking dish. Slice pear halves; combine with the ⅓ cup sugar, the lemon juice, cinnamon, and nutmeg. Turn into prepared crust. Bake in 425° oven 10 minutes. Meanwhile, gradually stir whipping cream into neufchatel cheese. Combine with the ½ cup sugar, the eggs, and vanilla. Sprinkle cheddar cheese over pears. Pour cheese mixture atop. Bake in 350° oven 30 to 35 minutes or till set. Cut in squares. Serve warm or cool topped with sweetened whipped cream, if desired. Makes 8 or 9 servings.

REDPACK® TOMATOES MAKE GREAT COOKS.

Our talented family of tomatoes make great cooks... like *you!* Here's how.

Cook Rich: Make everyday meals extravagantly good with Redpack . . . the richer Tomato Paste.

Cook Juicy: Redpack Whole Tomatoes packed in Juice are bursting with sweet, natural goodness. Pour it on!

Cook Quick: Serve up a thicker sauce in half the time with Redpack, the 'Quick Tomato,' in Puree. Hooray!

Cook Italian: Authentic, old-world flavor starts with Redpack Peeled Pear-Shaped Tomatoes. Delissimo!

Cook Zesty: The zippy touch of seasoning in Redpack Stewed Tomatoes adds the spice of variety to any dish.

Team up with a great cook: Redpack Tomatoes. They're talented enough to turn everyday meals into a creative adventure. Ask your grocer to introduce you to the Redpack family of great cooks today.

Announcing the Newest, Most Modern Calculator for Home and Business

. . . from Better Homes and Gardens

Just look at all these features:

- New, easy-to-read green fluorescent number display twice as large as others
- % key gives one-step automatic percentage
- MT key totals and clears memory
- MR key automatically recalls memory without totaling
- M+ key adds answers to memory; you choose answers to save
- M− key subtracts answers from memory
- EX key automatically reverses a calculation
- C key is dual function: depress once to clear last entry; depress twice to clear entire calculation
- Signal light shows when memory is in use
- Rechargeable, lifetime batteries with low battery warning signal
- Full, 8 digit capacity
- Automatic decimal always keeps decimal in right place
- Automatic constant retains multiplier or divisor for repetitive calculations
- Weighs only 6 oz.; fits pocket or purse
- Comes with adaptor for plug-in use, and carrying case.

Today, more than ever, a calculator is a necessity, not a luxury. You can save hours of time and money with this handy tool. Use it to balance the household budget, tally daily shopping costs, compute cost to run home and car (utility bills, mortgage payments, gasoline and car repairs), figure interest on loans and savings, determine amount of material needed for sewing, compute income tax, figure profits and costs on investments, tally scores for bowling and card games—and a dozen more uses. Great for students. And its the perfect gift for everyone.

You deserve top value for your money. We wanted to make sure we could offer you just that. This calculator has more features than any other at this price, features normally found only on machines costing twice as much. Manufactured by one of the world's leading firms, it carries a full year warranty.

Please send me the following:

☐ **No. 13841 Calculator $37.88 each; 2 for $70.88.**

Please include $2.00 postage and handling for each calculator ordered.

Total of merchandise $_____

Postage and Handling $_____

Residents of CA, IA, IL, and NY, please include sales tax $_____

TOTAL $_____

OUR GUARANTEE:
Money back if not completely satisfied.

If you wish to use your charge card, fill out boxes below:

your BANKAMERICARD

Expiration Date Month/Year ☐☐☐☐

Master Charge Interbank No. ☐☐☐☐

master charge THE INTERBANK CARD

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Send order and remittance to:
Better Homes and Gardens, Dept. 2QK
Box 374, Des Moines, Iowa 50336

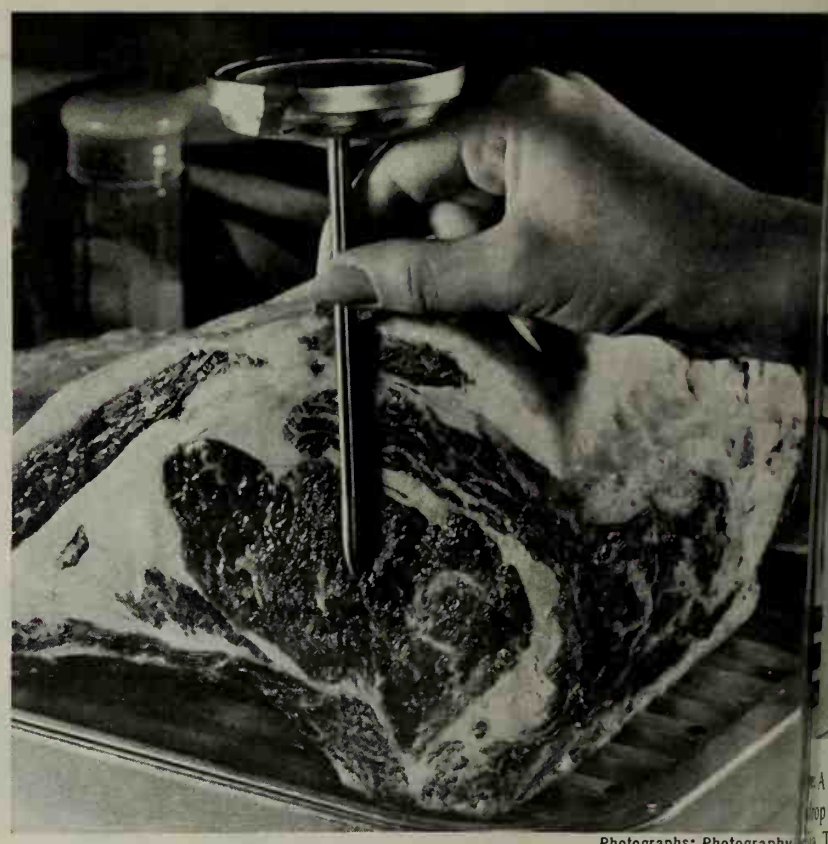
Name_____

Address_____

City_____

State_____ Zip_____

Hints for cooking meats



Photographs: Photography

Make certain the meat thermometer is correctly placed in large cut of meat by first measuring distance, as in the sta ing rib roast above. Insert thermometer in the center of roast so the bulb is in the largest muscle and does not to bone or fat. This means the tip of the thermometer is loca slightly *beyond* the center, since the bulb is not quite at the

To stuff and truss a turkey or chicken with ease: Rin and pat dry with paper toweling. Stuff wishbone cavit ly; skewer neck skin to back to close. Rub large cavit salt. Lightly spoon in stuffing—do not pack. To clos skin together with metal skewers or pins; lace crisscro ion with cord. Tie legs to tail; tuck wings behind sh Roast immediately.

ıke it yours
:h
cessories

when you've color-schemed
urnished a room to suit you,
t really yours till you stamp
th your own personality.
calls for imagination and
of daring, as these three
ples illustrate.

e: A kitchen wall acts as the
lrop for a treasury of mem-
ia. This hodgepodge group-
s proof that objects don't
o be closely related to work
ner. The miscellany includes
eces from fruit crates, ice
an auto clutch plate, and
e gadgets.

: To personalize a room on
string, apply imagination
little muscle. Here the
wners built a roomy win-
nch, then backed it with
of handmade pillows. A
nd a pair of chairs provide
nal offbeat seating.

Photographs: Hedrich-Blessing

Free advice from 83 professional pool builders

Phoenix, Ariz.
(602) 263-7630
Tucson, Ariz.
(602) 793-9361
Bakersfield, Ca.
(805) 831-6673
Menlo Park, Ca.
(415) 324-1133
Palm Desert, Ca.
(714) 346-6115
Redding, Ca.
(916) 243-5321
Sacramento, Ca.
(916) 457-5755
San Bernardino, Ca.
(714) 886-5396
San Diego, Ca.
(714) 283-2321
San Gabriel, Ca.
(213) 285-2261
San Rafael, Ca.
(415) 454-6644
Santa Rosa, Ca.
(707) 545-1091
Visalia, Ca.
(209) 733-5888
Denver, Colo.
(303) 757-5481
Berlin, Conn.
(203) 529-7701
Boca Raton, Fla.
(305) 395-5881
Fort Lauderdale, Fla.
(305) 772-4530
Jacksonville, Fla.
(904) 641-5265
Largo, Fla.
(813) 531-7757
Miami, Fla.
(305) 264-5311
Panama City, Fla.
(904) 234-5081
Atlanta, Ga.
(404) 321-5255
Honolulu, Hawaii
(808) 538-3741
Boise, Idaho
(208) 345-2792
Palatine, Ill.
(312) 991-1800
Fort Wayne, Ind.
(219) 432-2515
Cedar Rapids, Iowa
(319) 364-1705
Des Moines, Iowa
(515) 265-5876
Wichita, Kansas
(316) 722-1431
Shreveport, La.
(318) 865-1427
Malden, Mass.
(617) 322-3800
Seekonk, Mass.
(617) 336-8600
Detroit, Mich.
(313) 255-3040
Kalamazoo, Mich.
(616) 327-3784
Muskegon, Mich.
(616) 798-3364
Saginaw, Mich.
(517) 793-7121
Springfield, Mo.
(417) 865-3441
Las Vegas, Nev.
(702) 735-8444
Reno, Nev.
(702) 786-5320
Monmouth Jct., N.J.
(201) 297-2500
Albuquerque, N.M.
(505) 344-2766
Buffalo, N.Y.
(716) 674-3500
Farmingdale, N.Y.
(516) 293-8540
Ilion, N.Y.
(315) 894-4670
Voorheesville, N.Y.
(518) 765-2233
Asheville, N.C.
(704) 253-6233
Fayetteville, N.C.
(919) 425-6138
Greensboro, N.C.
(919) 299-7044
Cincinnati, Ohio
(513) 421-5805
Cleveland, Ohio
(216) 734-0065
Oklahoma City, Okla.
(405) 848-5551
Tulsa, Okla.
(918) 622-7250
Eugene, Ore.
(503) 688-1090
Medford, Ore.
(503) 779-3607
Portland, Ore.
(503) 643-5588
New Hope, Penn.
(215) 794-8425
Florence, S.C.
(803) 393-5463
Greenville, S.C.
(803) 277-5146
Austin, Texas
(512) 453-5389
Amarillo, Texas
(806) 355-3931
Dallas, Texas
(214) 241-2412
Houston, Texas
(713) 332-1591
Laredo, Texas
(512) 722-1758
Sandy, Utah
(801) 561-4294
Montvale, Va.
(703) 345-4412
Newport News, Va.
(804) 595-1191
Virginia Beach, Va.
(804) 340-3445
White River Jct., Vt.
(802) 295-7143
Spokane, Wash.
(509) 489-3655
Seattle, Wash.
(206) 362-9100
Mequon, Wisc.
(414) 241-5760

CANADA

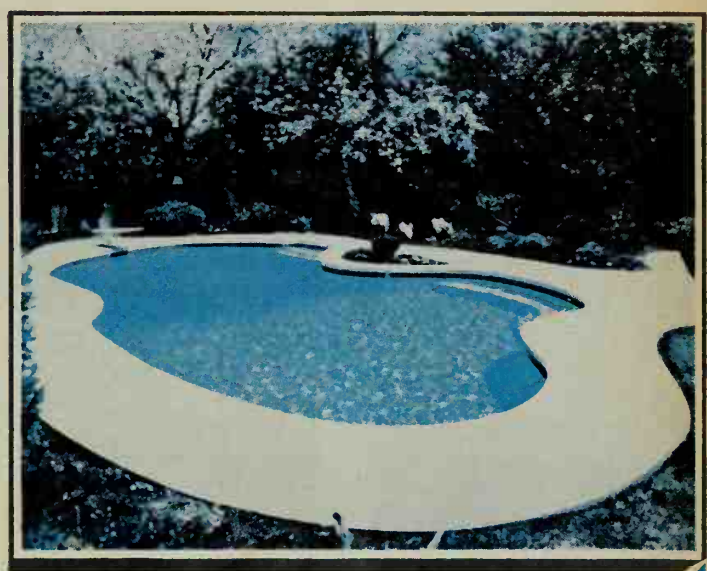
Calgary, Alb.
(403) 243-0164
Edmonton, Alb.
(403) 426-0555
Kingston, Ont.
(613) 389-5510
London, Ont.
(519) 652-3257
Oshawa, Ont.
(416) 728-0935
Ottawa, Ont.
(613) 224-1368
St. Catherines, Ont.
(416) 684-9203
Peterborough, Ont.
(705) 743-5323
Toronto, Ont.
(416) 531-2481
Willowdale, Ont.
(416) 222-4734
Faberville-Laval, Que.
(514) 622-5000
St. Romuald, Que.
(418) 839-8811

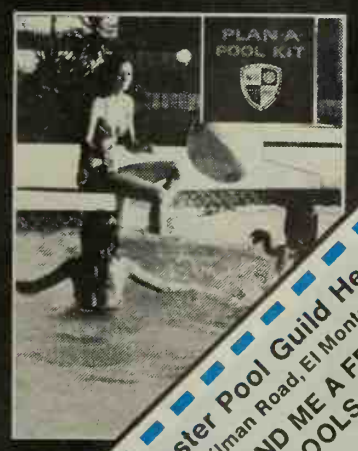
MASTER POOLS

master POOLS

We bring professional standards and ethics to pool building

Before you talk to any pool contractor, write for our free Plan-a-Pool kit. It will give you some good ideas, answer a lot of your questions—and probably raise a few new ones. We promise it will save you a lot of time in getting exactly what you want: a custom pool, built by a professional, at a competitive price. And that's a stamp well-spent. For faster action, give any one of our pros a call.





Master Pool Guild Headquarters
3305 Gilman Road, El Monte, California 91732
PLEASE SEND ME A FREE COPY OF YOUR
MASTER POOLS PLAN-A-POOL KIT.

NAME
ADDRESS
CITY
STATE
ZIP

Left: If you have photos stashed in drawers, consider putting them to work to brighten a breakfast nook or dining room. To produce the effect that's most pleasing try planning the arrangement on the floor before hanging the collection on the wall. Here a symmetrical arrangement was produced by combining favorite photographs in a variety of frame sizes. Care was taken to tie the grouping to its surroundings. The picture frames pick up the warmth of wood tones in the furnishings. The curves of the bentwood chairs are repeated in the wall-hung rug beater.

A family room with indoor-outdoor scenery

Photographs: John Rogers Owners: M/M James D. Garner

When this family decided to enclose the porch to create this attractive room, they were determined not to separate themselves from their well-groomed garden outside. Here's the result of their good planning: a family activity room that naturally links the inside with the outdoor landscaping.

In the Southwest where this home is located, the climate is ideal for growing greenery both indoors and outside. The wide selection of exotic plants reflects the family's great interest in plants, natural history, and gardening.

To achieve this lush look, pots of plants were brought inside the glass walls. Now the family can live with nature indoors as well as out, all year round.

The family room begins indoors, then moves to the verdant outdoors across a redwood deck. Floor-to-ceiling sliding glass doors let sunshine into the indoor garden. Rich, weathered redwood blends with the antique-finished rough cedar siding used on the family room walls. The same antique finish was applied to the old wicker love seat and wrought-iron coffee table.

The harmonious merger of indoors and out is also reflected in the round dining table. Because it's made of wood and wicker, the table maintains the garden look, but the upholstered seat cushions add a note of elegance.

From any spot around the table, the diner enjoys a view of green-growing plants. This serene eating area is the ideal setting for sunny morning brunches, romantic dinners for two, or spirited card games.

The greatest selection of fine crystal and glassware made in America. It's Fostoria, of course.

ASPEN barware from Fostoria's new Great American Lead Crystal collection—the only readily available lead crystal made in America that measures up to International Standards.

Authentic Henry Ford Museum Reproduction

No other crystal and glassmaker in America can offer you the selection *and the quality* Fostoria can.

Take our new Great American Lead Crystal collection. It's still the only readily available lead crystal made in America that meets International Standards.

And take our blown stemware. There probably isn't a woman of marriageable age in the country that doesn't at least know our name. You don't gain that kind of reputation if you haven't earned it.

Fostoria giftware, Fostoria hand-molded glassware, and Fostoria fine and casual crystal. Each piece crafted with experience and artistry and talent. That's what makes it Fostoria.

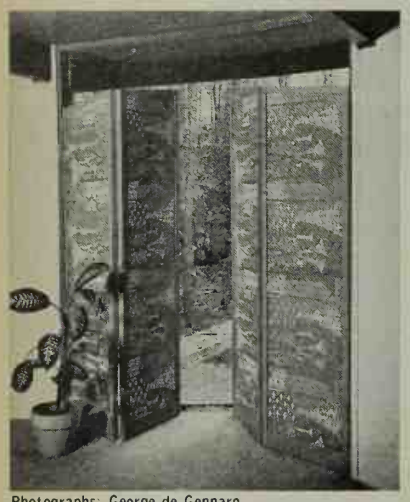
So whether you're getting married, giving a gift, or just adding to your own collection of good things, ask for Fostoria. You'll find it in fine department, jewelry, and specialty stores all over the country. And don't be surprised if you find it in some of the finest homes.

Fostoria

We've been working on your crystal for 88 years.

Stylish screens to suit your needs

Versatile is the word for screens. You can use them to hide, divide, or separate rooms. And you can choose from an almost infinite variety of styles or create your own one-of-a-kind design. In the room below, the V-shaped window screen is as decorative as it is functional. It's covered with printed linen on the inside and fabric to match the curtains on the other.



Photographs: George de Gennaro

You can make a good-looking screen like this from redwood strips and colorful canvas.

This latticed wood screen decoratively divides the dining area from the living room.

HOW DOES BORATEEN
WITH BLEACH IN

BEFO

One hot dog with mustard.

Chocolate bar. Warm hands.

Sloppy egg for breakfast.

Catsup.

Just plain dirt.

It was a lawn party.

Lots of mustard.

Chocolate bar in left hand.

Same egg.

And more catsup.

Just plain

It's better. Because it work

Both sides of this dress washed clean with most stains gone. As for whiteness, you can't tell the difference. However, unlike chlorine bleach, BORATEEM PLUS works on every washable col every fabric, everything you wash from white party dress permanent press paisley shir to gritty, stained blue jeans.

PRODUCT OR PERFORMANCE DEFECTIVE
Good Housekeeping GUARANTEES
REPLACEMENT OR REFUND TO CONSUMER

PLUS® COMPARE TAIN REMOVAL?

FO FTER

n colors too.

use BORATEEM PLUS is a
h substitute and not a harsh
ine bleach, your clothes last
r, look newer longer, smell
and sweet after every washing.

Make your own comparison test. Here's twenty cents to start you off!

BORATEEM PLUS. **The bleach substitute for everything you wash, every time you wash.**

Save 20¢

On Borateem Plus,® the Bleach Substitute.

Mr. Dealer: For prompt reimbursement for this coupon, send it to BORATEEM Plus, Box 1475, Clinton, Iowa. We will pay you 20¢ plus 5¢ per coupon for handling, provided coupon is redeemed only on BORATEEM Plus, and invoices showing your purchase of sufficient stock to cover coupons presented for payment can be shown on request. Any other use constitutes fraud. Coupons are nontransferable and redeemable only through BORATEEM retailers. Coupon is void if use is taxed, restricted, or prohibited by law. Any sales tax must be paid by customer. Cash redemption value: 1/20 of 1¢. 20 Mule Team Dept., UNITED STATES BORAX & CHEMICAL CORP.

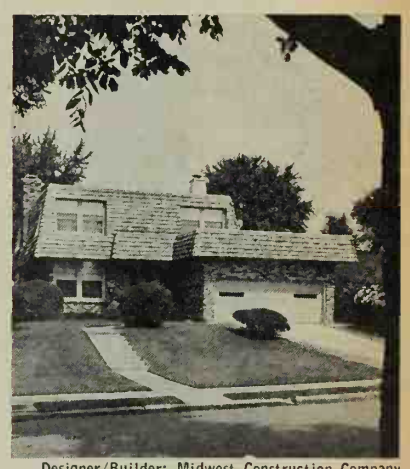
BHG-3/75

Beauty treatment for a boxy house

An avant-garde design of the '20s, this stucco two story looked boxier and uglier as the years went by. A face-lifting with brick and cedar shakes put the house right in step with the '70s.

Photographs: Les Turnau

Originally, there was nothing wrong with the home's basic proportions, and the large deck atop the two-car garage was well worth preserving. What made the house look like an elderly apartment was the crumbling stucco and pancake-flat roofs.



Designer/Builder: Midwest Construction Company

To soften the hard, angular lines, the owners covered the upper level with a simulated mansard roof, then continued the mansard shape across the entry porch and around the garage. Two bonuses of this design technique are a well-shaded lower level and a completely private deck over the garage, hidden from view by the mansard facade.

A veneer of Belgian mixed bricks encases the lower level and continues up the chimney. The browns and beiges of the bricks complement the natural cedar color of the mansard roof.

Now all exterior surfaces—both the shakes and the bricks—are completely maintenance free. And the new shape and character of the house give it a pacesetter role, not unlike the one it played 50 years ago.

High-rise headboards

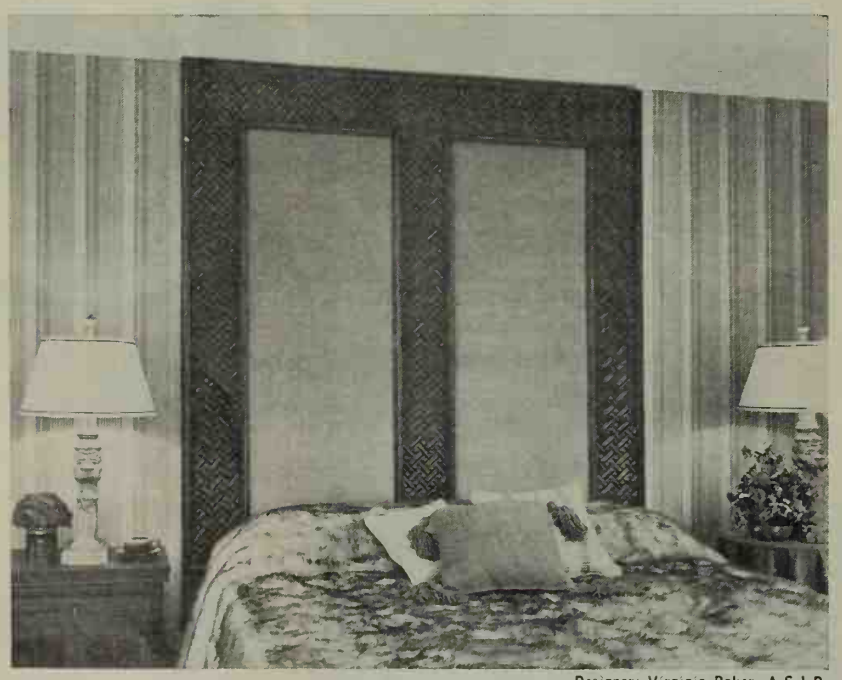
Sometimes a bedroom falls into a slump for lack of a central idea. One solution is to make a do-nothing wall earn its keep as a floor-to-ceiling headboard. In the rooms shown here, wood, fabric, and mirrors were used, but there are dozens of other materials that can give you big decorating dividends. One of the ideas below might be just what your bedroom needs.

Designer: Virginia Baker, A.S.I.D.

To free a bedroom from that boxed-in look, try visually doubling the space with mirrors. Here a massive slab of mirror lends the extra dimension. Lightweight 2½ x2½-inch framing strips painted black simulate a windowpane, and side panels of matching fabric tie the headboard to the bedspread and draperies. Another mirror on the opposite wall reflects the headboard to infinity.

Designer: L. Jarmin Roach, A.S.I.D.

To unify the furniture in a twin-bedded room, pump some pattern into the scene. Here a single unit is formed by joining the beds and a bedside chest, then splashing the space with flamboyant fabric glued to the wall. Floor-to-ceiling draperies creates a partial canopy effect. The inner fabric blends with the bedspreads and the outer fabric matches the draperies.

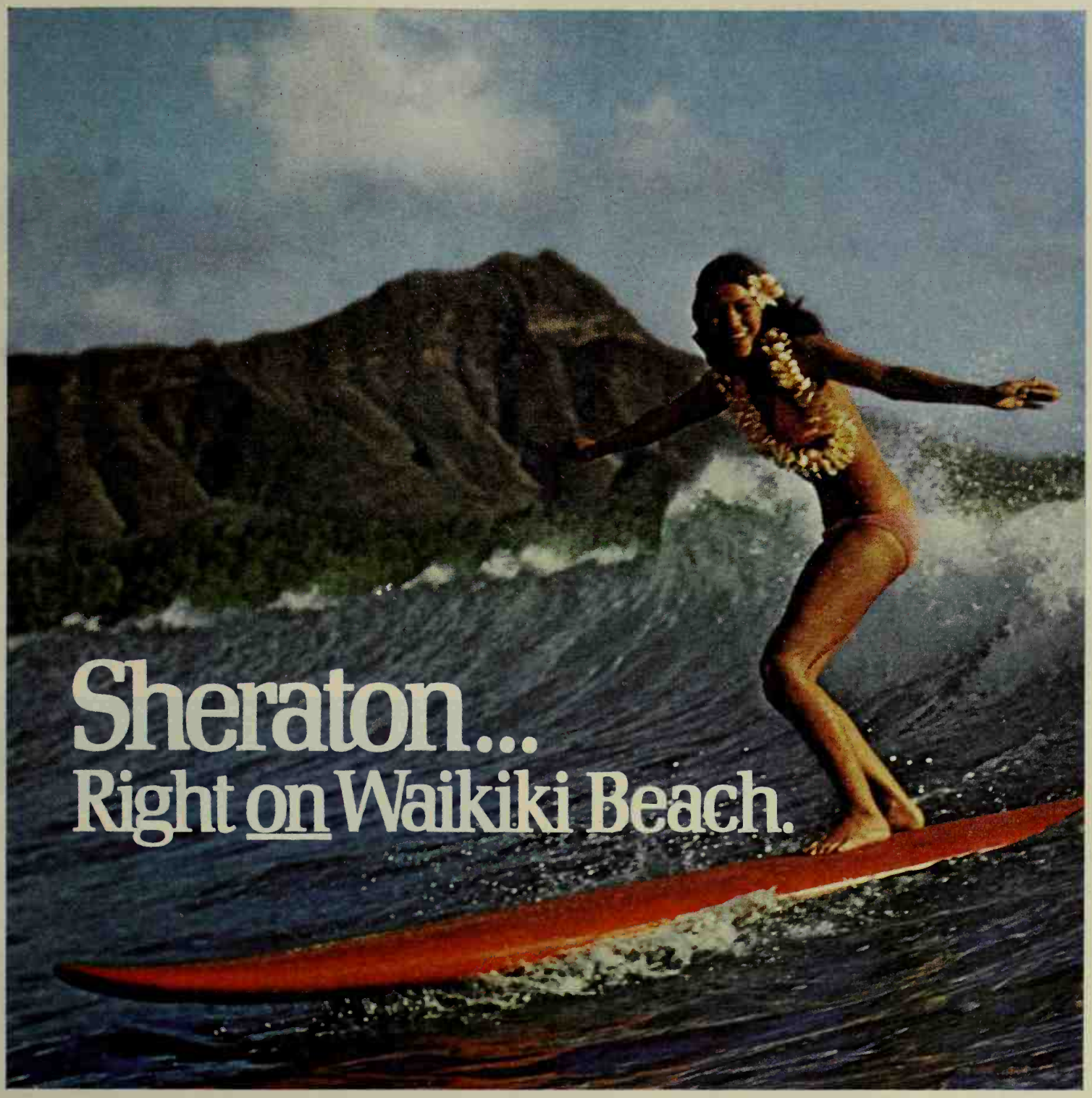


Designer: Virginia Baker, A.S.I.D.

Teaming up various textures can turn a room from dull to dramatic. Here, for example, the furry bedspread blends beautifully with the subtle sheen of Mexican carved wood and the "doors" of textured velvet. The treatment was installed on 1½-inch plywood and mounted on the wall. Padding was fastened to plywood, then the velvet was stretched in place and tacked.

Even the simplest of materials can make a positive decorating statement. In the room at right, checked gingham acts as the economical backdrop with vertical wood strips for accents. The bed snuggles cozily into the niche formed by two 3x3s; the 1x¾-inch strips add visual interest. For best results, use transparent wallpaper glue to attach fabric to the wall.

Design: Color Design Art. Photographs: Fritz Taggert, George de Gennaro



You're going too far to settle for less.

Waikiki Beach is the center of Hawaiian fun and excitement. And Sheraton has four luxury resort hotels right on Waikiki Beach. A fifth Sheraton is a half block away.

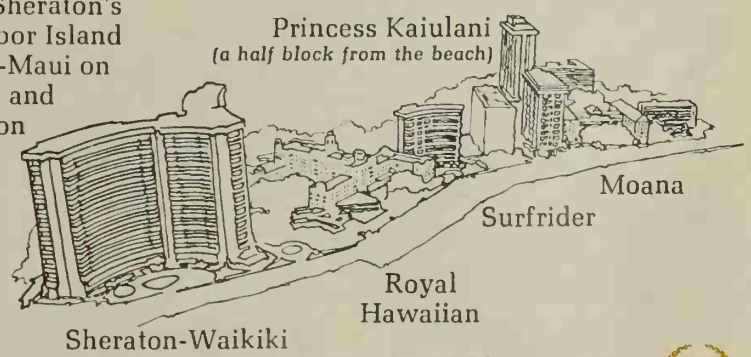
Sheraton offers a wide range of accommodations to suit your budget — from beautiful mountain-view rooms at the Princess Kaiulani for just $20.00* double occupancy, to sumptuous oceanfront Tower rooms at the Royal Hawaiian for $52.00.*

For reservations and complete information see your travel agent or call Sheraton at this toll-free number:

800-325-3535

And don't miss Sheraton's delightful Neighbor Island hotels: Sheraton-Maui on Kaanapali Beach and Sheraton-Kauai on Poipu Beach.

* *$23.00 to $57.00 February-March*



Stay at one Sheraton, play and charge at all five.

Sheraton Hotels in Hawaii

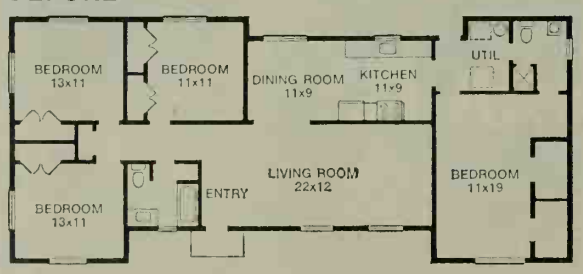
SHERATON HOTELS & MOTOR INNS, WORLDWIDE
P.O. BOX 8559, HONOLULU, HAWAII 96815 808/922-4422

From ranch house to hacienda

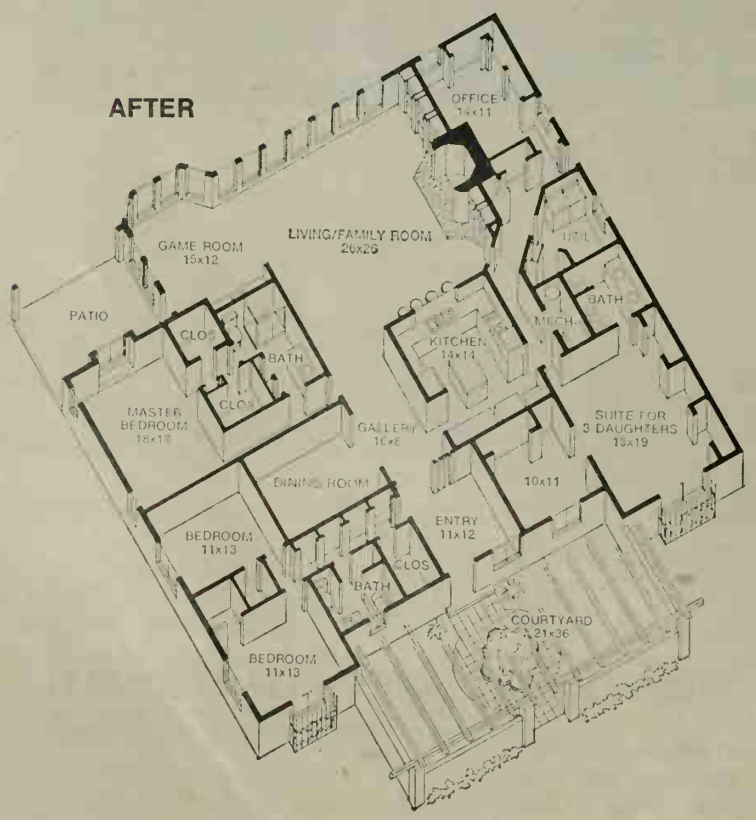
Converting a routine ranch house into a romantic hacienda is no easy job. In this case, the metamorphosis involved nearly doubling the size of the original house. But the results, as you can see, made it all worthwhile.

The exterior gets its Spanish personality from a new roof line, stucco walls, ornate ironwork, a front courtyard, and an adobe wall connecting house and garage. Inside the courtyard (see plan)

BEFORE



AFTER



Photographs: John Rogers. Designer: Allan Arnn

the walkway encircles a picturesque fountain, framed above by heavy Spanish beams.

Before-and-after floor plans show the addition across the back and indicate just how much of the existing space was changed. The old living room made way for an enlarged entry and part of the daughters' suite. What was a back bedroom is now the dining room, and the old dining room became a wide gallery leading past an expanded kitchen into the living/family room addition (bottom photo). Note on the plans how the back wall bows out to help form a 15x12 game room. Other new space includes a master suite on one side and a secluded home office tucked into the opposite back corner.

continued

A new way to cook.

The Turbo-Oven* By Farberware®

You spend the better part of your cooking life roasting, baking and broiling. Why not spend it with Farberware's Turbo-Oven, a totally new concept in ovens.

It's Not A Microwave. The Turbo-Oven is fast. It will roast about one-third faster than any conventional oven. But, we wanted an oven that would cook *well*, as well as fast. We also wanted it to be safe, economical and compact. And it's just that, a portable electric counter-top oven only 20"x13"x14½", with the capacity of a large oven. (It will roast up to a 20 lb. turkey.)

Cooks Evenly, As A Matter of Principle. Turbo-Cooking is based on this entirely new principle. The cooking air is kept in continuous circulation, moving around all sides of the food. You're never cooking one side, you're cooking all over, at the same time and temperature. So you don't have to turn anything, whether you're broiling, roasting, or baking.

You'll Save Time and Energy. It roasts in ⅔ the time a conventional oven takes and at lower temperatures. You can even roast frozen meat in the same time a regular oven will do a thawed roast. Turbo-Broiling uses about 50% less power than the broiler in an electric oven. You can also bake most food at lower temperatures, too. And it works on standard current, no special wiring.

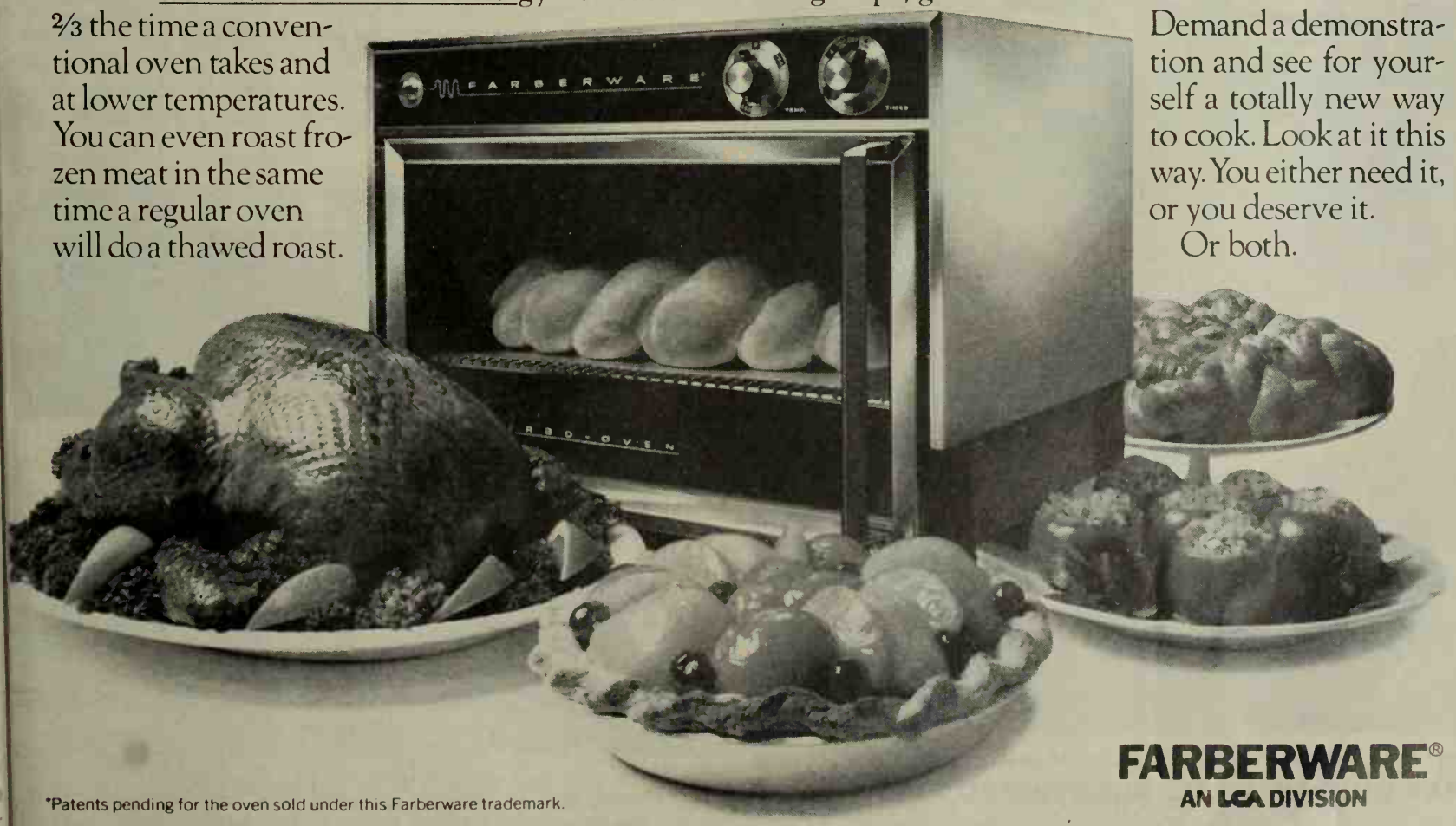
"Stay Clean" Action. The inside walls of this Turbo-Oven are treated for "Stay Clean" action, vaporizing most food splatters while the oven is working. There's a removable filter that traps solids and fats. The drip tray and glass door are also removable and easily washed.

It Won't Heat Up Your Kitchen. Since the cooking air in Turbo-Cooking is constantly being recirculated inside the oven, it can't escape to heat up your kitchen.

What's Better About Turbo-Cooking. To begin at the end, the results are better. The food you roast, bake and broil will look like the magazine pictures. And the natural meat juices will stay where they belong—inside the meat.

Organize Demonstrations. Either singly, or in groups, go to a store that has the Turbo-Oven. Demand a demonstration and see for yourself a totally new way to cook. Look at it this way. You either need it, or you deserve it.

Or both.



*Patents pending for the oven sold under this Farberware trademark.

FARBERWARE®
AN LCA DIVISION

When Jack Nicklaus makes a great golf shot, that shot is the result of careful study and the right choice of club for the job. Making the right choice for any job can make the difference . . . yards of difference.
Year after year, hundreds of thousands of buyers have made the right choice by choosing walking mowers, riding mowers and tractor mowers made by Murray. The next time you have a choice, think of Murray.

MURRAY
makes yards of difference.

Look for the Jack Nicklaus tag on the full line of Murray Mowers at your dealer's, or write
THE MURRAY OHIO MFG. CO., BRENTWOOD, TENN. 37027

continued

From ranch house to hacienda

The game room bar was located to tie into the same plumbing lines that serve the master bath. This bar is large enough to handle both big parties and informal buffets with ease. Mexican Talavera tiles on the wall and counter top team with a beamed canopy to restate the Spanish look.

Deeply carved cabinets, colorful tiles, and heavy beams carry the Spanish flavor to the 14x14 kitchen. Its size allows space for an island unit and a planning area. The wide pass-through/snack counter in the foreground ties kitchen to family room. ■

...en-and-shut ...rage

...y's good-looking saucepots, ...ts, and mixing bowls deserve ... showeased. But there's still ... supply of canned goods, ...sers, and detergent boxes ...belong behind closed doors. ...e solution? Display those ...some kitchen items on open ...es and keep the nitty-gritty ...s out of sight in closed base ...ets.

...pen-and-closed kitchen is ...est compromise for the ... we've seen. Pretty and ...sed pots and pans hang ...a wooden beam over the ...nla. The beam has been fit- ...ith a metal plate, coat ... and meat hooks.

...J. Lamont Langworthy

...helves flanking the kitch- ...lows blend with the closed ...s. Mismatched dishes ...lden behind closed doors.

Robert Cleveland

The dining area wall demonstrates just how decorative open storage can be. The adjustable display shelves are separated by 3x13-inch uprights to exhibit an intriguing miscellany of books, serving pieces and plants.

A medley of contrasting textures gives the room a personality all its own. The closed cabinets are rough-sawn sealed cedar, the floor is a rich, dark walnut-stained hardwood, and the ceiling in the dining area is lightly stained rough-sawn cedar.

The ingenious idea that's made us the leading family mover. Be nice to people.

"Our young son was all upset about moving away from his friends. Pretty tough. Our Allied man gave us a booklet by child care experts that helped us over the bumps. You don't expect a big company to care that much. Nice surprise."

I expected them to do a good job of packing, but I was

really amazed at the care they took with my good China. There are a few pieces that can never be replaced. Perhaps it's just a little thing but it meant a lot to me.

"We suddenly found we'd arrive two days late. But our Allied agent had given us a phone number to call, just in case. We got through to someone who knew exactly what to do, and everything turned out fine. We got the feeling they really cared."

The best way to find out whether you'll like doing business with an Allied Van Lines agent is to ask some families who already have.

We did, and discovered an interesting thing. Mostly, they didn't talk much about the big things we do...like trying our best to show up on time or giving you an accurate estimate or being very easy with your furniture and glassware.

They remembered more about the little things we did that helped them. "The Allied man reminded me to take our old phone book along. I'd have been lost without it"...or..."He suggested we pack up the clothes we'd outgrown and the books we didn't want anymore and give them to a charity. Why pay to move them?" Little things. But they've made us pretty big.

When you have to move, remember that most of our business comes from happy customers calling us again, or saying nice things about us to a friend.

Call an Allied agent. He's a good friend to talk to.

ALLIED VAN LINES

We move families, not just furniture

How to shape up a kitchen

Nobody wants to work in a boxy kitchen—and nobody needs to. We'll show you how to add shape to a shapeless kitchen—or maximize architectural interest if it's there. All it takes is an imaginative eye and a bit of daring. For ideas, check these ingenious kitchen shape-ups.

Left: These homeowners didn't have to add contour to their kitchen. The shape was already there, but they gave it drama. Against the high-intensity background of spicy red walls and cabinets, cream-colored tiles were mounted on the underfacing of an existing arch. Matching tiles on the window wall, plus cream-colored counter top and oven fronts, tie the archway color scheme into the kitchen.

Below left: Here's a kitchen that broke out of the box. As the double range indicates, the kitchen is shared by an active husband-wife cooking team. When the ranges were installed, the couple put their thinking caps together to come up with a unique ceiling treatment. The answer: a gently curving half wall, engineered from wire lath and plaster. The new ceiling is functional, as well as decorative. It houses a huge exhaust fan that services both ranges. A shared chopping-block counter top separates the appliances, and makes a good resting place for hot pots and pans.

Below right: This kitchen makes the most of its architectural asset: a sculptured archway framing the efficient cook center. White plaster walls emphasize the Old Mexico mood established by the archway. The vinyl floor is laid in a striking sarape design, and the cook counter, backsplash, and oven frame are punctuated with colorful Spanish tile.

Photographs: Hedrich-Blessing; John Rogers

ontinued from page 118

The Rockies

ne time when the hummingbirds ut on their big show. They mirate there by the thousands, and bout every window has its sugarvater feeder—you can spend ours hummingbird-watching.

Most of the Gunnison guest anches—that's what they are alled these days—open in midlay, and the next four or five eeks are the cream of the year. Trout-filled streams, rarely lty after March, tumble from rrounding passes, their denizens as hungry for Colorado spinners as you'll be for local steak nd baked beans after a day on ne trail. Nights are still cold, but ne sun, unfiltered by dust and umidity at this altitude, is powrfully bright, and the evergreen orests smell sweet in its warmth.

You can base yourselves on the wer slopes, at an elevation of ,000 feet, where civilization's onveniences are closer at hand, r higher up where the climate nd life-style are more rugged.

Harmel's Ranch Resort, about 8 miles north of Gunnison off tate-135, is an example of the rmer: a dude complex that ffers all modern comforts along ith outdoor pleasures. Three p-notch trout streams flow right rough the property. Or it won't ke you more than 20 minutes drive to the famous Gunnison nd East Rivers. Free riding lesons are given every morning; orses are available for trail des (from $3 an hour to $16 a ay); and events such as moonght rides, hayrides, and chuck agon barbecues are scheduled roughout the week, some free, me at nominal rates. For children 6 to 12, there is a camp-out very Thursday night.

Daily rates including big breaksts and dinners range from out $35 a couple to $65 for family of four. Or you can stay a housekeeping cottage for two nine persons, at a cost of about 50 a day for a family of four, cluding dinner. Cabins without eals start at $18 for two pers. For details, write Hamel's anch, Box 944, Gunnison, olorado 81230.

Up in the high country, there's eer's Guest Ranch, off by itself a grassy beaver-pond plateau nearly 10,000 feet, and surunded by snowy summits that ach another half mile into the y. At Speer's, you stay in simple but cozy old-fashioned cabins, ke your showers in a bathhouse, d go to bed early after frying your own rainbows. The ranch s some three miles above Tayr Reservoir, a total of 36 miles f which six are dirt road) from unnison, on the highway that continues to the picturesque old mining town of Tincup.

Speer's has its own trout pond, which is great for kids, and you can catch big ones in Willow Creek, which flows past the property, and in nearby Texas Creek and the upper Taylor River.

The cottages at Speer's rent from around $12 to around $35, depending on the size of your family, and you can take out horses for trail rides to sapphire blue lakes tucked away in the forest ($3 an hour, $16 all day). Meals are available in a dining room, and cookouts and chuckwagon suppers are scheduled almost every night. For more information write to the ranch at Almont, Colorado 81210.

The Gunnison Chamber of Commerce, 500 East Tomichi Street, Gunnison, Colorado 81320, can furnish a complete list of local guest ranches and activities in the area, including jeep trips, pack trips, white-water rafting, kayaking, fossil hunts, and wilderness schools. ■

How to shop for a horse

continued from page 19

the signing of this agreement. The Buyer will also return the saddle and bridle taken on this date in the event he returns "Orbit" or pay an additional $150.

(Date)_____ Buyer:_____

Seller:_____

"Warrants" and certifies" have established legal ramifications, so be sure they're used to hold the seller to his representations and the veterinarian to his medical findings. "Free from vices" has nothing to do with the horse's morals; the phrase means that the animal won't have any really dangerous habits. Then too, in the event "Orbit" is represented as a purebred with a pedigree as long as its tail, the contract should state that any registration papers be transferred at the time the final payment is made. Before you sign, ask the expert to make sure everything is included.

Finally, several "Don'ts" are worth heeding. Don't buy the first horse you see unless it's the right one for you. More important, don't buy any horse unless it's suitable for your purposes. Don't be hesitant about exercising the return privilege if an animal isn't to your liking, and if the return period has elapsed, don't be upset about reselling the horse. And above all, don't undertake any purchase without the assistance of an expert, and don't fail to heed his advice. ■

Produced in cooperation with Steven Price, noted author of horse books.

Does Your Skin Blurt Out Your Age?

What a pity if it does. And, usually, how unnecesary. You make an effort to look your best. You're careful of your diet. You exercise to keep your figure trim. And you've experimented until you've found the clothes and makeup that give you your own special look. Yet with all this care, you simply can't look as attractive and young as possible if you overlook vital attention to your skin.

If your complexion says unflattering things about your age, it's time you joined the cult of enlightened, younger-looking women from about the world who have experienced the noticeable benefits of an unusual beauty fluid. This fluid, known in the United States as Oil of Olay beauty lotion, helps women look their youngest, no matter what their age.

Beauty connoisseurs discovered the skin-smoothing liquid. You can almost see your skin drink in Oil of Olay. An abundance of pure moisture, along with tropical oils and other emollients, eases away dryness . . . the dryness that accents those little lines and wrinkles that can make you look older. Oil of Olay penetrates your skin's all-too-noticeable surface completely, deeply, and astonishingly quickly . . . leaving no greasy after-feel. Beginning the very first days, you'll see a discernible difference in the softness and suppleness of your skin.

Oil of Olay works as a partner with nature to help maintain the oil-moisture balance of your skin, necessary if you're to look your youngest. The beauty fluid is compatible with the skin itself and acts like the skin's own moisture in alleviating dryness. And Oil of Olay helps keep your own natural moisture in the skin, where it can work effectively.

Gentle on Oil of Olay before going to bed, so the beauty fluid may work beautifully through hours of sleep. Then again in the morning, as a quick-penetrating, non-greasy makeup base to let cosmetics stay fresh for hours. Or, if you like to go bare-faced, Oil of Olay imparts a dewy, radiant glow to your skin.

Discover for yourself the beautiful benefits of Oil of Olay. (You'll find it at your drugstore.) Let your skin say only good things about your age.

Beauty Secrets

Include Oil of Olay in your total beauty routine. Oil of Olay soothed on your face and neck can perform its good works when you're doing your exercises, giving yourself a manicure or relaxing in a warm tub.

* * *

When you redo your makeup during the day, you'll want to use Oil of Olay® first. An extra bottle belongs in your purse, your desk drawer . . . perhaps even in the glove compartment of your car.

begins on page 70

General kite directions

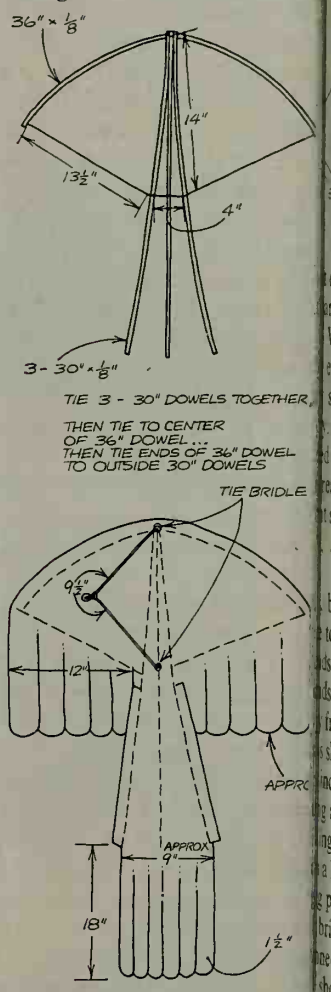
Terms defined:
Frame members should be flexible lightweight wood strips or dowels which are not easily broken. Nylon fishing line is well suited for tying the frame members together. A dot of glue applied to the knots prevents them from slipping.
Bridle is used to connect certain points of the kite to the string used for flying. Kite must fly at an angle. If the nose of the kite over during flight, move the connecting point up a lit the kite tail lifts too high an flattens out, move the point the string intersects with down a little. This will vary kite to kite. Bridle is easily ioned from string—see dr for Fringed flyer kite.
Tail adds weight to the b of kite aswell as supplying a amount of drag necessary t the kite at a proper flying an can also be used as a strictly rative element.

Tips for flying:

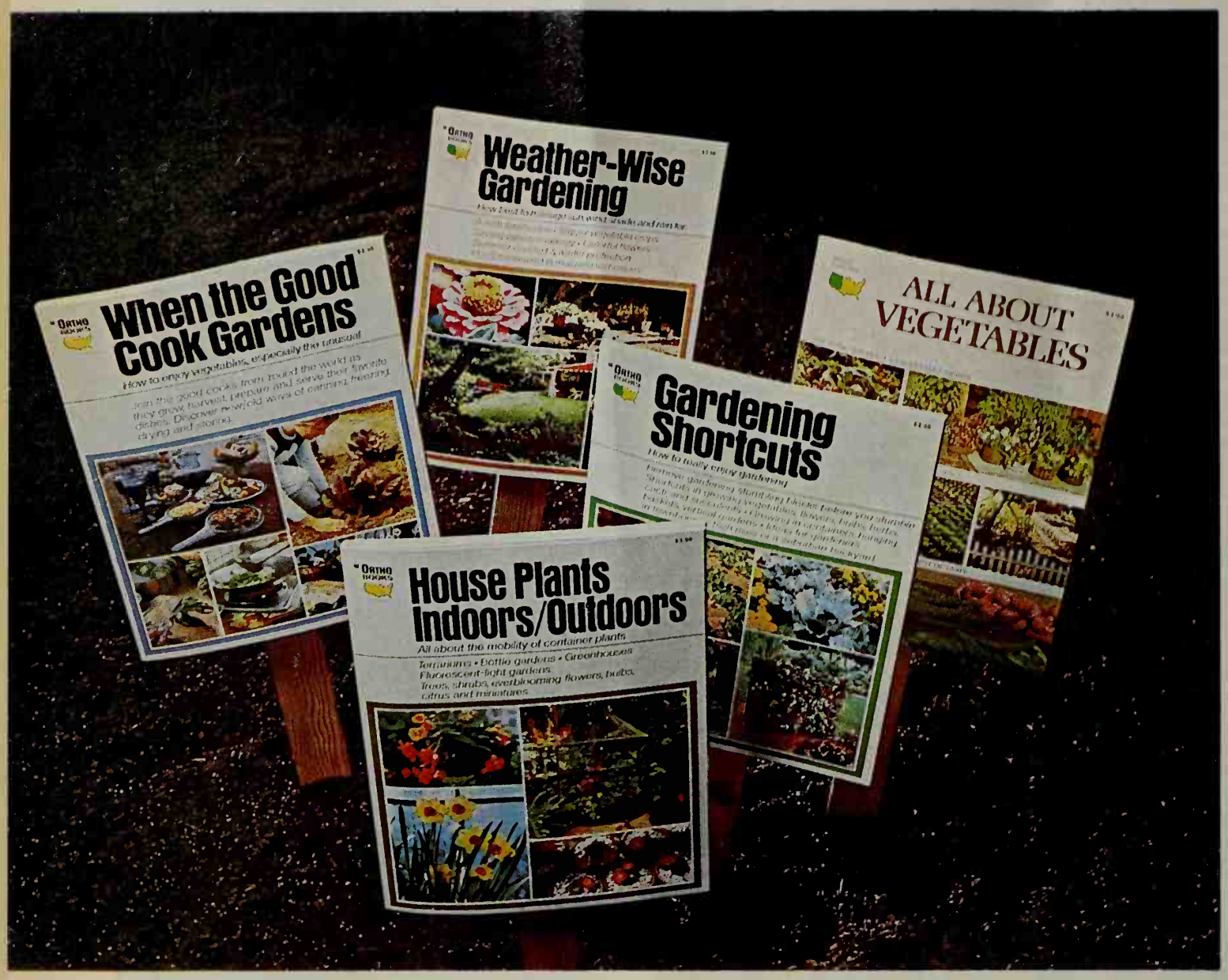
1. A well-designed kite s not pull hard, but when flying larger kites it is alway to wear a glove on the han feeds the line. 2. Smaller work quite well on a bait c rod and reel. 3. Always c the right size kite to su weather—you shouldn't h run with a kite to get it up air.

Fringed flyer kite, page 7

Materials: 1 large white trash can liner; clear plasti bright-colored plastic tapes inch pieces of ⅛-inch do 36-inch piece of ⅛-inch white glue; nylon fishing li string.



1. Tie the three 30-inch together at one end usin fishing line and a dot of wh to keep knot from slippin 2. Tie the 36-inch dowel end of the group of thre center. Wrap fishing line ends of 36-inch dowel,



FIVE TO GROW ON.

More gardening help from ORTHO, the people who know it best.

Following the fantastic success of **All About Vegetables**, nearly three-quarter million copies sold to date, ORTHO® has created a special new Book Division. Four new volumes have already been added to the ORTHO Gardening Book Series with many more to come.

This new series of gardening books provides information in a practical manner, from first hand trials and tests in home gardens and experiment stations. The books are liberally and beautifully illustrated in full color with drawings, charts and marvelously precise instructions. Where localized information is critical, the books are regionalized to deal with problems of a particular area. Certain volumes include cooking instructions and exotic recipes.

The four *new* additions to the series include:

❀ **House Plants Indoors/ Outdoors:**
All about the mobility of container plants. Terrariums. Bottle Gardens. Green Houses. Fluorescent-light Gardens. Trees, shrubs, ever blooming flowers, bulbs, citrus and miniatures.

❀ **When the Good Cook Gardens:**
How to enjoy vegetables, especially the unusual. Join the good cooks as they grow, harvest, prepare and serve their favorite dishes. Discover different ways of canning, freezing, drying and storing.

❀ **Weather-Wise Gardening:**
How to manage sun, wind, rain and shade for: a lush landscape, bigger vegetable crops, saving energy, colorful flowers, summer comfort and winter protection, *plus* the newest in mulching techniques. (Regionalized)

❀ **Gardening Shortcuts:**
How to really enjoy gardening. Removing gardening stumbling blocks before you stumble, shortcuts in growing vegetables, flowers, shrubs, herbs, cacti and succulents. Growing in containers, hanging baskets, vertical gardens. Ideas for gardeners in townhouses, high rises or a suburban backyard. (Regionalized)

This extraordinary collection of gardening information is prepared in a manner to serve both the beginning gardener and the seasoned professional. $3.98 each. Look for them wherever ORTHO lawn and garden products are sold.

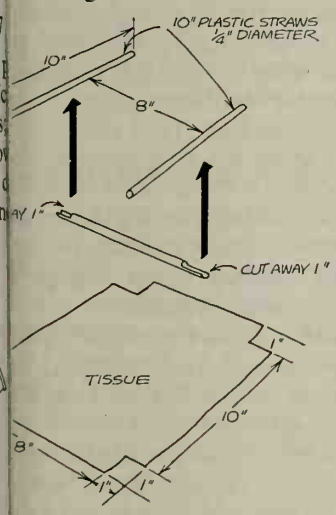
Chevron
ORTHO Chevron Chemical Company

TM'S: ORTHO, CHEVRON AND DESIGN—REG. U.S. PAT. OFF.

ı, and tie to the outside 30-
dowels.
olit plastic trash can liner
ı the sides and lay it out flat.
ramework on plastic and cut
asic shape, leaving excess as
ated (this will be folded over
l frame and taped). Use
plastic tape to fasten plastic
ramework. Decorate with
t-colored tapes.
lit plastic to form wing and
feathers." Use plastic tape
nforce plastic where bridle
ects. Make bridle and attach
te where indicated in the
ing.
is kite is very easy to fly and
ommended for all ages. Fly
light to moderate winds,
it might break in heavy

kite, page 71

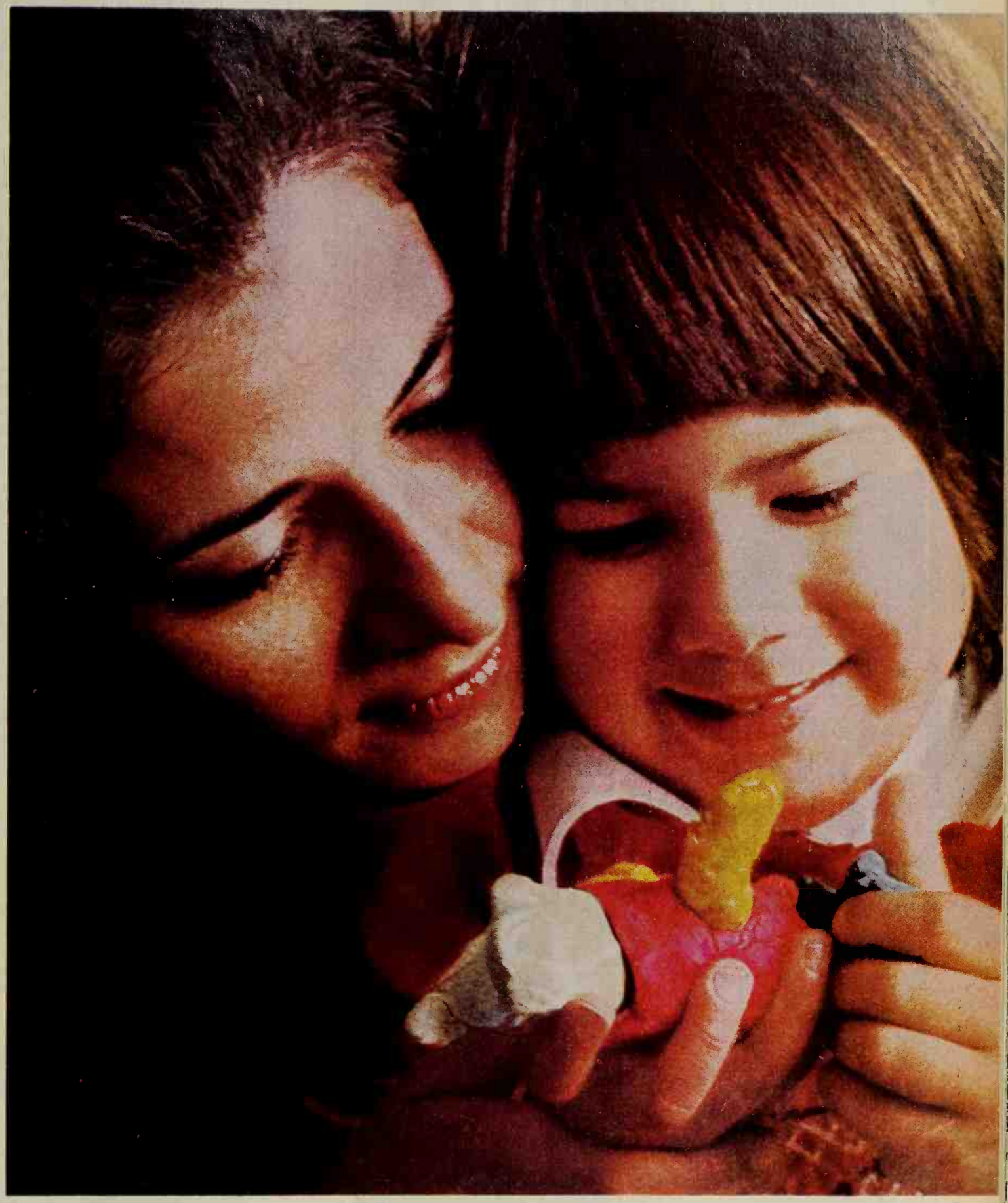
rials: 1 sheet of white tissue
; 3 plastic drinking straws;
ips of 1½-inch x 36-inch
:; clear plastic tape; light-
t string.



ends of one straw one inch
ınd cut away half (see draw-
Wrap remaining half of
ends around centers of two
straws and tape them se-
. This will form an H-
l frame.
ead a 37-inch piece of light-
t string through one outside
across top of H frame,
through other outside
back across bottom of H
to form a framework, and
ds together securely. Trim
ds close to knot.
framework on tissue paper
shown in drawing), allow-
nch on each side for over-
g and taping.
ng a large needle or awl,
a hole at each of two inter-
points on straws. Make a
ridle and tie through holes
nect.
short piece of string at one
each 36-inch fabric strip
each strip to bottom cor-
kite.
orate the kite with felt-tip
desired.
kite is very easy for young
n to fly in a light wind.

ued

"I can make anything with Play-Doh."



Every time your child gets his hands on Play-Doh® modeling compound, you can expect another happy surprise.

A blue cow. Or a friendly Martian. Or a rainbow-colored puppy that only a kid's no-holds-barred imagination could dream up.

Play-Doh. The just-right, fun medium for your child's sprouting creativity to play with.

Kenner LP

©1975 General Mills Fun Group, Inc.

Play-Doh molds kids.

Helps Shrink Swelling Of Hemorrhoidal Tissues Due To Inflammation. Relieves Pain & Itch...

Gives prompt temporary relief in many cases from hemorrhoidal pain and burning itch in such tissues.

There's an exclusive medication which actually helps shrink painful swelling of hemorrhoidal tissues caused by inflammation. And in many cases it gives prompt relief for hours from rectal itching and pain in such tissues.

Tests by doctors on patients showed while it gently relieved such pain, it also helped reduce swelling of these tissues.

The medication used in the tests was *Preparation H®*. No prescription is needed for Preparation H. In ointment or suppository form.

HYBRID MEYER Z-52

Zoysia Grass Plugs

"Where other grasses fail", SUCCESS means planting ZOYSIA. Plug Zoysia into your old lawn or problem areas from early spring until winter frosts, and you will join the millions who proclaim "It's the best money I ever spent on my home".

When you purchase our Zoysia, you are assured of QUALITY. In the Midwest we pioneered the Zoysia Grass Industry and maintain one of the largest Zoysia Turf Nurseries. Our nursery is Inspected and Certified by the State of Kansas to be Pure Meyer Zoysia and free of insects or disease.

To end lawn problems, send your order today for prompt delivery, or free Color Brochure.

Guarantee Every plug guaranteed to grow within 45 days in your soil or we replace FREE. All orders shipped fresh with planting instructions. Shipping charges via most economical means.

Kansas City Zoysia Turf Farm
Nursery Division of K. C. Lawn & Tree Co.
Dept. B3, Bucyrus, Kansas 66013

☐ 30 INCH PROFESSIONAL PLUGGER $4.95
☐ 100 PLUGS $ 5.95 ☐ 500 PLUGS $19.95
☐ 200 PLUGS $ 9.95 ☐ 1000 PLUGS $29.95
☐ 300 PLUGS $12.95 ☐ 1500 PLUGS $39.95
☐ FREE Color Brochure ☐ 3000 PLUGS $78.95

Kansas Residents add 3% Sales Tax

I Enclose $_____ Check _____ M.O. _____

Name _____

Address _____

City and State _____ Zip _____

MOVING? Avoid any mix-ups or delays in receiving Better Homes and Gardens by letting us know your new address—*as soon as you know!* Drop Better Homes and Gardens Subscriber Services a line telling your new address (and Zip Code!) at least 5 weeks *prior* to moving. Please attach a mailing label from the magazine showing your former address, too!

"Feminine Itching Was Making My Life Miserable."

"I was constantly worried about my itching problem. I tried so many things, and nothing really helped. Feminine itching was making my life miserable. Then I saw an ad in the newspaper for Vagisil—a new way to help stop feminine itching. I tried it and it really worked."

Mrs. S. T., Richmond, Virginia

If you suffer from external vaginal itching, there is now a creme medication specifically formulated to bring fast, temporary relief. Called Vagisil,™ it's available without a prescription.

Doctor-tested Vagisil is a gentle, easy-to-apply medication that helps stop external vaginal itching almost instantly. Vagisil leaves a cooling, protective film to help check bacteria, soothe irritated membranes, and so speed natural healing. Get Vagisil at all drug counters. Delicately scented. Greaseless. Non-staining. For trial tube, please send 25¢ to Vagisil, Box 328 BG, White Plains, N.Y. 10604. **Vagisil**

MAKES HOUSEHOLD OIL OLD-FASHIONED

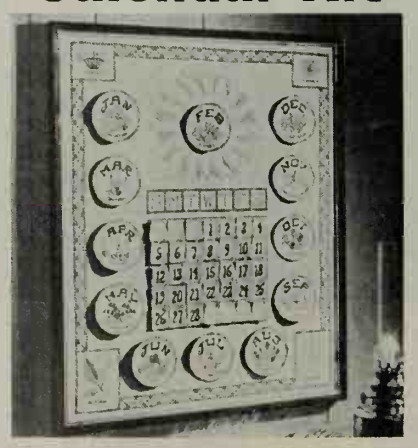
- Stops squeaks
- Protects metal
- Loosens rusted parts
- Frees sticky mechanisms

Aerosol **WD-40** lubricates as it cleans to protect metal

TRY A FREE SAMPLE

Send 25¢ to cover handling to:
WD-40, Dept. BH3
1061 Cudahy Place,
San Diego, CA 92110

Calendar Kit



Embroider a calendar and use it forever! Months and dates can be moved easily and reattached by use of special nylon tape. Kit includes stamped natural colored linen, tape, embroidery thread, and instructions. Calendar fits an 18"x24" frame available separately. Calendar Kit 00062 $12.49; Hardwood Frame 00099 $9.49. Price includes postage. Send order to:

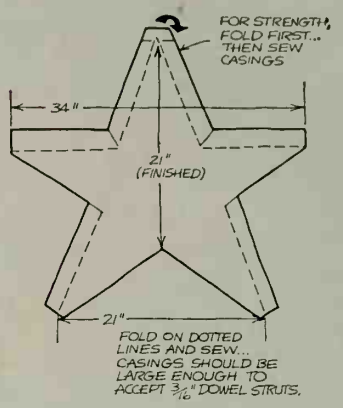
Better Homes and Gardens, Dept. 2Q6
Box 374, Des Moines, Iowa 50336

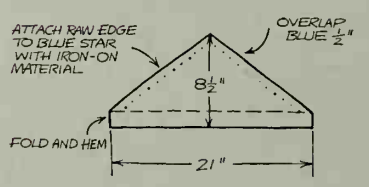
continued

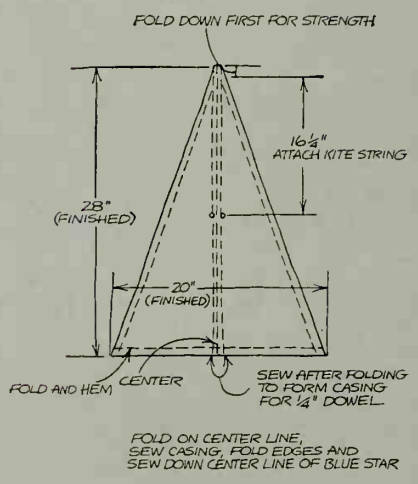
General kite directions

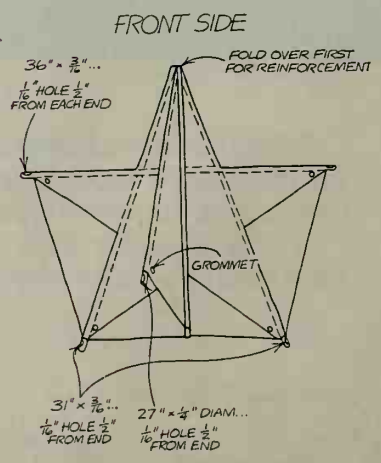
Shooting star kite, page 70

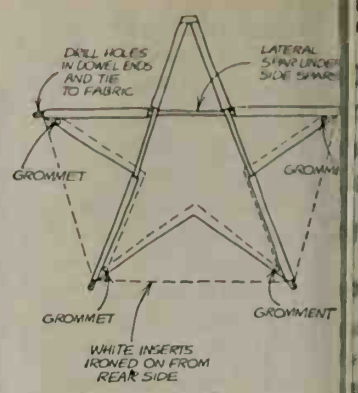
Materials: 1 yard *each* of red, white, and blue 36-inch broadcloth; 5 grommets; 1 36-inch piece of 3/16-inch dowel; 2 31x 3/16-inch dowels; 1 27-inch piece of ¼-inch dowel; ½-inch iron-on fusible webbing (available in most fabric stores or notions departments); kite string.











1. Using dimensions given in f drawing (left), cut out star sh from blue broadcloth, allow an excess on points indicated dotted lines which will be fol over and zigzag stitched to fo a casing for the three 3/16-i dowels. Be sure to fold top p over first for added strength.
2. Using dimensions in drawi cut out three white broadcloth serts and hem along bottom e Position the sides of the w pieces on the blue star, overl ping them ½ inch, and bond gether with ½-inch strips of i on fusible webbing.
3. Cut the keel from red bro cloth using drawing dimensi Hem on all three sides. Fol half and stitch a casing down middle to accommodate ¼-i dowel, folding under top p first for added strength.
4. Fold blue star in half. Posi long edges of keel together; them to center line of blue and machine-stitch.
5. Fasten grommets (small m eyelets) by the casing on the l and at side and bottom point the star.
6. Insert pre-drilled dowels attach to kite.
7. This kite requires a ste moderate to heavy wind an not suitable for use by small c dren. We recommend wearin glove on the hand that feeds kite line.

Moving?

Be sure to notify *Better Hon and Gardens* at least 5 weeks fore you move. This will g us time to process your char of address without any de in service.

When you write, include address label from the cover one of your recent copies. will help us speed your requ through.

Send the address label, al with your new address, *Better Homes and Garde* 1716 Locust St., Des Moi Iowa 50336. *Please be sure include your zip code.*

Better Homes™

Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively

Chinese "Coin Baskets"

Made of natural bamboo, crafted in the Orient. Traditionally used in Far East's banks to hold coins. Ideal for plants, candy, guest soap, cosmetics. Set of 3, from 3" to 5" high, from 3¾" to 7" in diameter. #8302, set/$5.98 + 50¢ post. Lillian Vernon, Dept. H3E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.

The thinker

, not the famous Rodin original but a fascinating copy. Uniquely crafted from wire, washers & nuts. For your home, on the mantle, open shelves etc. Or let him "inspire" you in the office, sitting on your desk. 5," high, $3.95 ppd. Style Q32, Spear Eng., 3087, Spear Bldg., Colorado Springs, CO 80933.

Comfortable shoes

Made by Daniel Green with fleece lining with suede leather uppers and crepe soles. Good-looking to complement your casual clothes. Dark brown, denim blue or tan. Narrow 5-11, medium 4-11. Order "Dorrie" $14.95 + 90¢ post. Sizes over 10 $1 extra. Sofwear Shoes, Dept. BH3, 1 Main, Houston, TX 77002.

Personalize your stitchery

Give your hand-made garments that "special touch" with these rayon taffeta labels. Sew them into dresses, knitted items, etc. Eggshell with brown & red trim. Name imprinted to match. Specify choice of label, print name. 15/$1.25; 45/$2.25; 60/$3.75. Holiday Gifts, Dept. 403-K, Wheat Ridge, CO 80033.

Oriental pillow

You'll enjoy stitching this handsome pillow, in vibrant yellow with pristine white & touches of green against a persimmersweet background. Kit includes design on rayon and cotton fabric for 14"x14" box pillow cover, crewel yarns, piping, zipper, directions. $3.95 + 50¢ post. The Stitchery, Dept. G33, Wellesley Hills, Mass 02181.

Repair eyeglasses anywhere

This handy kit is invaluable when-ever glasses come apart, at home, the office or when traveling. It's compact, you can carry it in your pocket. Includes a professional optical screwdriver and assortment of frame screws. $1.49 + 20¢ post. Anthony Ent., Dept. BHG35, 585 Market St., San Francisco, CA 94105.

continued

for thimble collectors!

NEW! At right, bicentennial motif hand-enameled in red, white and blue on Gold-finished metal. Made in U.S. **4450 Each $1.98, 3 for $4.98**

THE HOLDER (at left). Lillian Vernon design, solid walnut, metal hanger. **4418 Holder. 3⅛x8⅛". $7.98**

THIMBLES IN HOLDER. Left to right, top to bottom.
8000 From W. Germany. Bride's thimble! Sterling Silver with satiny sheen, antiqued wedding-swag border. **$8.98**
7967 From Portugal. Red enamel hearts pierced by Cupid's arrow. Heavy Silver-plated brass. **$3.50**
7627 From Portugal. SALE! Our Lady of Fatima, Silver-plated, Gold-wash inside. Was $2.98! **$1.98**
1020 From W. Germany. Personalized in flowing script! Sterling Silver, ass't. stone atop. PRINT initials. **$7.98**
7966 From Holland. Porcelain, ass't. posies. **$1.98**
7964 From Mexico. Inlaid border of iridescent abalone shell. Handmade solid Sterling Silver. **$5.98**
7965 From Portugal. Deeply antiqued floral border, Solid Sterling Silver with gold-wash inside. **$4.98**

Add 35c post. & hdlg., N.Y. residents add taxes

LILLIAN VERNON Dept. H31 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

New Microwave Cookbook!

A must for beginners and experienced microwavers alike — and filled with delicious new recipes, plus all the how's, why's and wherefore's of microwave cooking!

- Over 200 consumer-tested recipes
- Dozens of full-color and how-to photos
- 12 full chapters — from meats to main dishes to desserts
- 96 easy-to-read pages, spiral bound

and all new from the microwave cooking specialists, Recipes Unlimited!

Send check or money order for $3.95 (postpaid) to:

Recipes Unlimited, Inc.
Box 1202-A
Burnsville, MN 55337
(Your money will be refunded if not completely satisfied.)

RENTAL-PURCHASE Program Available

Your STAIR-GLIDE® installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE®... the nation's largest selling stairway elevator! UL LISTED.

USED BY THOUSANDS: CARDIAC PATIENTS, ARTHRITICS, SENIOR CITIZENS, PHYSICALLY RESTRICTED, POST OPERATIVES.

WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU.

AMERICAN STAIR-GLIDE® CORP.
4001 East 138TH ST., Dept. BHG-3
Grandview, Missouri 64030

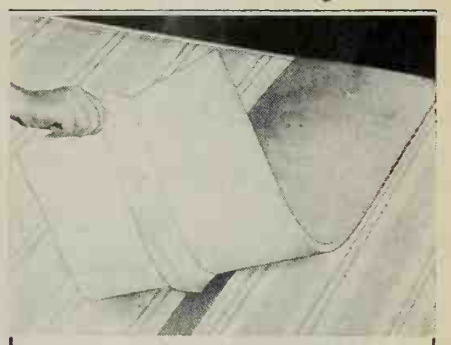
PHOTO-NOTE*
Personalized Stationery

Now for the first time you can have stationery that is really personal and different! Imagine the thrill you'll give your correspondents when they get a picture of you on every page! Or perhaps you want stationery with your children, pets, boat, house, wedding photo, sport shots . . . whatever you want, you'll get!

Just send us any black/white or color photo or Polaroid and we will reproduce it on excellent paper in a soft background tone (your photo will be returned unharmed).

ONLY $12.95 for 200 5" x 7"
(Add $1.00 for handling, 6% tax in Calif.)

PHOTO-NOTE* Dept. 2
P. O. Box 69169 West Hollywood, CA 90069

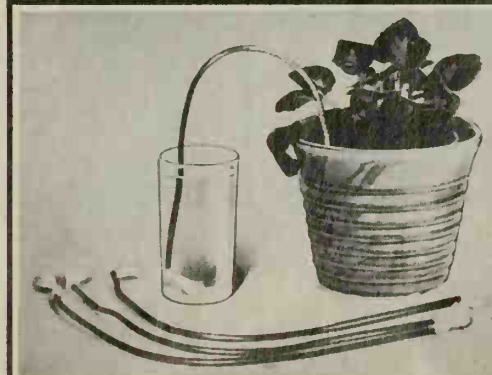


KING BED CONVERTER

Convert your twin size beds into luxurious king-size bed in seconds! Just place comfortable polyurethane SPAN-A-BED between 2 twin-size beds. Fits snugly—you'll never know it's there. Save dollars—no need for special bedding. A full 6' long, 14" wide. Light, strong SPAN-A-BED will support the strongest man. Rolls up for easy storage when not in use.

$6.98 plus .75¢ hdlg.

HOLIDAY GIFTS
Dept. 403-D, Wheat Ridge, Colorado 80033



PLANT "NURSEMAIDS"

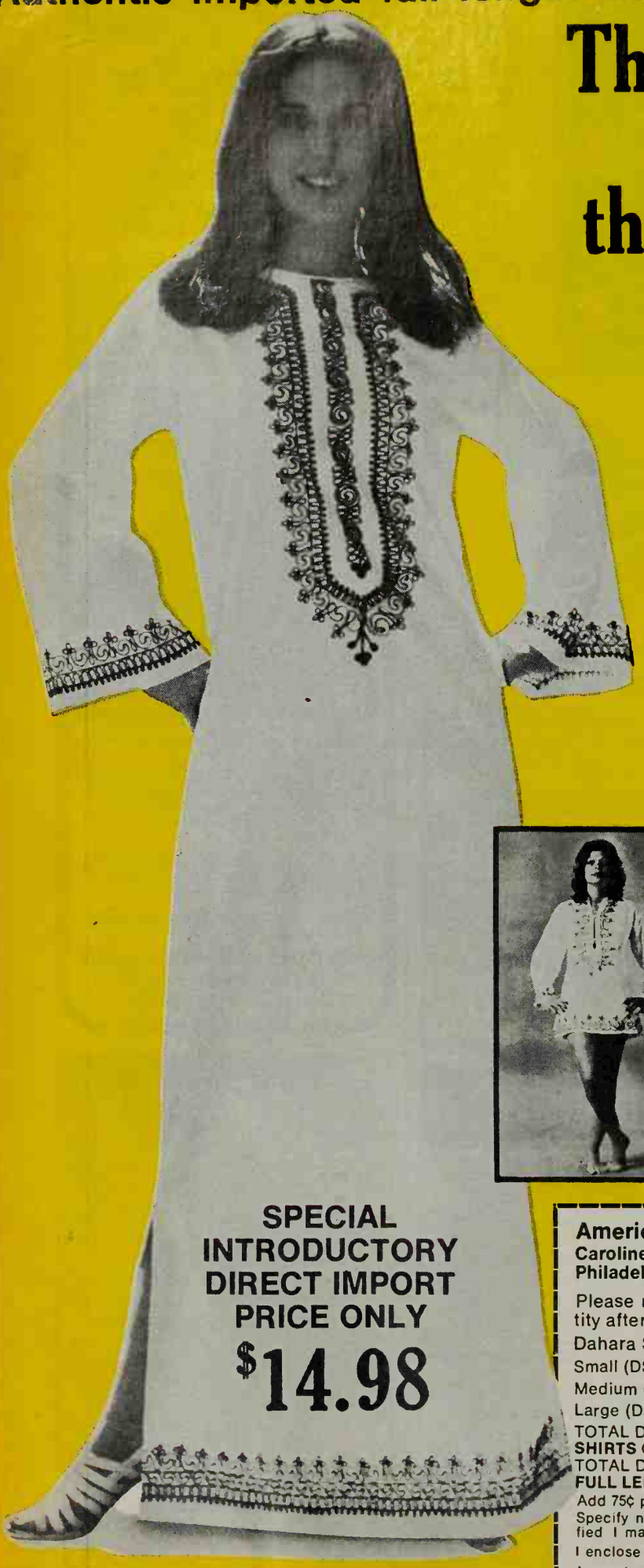
Water plants while you're away. Amazing wicks feed moisture to plants for up to 8 weeks. Insert one end of wick in soil, other end in water. Will not rot or mildew. Set of 4.

Plant Nursemaids
$1.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax
Satisfaction guaranteed

Anthony Enterprises
585 Market St., Dept. BHG-35
San Francisco, Calif. 94105

Authentic imported full length embroidered DAHARA Kaftan



The most seductive garments for on the town or on the beach swingers

From the land of intrigue imported directly to you for every swinging occasion. Our shirt style has been quite the rage. Now our full length Kaftan is setting the full fashion pace. Great for home, entertaining, on the beach or at the pool, these Dahara fashions are seductive, dramatic and extremely comfortable. Graceful, silky, snow white cotton with delicate embroidery front and back, full length has zipper back, shirt style has plunging 3 button neckline. Flattering for every figure.

FOR MEN AND WOMEN
AUTHENTIC DAHARA SHIRT
STILL ONLY $8.98

SPECIAL INTRODUCTORY DIRECT IMPORT PRICE ONLY
$14.98

Mail No Risk Coupon Today

American Consumer, Inc. Dept. EKC-31
Caroline Road
Philadelphia, PA. 19176

Please rush me the following quantity of Daharas (specify quantity after each size).

Dahara Shirt		Dahara full length	
Small (DSS)		Small (EKS)	
Medium (DSM)		Medium (EKM)	
Large (DSL)		Large (EKL)	
TOTAL DAHARA SHIRTS ORDERED		at $8.98 each TWO for $8.50 each	
TOTAL DAHARA FULL LENGTHS ORDERED		at $14.98 each TWO for $13.98 each	

Add 75¢ per order for postage and handling.
Specify number of each; small, medium or large. If I'm not completely satisfied I may return for full money back (except postage and handling).
I enclose _____ check _____ money order, no COD's, please.
Amount enclosed $_____ (Add Sales Tax Where Applicable)
Name _____
Street _____ Apt. _____
City _____ State _____ Zip _____

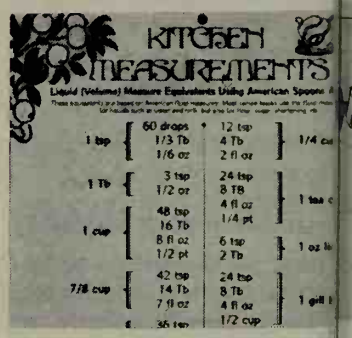
AMERICAN CONSUMER
Caroline Road, Philadelphia, PA. 19176

Genuine diamond pend

Exquisitely fashioned pendant bines 14Kt. Gold overlay wi sparkling elegance of a pr little diamond. Gift boxed on heart. $12.95 + 50¢ post. C Castle, Ltd., Dept. DP-2, 51 St., Stamford, Conn. 06901.

Glass weather forecast

Swan artistically hand-shape blown by talented craftsmen. liquid creeps up or down atmosphere pressure ch $1.98; 2/$2.99 + 50¢ post. can Consumer, Dept. GV Caroline Rd., Phila., PA 1917



Kitchen measurements

For bar use too, or wherev mix liquids. Great gift for a b housewarming. Of durable, able ⅛" Plexiglas, screen p Easy to read measurements. 50¢ post. BJ Co., 1017 St. Ph New Orleans, LA 70116.

Sports caddy for equip

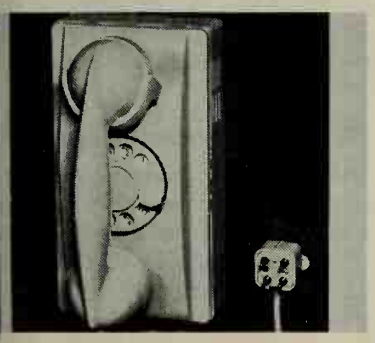
Holder teaches your little lea care for his equipment and all in one place. Made of treated to withstand wear ar rosion. $6.75 + 95¢ post. 96 p alog 25¢. Suburbia, Inc., Dep 366 Wacouta, St. Paul, MN

'or tall gals—clogs

oung and earthy a great look for pring and Summer '75. A Brazilian anslation on a solid, wood bottom ith a super-soft camel leather up- er. In full sizes 9-13 medium. 22.35 Catalog free. Tall Gals Shoe- aft, 603 Fifth Ave., N.Y., NY 10017.

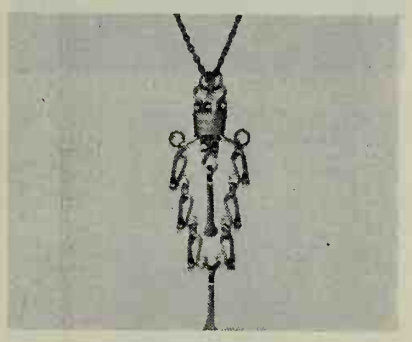
Sleeps and eats golf?

Framed and ready to hang, a tasteful joke for the serious golfer. With green backing and replica golf ball dear to his heart. A gag gift for every golfer. $2.98 + 35¢ post. Anthony Enterprises, Dept. BHG35, 585 Market, San Francisco, CA 94105.



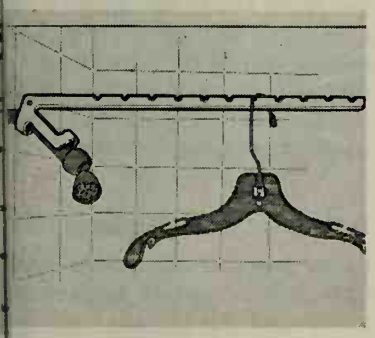
olor wall phone

ctory re-built, in 6 decorator col- s: gold, white, ivory, green, beige d yellow. With standard line cord d plug, ready for instant installa- n. $23.95 + $2 shp. chg. Catalog ¢. Grand Com Inc., Dept. BHG, 4 5th Ave., New York, NY 10001.



Hang Nail pendant

Handmade from pony shoe nails; has the appearance of Southwestern Indian artcraft. Complements your turquoise jewelry. 4½"H with 15" chain, $5.95 ppd. Ord. style Q-48. Spear Eng. Co., 3089 Spear Bldg., Colorado Springs, CO 80933.

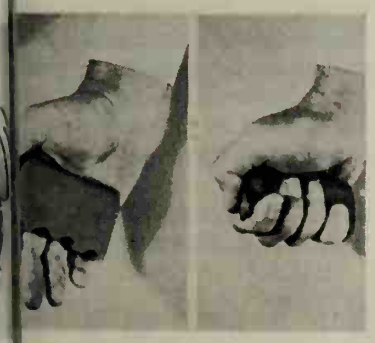


ndy hang-dryer

nvenient and space-saving dryer all shower heads. Fits in any case. Of solid steel with white proof vinyl finish. Holds 11 gers. $2.98 ea.; 2/$5.50 + 25¢ t. American Century, Dept. 3035E, 36232, Los Angeles, CA 90036.

Table-top ironing pad

Teflon pad turns table, counter top; any flat surface into an ironing board. Ideal for home seamstresses, college dorms. Foam backing protects, won't mar surface. 24"x36" $4.99 ppd. Walter Drake, BH96 Drake Bldg., Colorado Springs, CO 80940.



scle toner

xercising aid made of firm resil- rubber with space for each r. Designed to strengthen hand arm muscles. Helps relieve s and stiffness. $1.98 + 25¢ Anthony Ent., Dept. BHG35, Market, San Francisco, CA 94105.

Nursery rhyme decorations

Color decorations from favorite tales. Humpty Dumpty, The Pig Going to Market, etc. Children will be delighted with them. Set of 20/$1 + 25¢ post.; 2 sets/$2 ppd. American Consumer, Dept. FT37, Caroline Rd., Philadelphia, PA 19176.

continued

You'll have a circus fixing happy cakes like these

The latest edition of Wilton's wonderful Yearbook teaches you how to do it at home.

You'll find 136 cakes for all occasions in the latest edition of the Wilton Cake Decorating Yearbook, along with instructions that show you how to decorate them.

The big Wilton Yearbook has 184 8½"x11" pages in full color. It's a complete cake decorating guide.

Its four-part course in cake decorating shows you how to fashion frills, flowers, borders, and hundreds of decorations, step-by-step.

Other sections tell you how to order special pans, ready-made decorations, and simple cake decorating tools direct from Wilton.

Have a circus decorating cakes. It's fun. It can be a great way to earn extra money at home. Send for the Wilton Yearbook now.

Wilton® ENTERPRISES, INC.

833 West 115th Street, Chicago, Illinois 60643, Dept. BHG35

I want to have a circus decorating cakes. Send me the Wilton Yearbook. I enclose ☐ Check ☐ Money Order for:

☐ $1.50 for one Yearbook
☐ $3.00 for two Yearbooks
} Includes postage and handling

Name_____
(Please print)

Address_____

City_____ State_____ Zip_____

1 230 1½ & 2 STORY HOMES — Mansards, Gambrels, Tudors, Salt Boxes, Georgians, Farmhouse adaptations. Also Contemporaries. 3, 4, 5, 6 bedrooms, libraries, family rooms.

CHOOSE YOUR HOME DESIGN BY EXACT CATEGORY! —Richard B. Pollman, Designer

$2.25 Blueprints Available At Low Cost

2 185 ONE-STORY HOMES — Over 2000 Sq. Ft. Contemporary, Traditional, Ranches, L-shapes, Atriums, Mud rooms, Family rooms, Separate dining rooms.

3 250 ONE-STORY HOMES — Under 2000 Sq. Ft. All Styles, shapes, budgets. Family rooms, extra baths. Brick veneer, frame. Flat and sloping roofs.

4 180 MULTI-LEVEL HOMES — Split-Levels, Hillsides, Bi-Levels, Traditionals, Contemporaries. Exposed lower levels. Balconies, terraces. All sizes.

5 223 VACATION HOMES — A-Frames, Chalets, Hexagons, Angular Cottages, "Cluster" designs. From 500 to 3000 Sq. Ft. 176 pages, 80 in full color.

SAVE $3.30 Get Complete Collection - over 1000 Designs 2700 Illustrations 912 Pages only - **$7.95**

In Canada, Mail to: Home Planners, Inc. 43 Muskoka Drive Guelph, Ontario

home planners, inc. Dept. BK 16310 GRAND RIVER AVE. DETROIT, MICHIGAN 48227

CHECK CATEGORIES DESIRED
☐ (1) 230 1½ & 2-Story Homes $2.25
☐ (2) 185 One-Story Homes $2.25
☐ (3) 250 One-Story Homes $2.25
☐ (4) 180 Multi-Level Homes $2.25
☐ (5) 223 Vacation Home Plans $2.25
☐ SEND ALL 5 CATEGORIES at $7.95 8HM53MN

NAME (please print) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

HOME PLANNERS, INC.
Dept. BK 16310 Grand River Ave.
Detroit, Michigan 48227

Total Amount Enclosed $ _____
Mich. residents please add 4% sales tax.

PRETTY TOSS-ON BOLERO

A lovely cardigan of washable orlon acrylic with a hand-crocheted look. Light in weight, yet comfortably warm on chilly evenings. Has pretty shell stitch; scalloped ribbed trim; easy shoulder; ¾ sleeve. Your choice of white, black, beige, pink or light blue. Sizes 32 to 46.

$6.98 plus 75¢ postage.

FERRY HOUSE, Dept. BHZ, Briarcliff Manor, N.Y. 10510

GIANT CANTALOUPES

Grown to 15 & 25 lbs. Sweet as honey. Organically grown. Tested and approved. Detailed growing instructions. Pack of 50 seeds $1.25 post paid.

GIANT CANTALOUPES
P.O. Box 345
Mount Laurel, N.J. 08054

WALLET PHOTOS

actual size 2½" x 3½"

BORDERLESS 20% LARGER PICTURE AREA

FULL COLOR **20 for $2.60**

add 40¢ postage & handling each set

DELUXE ROUNDED CORNERS

SILK TEXTURED SMUDGE-PROOF SURFACE

BLACK & WHITE **40 for $1.60**

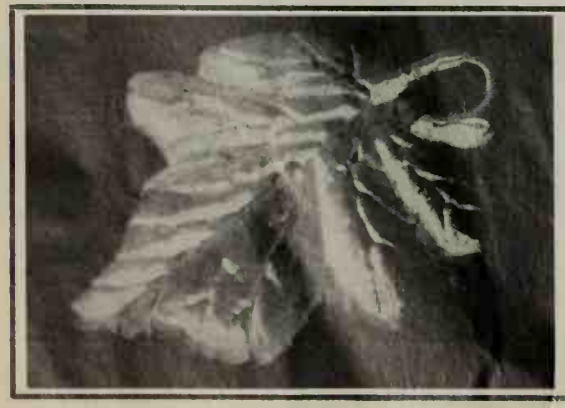
Just the thing for family and friends! Send your favorite photo (up to 5"x7") or negative for top quality reproduction. Original returned unharmed.

KEYSTONE PHOTO SERVICE, Dept. B3

Mail to post office nearest your home:
P.O. Box 2203, Atlanta, Ga. 30301
P.O. Box 2382, Boston, Mass. 02107
P.O. Box 8408, Chicago, Ill. 60680
P.O. Box 61859, Houston, Tex. 77061
P.O. Box 1766, New York, N.Y. 10001
P.O. Box 60887 T.A. Los Ang., Cal. 90060
P.O. Box 609, San Francisco, Cal. 94101
P.O. Box 2057, Washington, D.C. 20013

EARLY TOMATO

An extremely early tomato WAYAHEAD, ripening big, red tomatoes by July 4th, has been developed at Jung Farms in Wis. Send only 10c for a trial pkt. to the *Jung Seed Co., Box 81, Randolph, Wis. 53956.* They will include a pkt. of Super Giant Zinnias plus a copy of America's most colorful seed and nursery catalog.



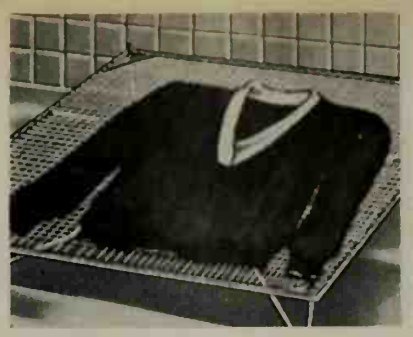
CLEANS SILVER FAST

Magic Silver Leaf goes in the dishpan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Lasts a lifetime, never wears out. Odorless and nontoxic.

SILVER LEAF
$2.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-35
San Francisco, Calif. 94105

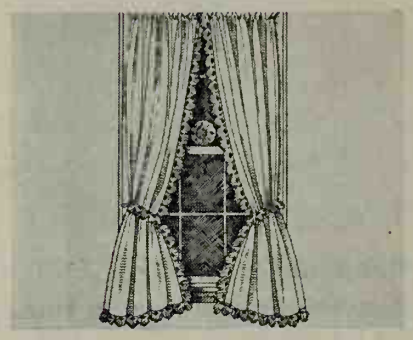


Useful sweater dryer

Holds your sweater suspended fast drying as air flows in, under a around it. Made of nylon mesh w metal legs for mounting on batht table or floor. Collapsible for st age or travel. $3.98 plus 60¢ p Order from Anthony Enterpris Dept. BHG35, 585 Market, S Francisco, California 94105.

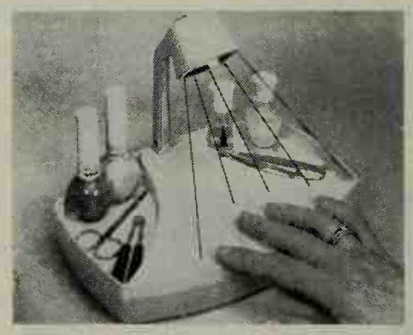
Look of petti-point tapestr

Soft tones of green, yellow, red, b form a flower design that encirc these beige slippers. For indoor outdoor wear. Hard soles with stack heel. Elasticized top for p fect fit. Med. 6-6½; Med. Lg. 7-7 Large 8-8½. $5.99 ppd. Wa Drake, BH98 Drake Building, C rado Springs, Colorado 80940.



Old-fashioned curtains

Of unbleached muslin, edged green, gold, brown or turkey fringe. 80" wide per pair. Tiers: 2 25", 30", 36", 40" $8. Tieba 45", 54", 63" $11.50; 72", 81", $14. Valance 10"x80" $4.25. F brochure & samples. Add $ post. ea. order. Country Curta Dept. BH3, Stockbridge, MA 01

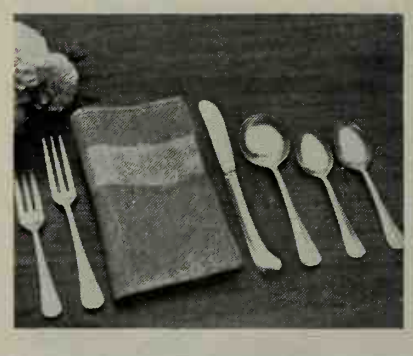


Mini-Manicure compact

Place finger to be polished in slot . . . lamp goes on automatic to light up your nails for a per manicure and polish. Battery o ated, compartment for polish, en boards etc. $8.98 + $1.39 post res. add 5% tax) Gift catalog House of Minnel, Dept. 235E, D path Rd., Batavia, IL 60510.

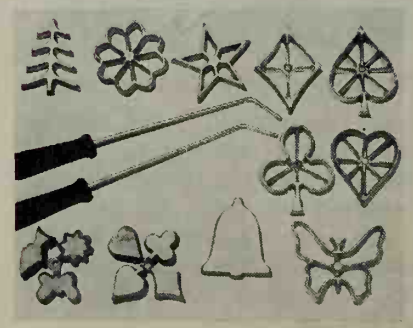
A ring for your finger

A real jewel to add to your jew collection. A genuine onyx ston an elongated oval cut. It tops a s ling silver ring in a delicate set You'll want one for yourself an give as gifts. Available in sizes $8.95. Order from Lions, D 93BG, 665 Middle Neck Rd., G Neck, New York 11023.



Pistol-grip stainless steel

Authentic Early American pa magnificiently reproduced. Lu ous 50 piece set features gen hollow-handled pistol-grip kn and 3-tined forks. You'll set a elegant table. $22.95 plus $2 p age. Order from Crown-Castle, Dept. PGS-166, 51 Bank St Stamford, Connecticut 06901.

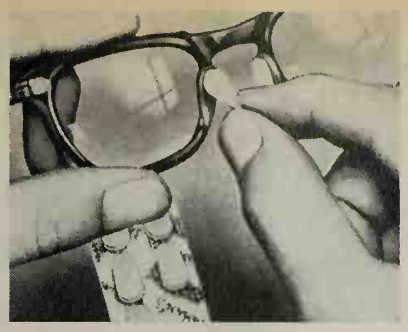


Make festive rosettes

Patterned irons, fitted to han are dipped from batter to fry make a crispy, thin delicacy wh sprinkled with powdered suga cludes 9 large 3" molds, 7 molds, 2 heat-proof handles, re & instructions. $8.95 + 50¢ Suburbia, Inc., Dept. 740, Wacouta, St. Paul, Minn. 551

eglass nose pads

re's the answer to glasses that le down your nose. Tiny flesh ored foam rubber pads that stick any eyeglass frame. Relieves the ssure of heavy frames on sensi- spots. Set of 18 pads $1.98 plus postage. Anthony Enterprises, ot. BHG-35, 585 Market Street, n Francisco, Calif. 94105.



nuine amethyst necklace

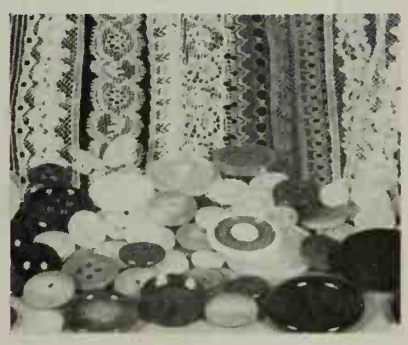
eautiful addition to your jewelry ection, made of real amethysts unusual baroque shapes, pol- ed to a glowing sheen and at- ned to a silver chain. A fashion ign of semi-precious stones im- ted from Brazil. $9.98 + 50¢ t. Harriet Carter, Dept. BHG- 53, Plymouth Meeting, PA 19462.

rsonalized storybook

mputer writes a book with your d's name, friends, birthday etc. nentioned by name. Any young- would be thrilled to have one. d child's name, address, birth- pet, school, names of 2 friends thers or sisters). $1 + 25¢ post. erican Consumer, Dept. YD-103, oline. Rd., Phila., PA 19176.

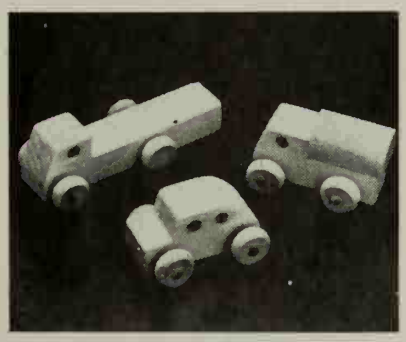
e, lace, lace

get 50 yds. of lace edgings, in- ons, braids, etc, in delightful gns & colors. Ideal for dresses, wcases, aprons, etc. Pieces at 10 yds. in length. $1.25 + 25¢ Double orders $2.39 + 35¢ 100 buttons **free** with ea. 50 Lace Lady, Dept. LN-140, Box St. Louis, MO 63101.



d-carved wooden toys

ine wood from the pine and forests of Vermont, crafted by gomery Schoolhouse Inc. Safe e tiniest tot, no sharp edges. to 5" long. #8128 Flatbed Trail- .49; #8125 Tanker $1.49; #8124 1.49; #8130 all 3/$3.98 + 40¢ Lillian Vernon, Dept. H3E, 510 lton Ave., Mt. Vernon, NY 10550.



steel ic window

a drab windowless wall into a low on the world". Twelve ings displayed in a rustic win- frame and reproduced in color art print that requires no fram- 2¼" x 21½", $1.98 + 35¢ post. 49 + 35¢ post. Crown-Castle, Art Div. MW-233, 51 Bank St., ford, Conn. 06901.

e fun

first intellectual toy made for inking cat. Clean, safe and le; "mouse in the hole" game ill provide hours of entertain- for kitty and anyone who is ing. Mouse is an elusive ball. ppd. New spring gift catalog Suburbia, Inc., Dept. 736, 366 uta, St. Paul, Minn. 55101.

continued

ASTONISHING BUY!

SOLID CAST-IRON ★ EAGLE FOR WALL DOORWAY MANTLE ★

A proud reminder of our American heritage. Molded the time-honored way of solid black iron, not cheap plastic. Impressive 18" wing spread.

(NOT FOR $25 OR $35 YOU'D EXPECT TO PAY)

BUT FOR ONLY **$4.98**

2 FOR $8.98

© ACI 1975

As you probably know, black cast-iron, like all solid, honest non-plastic materials, is very much "in" these days. And, with the Bicentennial approaching, early Americana is very much in fashion, too.

We were lucky to get a supply of massive, solid black cast-iron eagles that capture beautifully the fierce, proud look of our magnificent American symbol.

It is the kind of impressive ornamentation you see on the centuries-old cast-iron doors and mantle decorations of our colonial forebears. The kind you'd see in the stately old homes of great American estates.

Yet because of our lucky find, we are able to bring these lordly eagles to you at the incredible price of only $4.98 or 2 for $8.98. Iron, like so many things, is going to become scarcer and scarcer, you know. Who knows what these heavy, solid iron eagles will be worth when you're a decade older or when your children inherit them?

Picture one over your front door, garage, or fireplace in your den. At these prices, you can afford at least 2. So give your home "The American Look" with these impressive foot-and-a-half-wide masterpieces of the iron-worker's art.

But order now — the supply is strictly limited. Don't let this one fly away. Your money back if you're not thrilled.

MAIL NO-RISK COUPON

American Consumer, Dept. ES-4
Caroline Road, Philadelphia, Pa. 19176

Please send me _____ (ES) Cast-Iron Eagles . . . $4.98 each. (SAVE! Order two for just $8.98.) I understand that if I am not delighted, I may return my order for a full refund of the purchase price (except postage and handling.) Add $1.00 per Eagle to partially cover postage and handling.

Total amount enclosed $_____ (add sales tax where applicable.)

Check or money order, no CODs, please.

Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Silver Replating Sale
25 YEAR GUARANTEE

Before After

FREE Dent Removal Offer
from America's Largest Silverplater

Limited time only. Have antiques, heirlooms or any items QUADRUPLE SILVERPLATED at sale price. Gold, copper, brass, pewter refinished too. Missing parts replaced. All work 100% guaranteed.

Senti-Metal Co.
Silverplating Division, Dept. BH-3
1919 Memory Lane, Columbus, Ohio 43209

Write for FREE PRICE LIST Today!

MAKE LIVING SAFER, EASIER

. . . WITH THE BURKE ELEVATING RECLINER!

If you've suffered the discomfort of arthritis, stroke, Parkinson's, back trouble, or M.S., you can take the struggle out of standing or sitting. Gently lower yourself to a sitting position with the touch of a switch. Then, you can securely raise yourself to your feet. You're dependent on no one but yourself . . . and the touch of a switch. Write for free color brochure and information on our "Try Before You Buy Plan" . . . No Obligation.

BURKE INC. P.O. BOX 1064, DEPT. BHG3 MISSION, KANSAS 66222 (913) 722-5658

PLAY GUITAR IN 7 DAYS
OR MONEY BACK

ED SALE'S famous 66 page Secret System worth $4.00 teaches you to play a beautiful song the first day and any song by ear or note in seven days! Contains 52 photos, 87 finger placing charts, etc., plus 110 popular and western songs, (words and music); a $1.00 Cord finder of all the chords used in popular music; a $3.00 Guitarist Book of knowledge, and the extra special $1.00 value new wallet size Tuning Device for tuning any guitar by ear.

Now only $3.98

Total Value $9.00

SEND NO MONEY! Just your name and address. On delivery pay postman $3.98 plus C.O.D. postage. Or send $3.98 plus 50c shipping and handling charges with order to save C.O.D. costs. (No C.O.D. outside continental U.S.A.) Money back guarantee.

ED SALE, Studio 169-D, Avon By the Sea, N.J. 07717

Make Your Own Antique
TIFFANY LAMP SHADE FROM A KIT

The colorful opalescent stained glass pieces are already cut to shape. You foil, assemble and solder according to simple illustrated instructions.

The project is interesting, the savings considerable and the results most gratifying. A perfect gift. Yours satisfaction guaranteed.

Many sizes, styles, designs and color choices in either kit form or factory handcrafted.

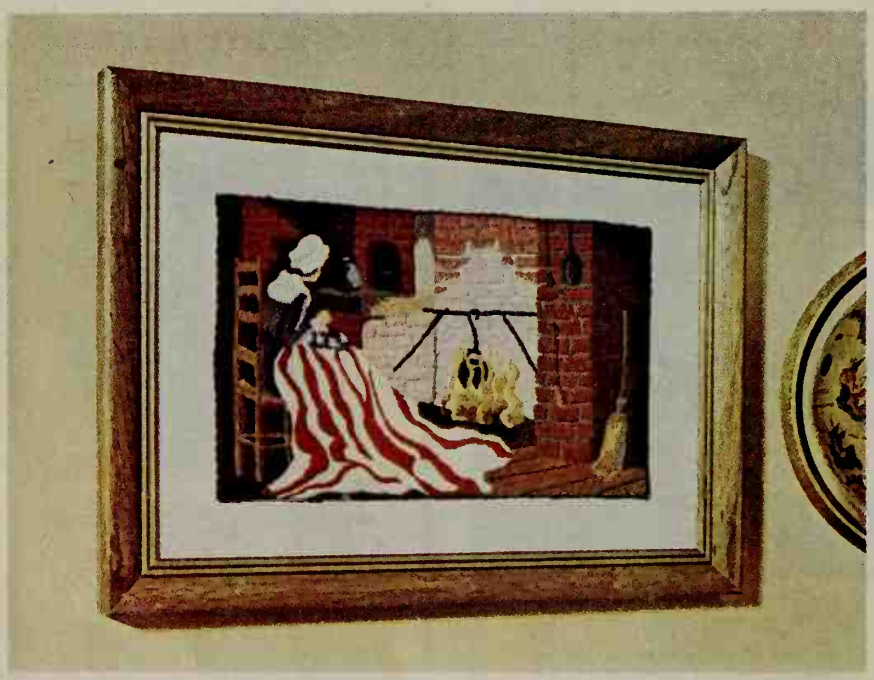
For detailed information send 50c (refundable) for full color brochure of lamps, domes, clocks and other items of real stained glass in the Tiffany tradition.

RAINBOW ART GLASS CORP. Dept. BG3
49 Shark River Road, Neptune, New Jersey 07753

Craft Kits for All Seasons

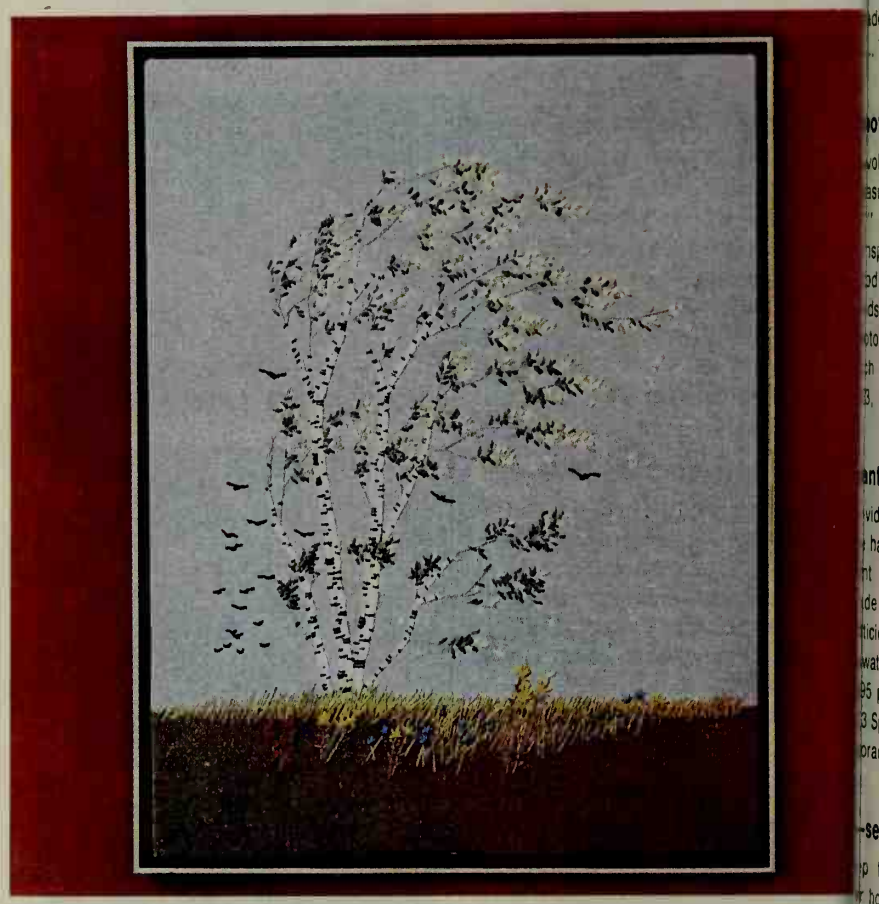
from Better Homes and Gardens

Serenity Prayer Stitch this ageless thought and make it a permanent part of your home. It's easy to do—a simple cross-stitch—and very economical. Kit includes design stamped on fine quality linen, cotton embroidery floss, and complete instructions. Sampler fits inside our beautiful 14″x18″ walnut finished wood frame. Truly a conversation piece.



Betsy Ross' Flag Celebrate the nation's Bicentennial by stitching your own commemorative memento of that historic event. Done in patriotic red, white, and blue, it's the kind of keepsake you can pass on to your grandchildren. Kit contains design stamped on homespun, acrylic yarn, needle, and easy-to-follow instructions. Fits our 12″x18″ walnut finished wood frame.

Crewel Wall Clock Create a treasured heirloom. Kit includes clock face stamped on luxurious cotton and linen fabric, crewel wools and floss in authentic soft colors, frame, mounting board, precision clock movement, needle, and easy instructions. Frame assembled and completed, snaps together. 14½″x14½″x2½″ deep. Electric or battery operated. (Batt. not included)



Birch In The Wind It's a painting in yarn! Your admirers will have to touch to believe it. A brand new concept in creative stitchery makes it possible for the beginner to create a work of art. Spend relaxing hours doing a few simple stitches to complete this masterpiece. This beautiful creative stitchery fits our 19″x24″ frame. Our complete kit contains design stamped on homespun, crewel yarn, needle, and easy instructions.

Quantity

_____No. 00600 Betsy Ross' Flag $7.99, 2 for $14.98
_____No. 00084 Frame 12″x18″ $7.49
_____No. 00601 Kit and Frame $14.48, 2 for $26.96
_____No. 00029 Birch in the Wind $7.95, 2 for $14.95
_____No. 00031 Frame 19″x24″ $9.95
_____No. 00030 Kit and Frame $16.99, 2 for $31.98
_____No. 00302 Serenity Prayer $2.49, 2 for $4.49
_____No. 00098 Frame 14″x18″ $7.49
_____No. 00303 Kit and Frame $8.98, 2 for $16.99
_____No. 00879 Octagon Clock (battery) $29.95, 2 for $57.95
_____No. 00880 Octagon Clock (electric) $23.95, 2 for $45.95

☐ No. 00900 **NEW**, colorful catalog of Craft Kits. Send 25¢ for postage and handling. **FREE** if requested with Craft Kit order.

Please include payment for postage and handling: For orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

$_____ Total of Merchandise
$_____ Postage and Handling Residents of CA, IA, IL, and NY, please include sales tax here
$_____ TOTAL

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

If you use your charge card, fill out boxes below:

Expiration Date Month/Year ____

Master Charge Interbank No. ____

Credit Card No.

Send order and remittance to:

Better Homes and Gardens
Dept. 2Q3, Box 374
Des Moines, Iowa 50336

OUR GUARANTEE: Your satisfaction, or return your purchase in 10 days for a full refund.

egant lazy susan

nd-crafted pine; base is 2" stock. ' dia., 4"H, $21.50. Crystal eese or sugar shaker, 5"H, 10 oz. 25. Cape Cod cruet, 5"H, 4 oz. 50. Pewter salt, pepper 4"H, 9.25. Entire set/$46.50. All ppd. talog free with order or 50¢. rbridge Yankee Workshop, Dept. G, Sturbridge, MA 01566.

ot lawn aerator

ap on a pair of spiked sandals. osen compacted turf and soil, let and water reach and revive the ts. Each Poly sole has 13 re-ceable steel spikes that pierce und. Non-slip buckles on heavy-y straps. 1½" deep. $10.98 + post. Holiday Gifts, Dept. 403-P, eat Ridge, CO 80033.

atform deml boot

" high, comes in kidskin, soft but rdy, stretchy Polyurethane on ny-Platform is cushioned on non-d rubber-like sole, 1⅞" heel. , brn, navy, red, honey beige, or . Sizes 5-10, Width fits all. Wash-e, $11 + 90¢ post. Old Pueblo ders, 600-B3D-So. Country Club , Tucson, AZ 85716.

oto-go-round

olving stand shows off your sured snapshots. Up to 3½" x photo slips into protective sparent windows suspended on d base. No gluing or mounting. ds up to 600. Envelopes for 160 tos included: $13.95 + 95¢ post. n 32 extra $1.25. Ferry House, , Briarcliff Manor, NY 10510.

nt doctor kit

vides good indoor plant care in handy kit. Includes booklet on t care; stainless steel rake, de & shovel; food tablets; in-icide; misting bottle; 12 feeding watering stickers. Style Q-37 5 ppd. Spear Engineering Co., Spear Bldg., Colorado Springs, rado 80933.

season plant stand

o full-length enamelled steel holds potted plants in winter, s and seeds in spring, greenery our summer patio. Solid pine D, 27¼"L, 23⅝"H. In honeytone ntique pine finish. Finished 95; unfinished kit $19.95 post-Yield House, Dept. D53Z, Conway, N. H. 03860.

man Rockwell prints

well is famous for the heart-ning, storybook quality of his ings. Each print is suitable for ng and measures 8" x 10". Set r/$1 + 25¢ postage. Delightful onin" is a free bonus. 3 sets/$2 postage. Order from American umer, Dept. NR-45, Caroline , Philadelphia, PA 19176.

continued

Planter Sale!

Buy all four and save $3.47

GLAZED CERAMIC ONLY $2.49 EACH

ALL 4 for ONLY $7.99! plus savings on postage

Beautiful New Animal Planters

Save on the perkiest, prettiest, cutest planters ever! Beautifully crafted and whimsically detailed. There's a honey of a grey-and-pink bunny . . . a 2-toned green turtle . . . a wise brown owl with huge white-rimmed eyes . . . and a frisky green frog. Leakproof, rustproof, each approximately 3½" deep and 5" long, complete with sisal hang-cord. Order now from our marvelous menagerie before sale ends!

GREENLAND STUDIOS,
8094 Greenland Bldg.,
Miami, Fla. 33059

© GS 1975

—MAIL MONEY-BACK-GUARANTEE COUPON TODAY—

GREENLAND STUDIOS
8094 Greenland Building, Miami, Fla. 33059
Rush Animal Planters indicated below @ only $2.49 each or all 4 for $7.99. Enclosed is check or m.o. for $_____.

___ 14078 Owl ___ 14079 Frog
___ 16301 Bunny ☐ All 4 ___ 16302 Turtle

Add 75¢ postage & handling for 1 planter. Add only $1.50 postage & handling for 2 or more planters. **(When you order all 4, you save $1.97 on planters and $1.50 on postage for a total of $3.47).**

Name_____
Please print clearly
Address_____
City_____ State & Zip_____

YOU MUST BE DELIGHTED, OR MONEY BACK ANY TIME WITHIN 10 DAYS
N.Y. & Fla. residents please add approp. sales tax.

GIANT MULTI-COLORED MEXICAN WEDDING HAMMOCK

PRE-SUMMER SALE only $6.99

Sleeps 2 or Sits 3 or 4
Hand-Braided
Multi-Colored Sisal
Over 10 feet Long

Sleep . . . relax . . . add a colorful conversation-piece to your garden with this giant Mexican Wedding Hammock. Super-comfy, the swingiest hammock ever, nature's own tranquilizer! Rainbow-hued sisal twisted and braided by hand for years of service. Limited supply — to be a swinger — order now!

GREENLAND STUDIOS,
8095 Greenland Bldg.,
Miami, Fla. 33059

© GS 1975

—MAIL MONEY-BACK-GUARANTEE COUPON—

GREENLAND STUDIOS
8095 Greenland Bldg., Miami, Fla. 33059
Rush_____Hammock(s) #10497 @ only $6.99 + 95¢ postage & handling. Enclosed is check or m.o. for $_____.

Name_____
Please Print Clearly
Address_____
City_____ State & Zip_____
N.Y. & Fla. residents please add appropriate sales tax.

YOU MAY CHARGE MY:
☐ Master Charge* ☐ BankAmericard
Accnt #_____ Exp. Date_____
*Indicate the four numbers above your name here

FREE SPEED PHONE SERVICE for our charge card customers. Dial 800-327-8531. Fla. customers dial 800-432-7521 (for ordering only.) Call 8:30-5:00 PM Mon.-Fri.

☐ **SAVE 95¢.** Order two hammocks and we pay postage on one. Extra hammock makes a wonderful gift.

N.Y. & Fla. residents add appropriate sales tax.

Two Are FREE!

THE THIRD ONE IS YOURS

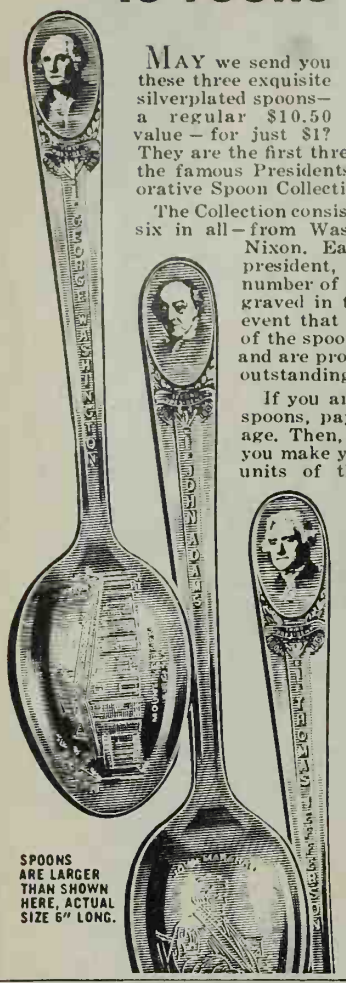
for only $1.00

MAY we send you these three exquisite silverplated spoons—a regular $10.50 value—for just $1? They are the first three spoons of the famous Presidents Commemorative Spoon Collection.

REGULAR RETAIL PRICE $10.50

The Collection consists of thirty-six in all—from Washington to Nixon. Each spoon commemorates a different president, displaying his portrait, his name, number of his presidency and term in office. Engraved in the bowl is the scene of an historical event that occurred while he was president. All of the spoons are heavily plated with pure silver and are produced by the International Silver Co., outstanding silversmiths for over 100 years.

If you are delighted with the first set of three spoons, pay the invoice enclosed with the package. Then, unless you tell us not to at the time you make your payment, we'll ship you the other units of the collection, two units every two months and bill you only $3.50 per spoon (plus mailing cost). You may cancel future shipments at any time and pay only for those spoons you keep! So mail the coupon below today. SEND NO MONEY. Allow four weeks for delivery.

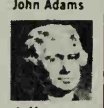


SPOONS ARE LARGER THAN SHOWN HERE, ACTUAL SIZE 6" LONG.

OUR FIRST THREE PRESIDENTS

Washington

John Adams



Jefferson

AMERICAN COLLECTORS' GUILD, Dept. BH
1013 East 26th St., Hialeah, Fla. 33013

Send me the three Presidential Spoons, as per your offer—a $10.50 value— and bill me only $1. (plus mailing cost).

NAME_____

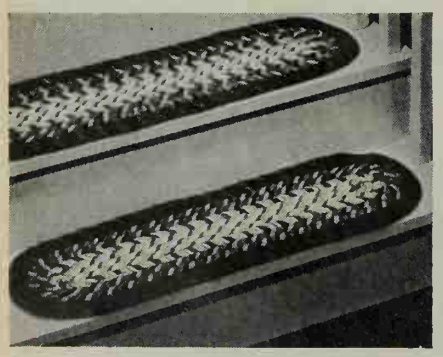
ADDRESS_____

CITY_____

STATE_____ ZIP_____

(If under 18 years of age, parent must sign)

BRAIDED STAIR TREADS



Going up the downstaircase, down the upstaircase—our tough, wear-worthy, practical stairtreads that take the wear off the stair and the worry from your mind. Each is 9x27" tightly-braided durable nylon. A functional yet homey touch for any decor. $3.50 each in your color choice of avocado or deep chestnut brown. A full stair set of 13 is just $34.50. All are mailed Postpaid.

SEND 25c FOR OUR 50-PAGE COLOR CATALOG

Yield House
Dept. D53A
North Conway, N.H. 03860

CUSTOM PRINTED SHIRTS

The latest craze—you think of the slogan and we'll print it! Any slogan . . . for your team . . . club . . . candidate . . . your favorite hobby . . . or whatever. Up to 30 letters printed on these quality cotton sweat-shirts or T-shirts. Machine washable, paint will not run or fade. Colors are powder blue or navy blue. Size S, M, L, XL. Specify size & color. Add $2.00 extra for printing on both sides. We ship in 48 hours.

Sweatshirt $6.95
T-shirt $4.95

Write for FREE catalog of gifts

HOLIDAY GIFTS
Dept. 403-B, Wheat Ridge, Colorado 80033

1000 RETURN ADDRESS LABELS

$1.00

USE YOUR ZIP CODE

FREE HANDY BOX

Quick and easy way to put your name and return address on letters, checks, books, etc. ANY name, address and zip code up to 4 lines beautifully printed in black on crisp white gummed labels. 1¾" long. Free decorative box for purse or desk. Set of 1,000 labels, just $1 postpaid. Money back if not pleased. Don't know your zip code? We'll look it up for you. **Send for free catalog.**

Walter Drake & Sons
3053 Drake Building
Colorado Springs, Colo. 80940

LOW COST!

BLOW YOURSELF UP®

FULL COLOR PHOTO POSTER

Brilliant, full color photographic posters from any color photo. Great room decoration, gift idea.

1½x2 ft. $9.95 | 1x1½ ft. $7.95 | 2x3 ft. $14.95

BLACK-AND-WHITE POSTERS From any b&w or color photo, Polaroid, or illustration.

2x3 ft. — $3.95 1½x2 ft. — $2.95 3x4 ft. — $7.95

$2.00 **SPECIAL!** B&W duplicates — 1½x2 or 2x3 ft. only $2.00 ea. with original b&w or color order.

RUSH SERVICE! Shipped 1st class in 1 day. Addit. $2 per poster. B&W only.

If ordering from slide or neg., add $1.00 per poster. Your original returned. Add 50¢ pstg. & hdlg. for EA. ITEM ordered. N.Y. res. add tax. Send check, cash or MO. No COD's.

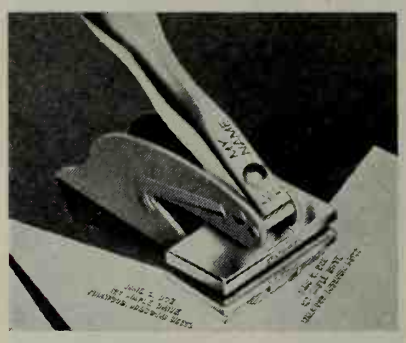
PHOTO POSTER, Dept BH-35, 210 E. 23 St. NYC 10010

Power of a woman T-Shirt

White washable cotton, navy blue stretch neck and armbands. Embroidery look cross-stitch pattern. #67251 (SM); #67252 (MD); #67253 (LG) $2.99 + 50¢ post. Madison House Fashions, Dept. 8088, 4500 N.W. 135th St., Miami, Fla. 33059.

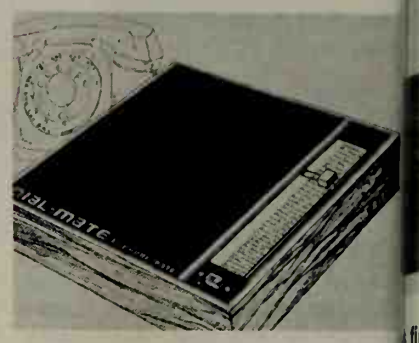
Happy Easter Ideas—kit

Victorian eggs, 3 dimensional portraits framed with glitter 'n gleam. Includes 3 plastic eggs, art prints, braid, 3 stands etc. About 3¼" high. #8394 $6.98 + 50¢ post. Lillian Vernon, Dept. H3E, 510 South Fulton Ave., Mt. Vernon, NY 10550.



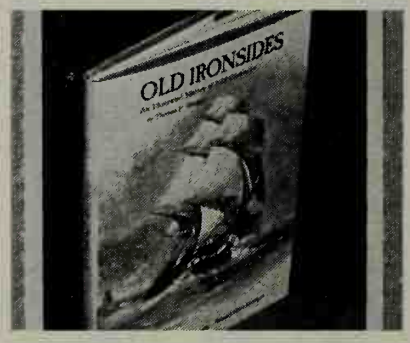
Stationery hand embosser

For envelopes too, reversible, to personalize—press handle. Makes raised letters. Print 3 lines (24 characters or less per line). $9.95 + 65¢ post. 4 lines add $1. Extra plate $7.85. Postamatic Co., BH-3, Lafayette Hill, PA 19444.



Automatic dialer

Program 42 important numbers then set will dial them over and ove again with the touch of a button For single phones $69.95; multiple line phones $79.95; shp. chgs. $2. Catalog 50¢. Grand Com Inc., Dept BHG, 324 5th Ave., N.Y., NY 10001



"Old Ironsides"

An illustrated history of the U.S.S. Constitution by Thomas Horgan. A fascinating, and informative volume for sailing ship buffs & ship model builders. $7.95 + 50¢ post. Catalog 25¢. Preston's, 120-X Main St. Wharf, Greenport, NY 11944.

Prince Leo—lithograph

From the original Burk Sauls' de tailed drawing. 13"x20", black an white with a splash of color; eyes golden yellow. $7.50. The set: th Visitor & Prince Leo (above) $1 Order from The Tattered Boot, Dep BH3, Lamont, FL 32336.

Twin-Rest seat cushion

Gives relief to sensitive areas, fights fatigue and soreness. Ideal for car, home, office, wheel-chair, back-cushion. Deflates for travel. Vinyl 16"x17", $6.95 ppd. Zipped cover $2.19 extra. Better Sleep, Dept. BH3, New Providence, NJ 07974.

The new "Travel Chair"

With this new wheelchair a han capped child (up to 80 lbs.) will e joy going along with the family. safety-interlocked mechanism fol the rear wheels; the chair and ch stay together. Write to: Ortho-Kir tics, Inc., Waukesha, WI 53186.

lassic candlestand

d after an original 18th cen-
ece found last year in Maine.
-perfect for the Colonial
Elegant in any setting. 25"H,
. top. Solid maple in a cherry
9.50 ppd. Yield House, Dept.
N. Conway, NH 03860.

fire dies, clouds glow

ul example of Haiku, an un-
l poem of three lines, refer-
a season of the year. Gold
ed in solid walnut, 4½"x2",
a.; 3 or more $1.95 ea. ppd.
A-3. Spear Eng. Co., Dept.
olorado Springs, CO 80933.

n violet planter

violets and green leaves
ne fluted white earthenware
ked to a jewel-like finish.
in a row are so attractive.
. #11908 $2.99 + 85¢ post.
o., Dept. 8090, 4500 N.W.
t., Miami, FL 33059.

sculpture a new art

driftwood carved into a
ads of golden and white,
y woven, shaped into a sail
ng. Solid white pine plaque
#8369 $6.98 + 50¢ post.
ernon, Dept. H3E, 510 S.
ve., Mt. Vernon, NY 10550.

continued

REMODELING? REDECORATING?
BUY YOUR NEW LIGHTING FIXTURES at 50% OFF list price

Send $2 (deductible on 1st order) for 70 page full color catalog, price list and free lighting guide booklet. Money Back Guarantee on all fixtures.

KEDCO SUITE 200, 14007 N. STEMMONS DALLAS, TEXAS 75234

BASEMENT TOILET

Flushes up to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Increases the value of your home. Financing available. Dealer inquiries invited. Free catalog.
DOSS, Dept. J-46, Box 10947, Houston, Tex. 77018

STUDY INTERIOR DECORATION AT HOME

Leading school offers top course. Individual programs. Illustrated lessons—color & fabric samples. Rewarding career or hobby. Certificate. Send for Catalog C28.
N.Y. SCHOOL OF INTERIOR DESIGN
155 East 56th St., N.Y. 10022

COOKS BIG STEAK FOR TWO

LaCotta Steak Maker™ The Natural Greaseless Way To Turn On Flavor

From the wine country of Northern Italy where good food is a Tradition — this fantastic new gourmet cooking discovery makes steaks, chops, chicken, fish so exquisitely flavorful, so unbelievably succulent and tender, guests will beg you for your secret. But your secret is not a recipe it's a new way to cook. WITHOUT FAT, GREASE, WATER OR SOFTENERS.

LA COTTA IS TOTALLY AND TASTEFULLY DIFFERENT

It's made of special volcanic rock found only in Northern Italy's wine country. This porous rock works like magic to draw out fat, bitterness and acidity from food. Five different lead-free stones are ground together in a secret formula, then moulded into the cookware; aged, sun dried, and now ready for your gas or electric range. The result is a revolutionary new way to cook; a new taste experience.

THE LA COTTA COOKING REVOLUTION OBSOLETES THE METAL PAN

It doesn't build up the intense temperatures that toughen meat. ■ Porosity draws out fats, bitterness, acidity — Lets you taste natural food flavors. ■ Spreads and holds heat evenly, so there's less shrinkage. ■ Self-basting, preserves natural juices. ■ Makes meats tender, succulent without tenderizers or spices. ■ Easily cleaned in plain hot water — no soap necessary.

SPECIAL INTRODUCTORY OFFER LIMITED TIME ONLY — $9.95

As exclusive distributor for the U.S., American Consumer is proud to offer La Cotta to you at this special introductory price, backed by American Consumer's own money back guarantee. Over one million La Cotta Brand cookers have been sold. So join the Cooking Revolution NOW. Prompt delivery guaranteed — we've received a huge shipment, but hurry and get your order in!

FREE RECIPES

If you order now, you'll receive these fabulous illustrated recipes. Chock full of exciting dishes to make with your new La Cotta Steak Maker.™

MAIL NO-RISK COUPON

AMERICAN CONSUMER Dept. LS-51
Caroline Road, Philadelphia, PA 19176

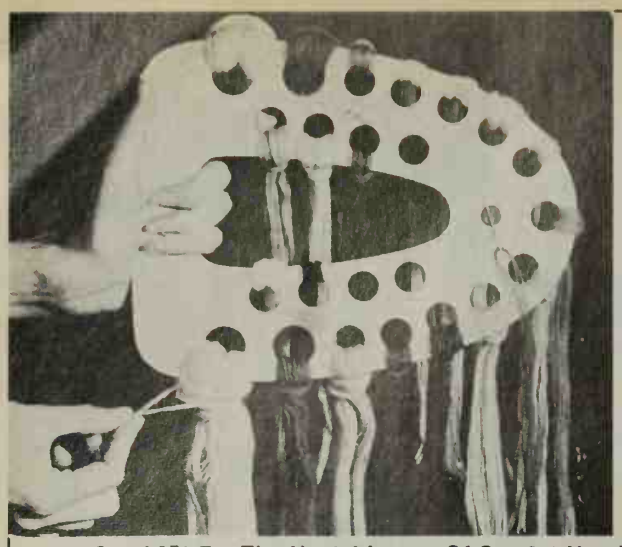
Please ship _____ (LS) La Cotta Steak Maker(s)™ at $9.95. **Save!** Order 2 for only $18.95. Add $1.00 per order to partially cover postage and handling. Satisfaction guaranteed.

Total amount enclosed $_____ (add sales tax where applicable).
Enclose check or money order. No COD's please.

CHARGE IT. Use your bank credit card. Just fill in your number and expiration date of card here:

Master Charge BANK NUMBER ☐☐☐☐
Master Charge # _____ Exp. Date _____
Bank Americard # _____ Exp. Date _____

Name _____
Address _____ Apt. _____
State _____ City _____ Zip _____



YARN PALETTE
to organize

We have found this smoothly-finished hardwood palette a great convenience for crewel embroidery, creative stitchery and needlepoint. It is designed to organize yarns into over 20 different color catagories, with a magnet for the needle. The palette is packaged with directions for knotting the yarn for simple pull-out. An excellent gift idea. Size: 10½" x 8¼". Only **$4.95** plus 50¢ postage.

Send 25¢ For The Next 4 Issues Of Our Art Needlecraft Catalog.

The Stitchery Dept. BHG-303, 204 Worcester Turnpike Wellesley Hills, Mass. 02181

WHY RIP UP YOUR LAWN? PLUG IN ZOYSIA GRASS

By Mike Senkiw

It's true the things people are saying about Amazoy Meyer Z-52 Zoysia Grass (Reg. T. M.).

It grows so thick and luxurious that walking on it is unforgettable . . . like walking on a thick, pile carpet.

Your Zoysia lawn drives out crabgrass and weeds all summer long. It stays green and beautiful in blistering heat, when other grass burns out. It cuts mowing by ⅔ . . . it's perfect, for summer homes and "problem" areas.

There's no need to rip out your old grass. Plug in Amazoy Zoysia Grass and let it spread into beautiful turf that never needs replacement. It will neither heat kill nor winter kill . . . merely goes off its green color after heavy frosts and regains fresh new beauty every spring — a true perennial! Every plug fully guaranteed to grow in any soil in your area. © ZEN 1975

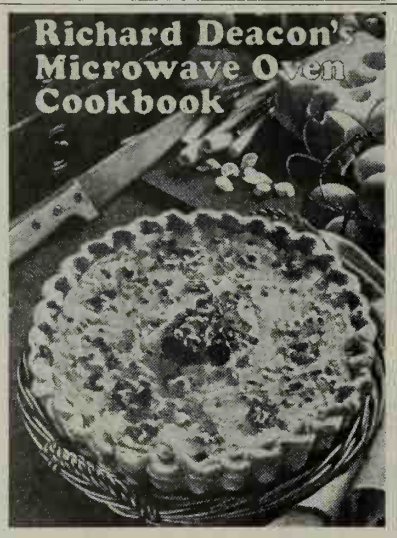
To end lawn problems, send for Free interesting facts and low prices of Amazoy incl. Pre-season Bonus Offer. No obligation. Mail coupon to

DEPT. 280, ZOYSIA FARMS
(Our 20th Year) General Offices & Store
6414 Reisterstown Rd., Balto., Md. 21215

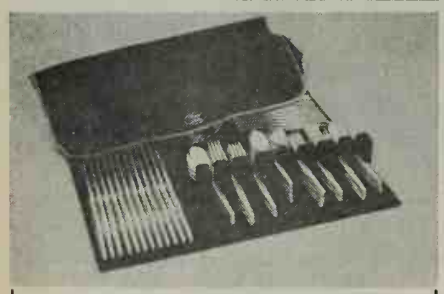
Name .....

Address .....

City & State ..... Zip .....



Unleash the full potential of your microwave oven with 231 great new recipes. Appetizers, beverages, soups, sandwiches, sauces and toppings. Eggs and Cheese: Quiche Lorraine and fondue, too! Meats: Roasting time charts, Teriyaki, Barbecued Spareribs, Ham with Strawberry Sauce. Chicken Marengo, Cordon Bleu. Seafood. One-dish meals: Unusual casserole and pasta recipes put taste-treats on the table in a jiffy. Vegetables, convenience foods and desserts. $5 paperback, $6.95 hardback. Add 50c shipping. Satisfaction Guaranteed! **H. P. Books,** Box 5367, Dept. BH-35, Tucson, AZ 85703. 4058 N. 14th Ave.



GORHAM SILVERWARE PADS

Keep your silverware handy. Pad fits in buffet drawer and keeps flatware in dividers of Pacific silvercloth. Millions of invisible silver flecks are woven in cloth to absorb all tarnish. Cover folds over top to eliminate dust. In two sizes:

Standard (holds 108 pieces) **$10.98**
Jumbo (holds 120 pieces) **$11.98**
Plus 95¢ postage each.

HOLIDAY GIFTS
Dept. 403-C, Wheat Ridge, Colorado 80033

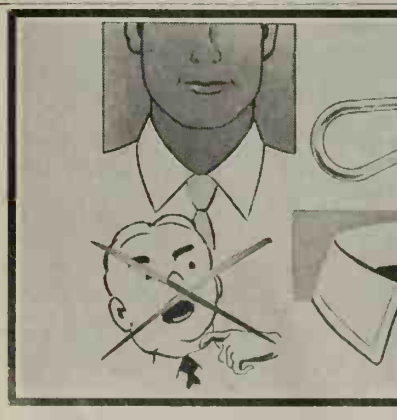
RATTAN SHELF

Handwoven of natural rattan, 15" x 7" x 18" high $12.95 plus $2.00 postage. Painted in white, yellow, green, pink, orange, blue or black, add $3.00.

WALL LAMP

Handwoven completely wired with on/off switch, 10" dia. x 9". Painted add $2.00. Use up to 100 watt bulb.

VISIT OUR WAREHOUSE SHOWROOM
FRAN'S BASKET HOUSE
Route 10, Dept. BH3
Succasunna, N.J. 07876



END SHIRT COLLAR "SQUEEZE"

Collar-Extender button "loosens" tight shirt collars. Ends all-day tugging. Expands collar up to ½ size larger for that "just right" feeling. Invisible behind tie. Can be transferred from shirt to shirt in seconds. Set of 2.

Collar Extenders
$1.00 + 15¢ Mailing
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

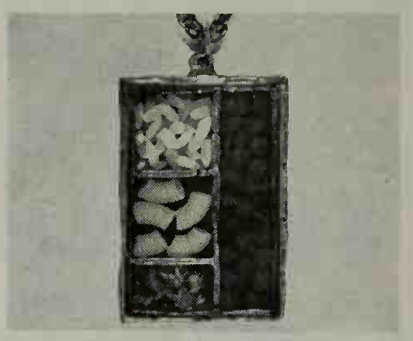
Anthony Enterprises
585 Market St., Dept. BHG-35
San Francisco, Calif. 94105

Steam iron cover

At last you can iron all hard-su faced fabrics without causing shin Simply slip one of these tefl covers over your steam iron. Pu new beauty in serges, gabardin dull surfaced silks, woolens ar knits. $1.29 ea. cover, + 15¢ po Anthony Enterprises, Dept. BHG-3 585 Market, San Francisco, CA 941

La Cotta steak maker

A new discovery from Northern Ita Made of special, porous volcan rock that draws out fat, bitterne and acidity from steaks, chops, fi and chicken while it preserves na ural juices to make meat succule $9.98; 2/$18.98 + 50¢ post. Ame can Consumer, Dept. LS-44, Car line Rd., Phila., PA 19176.

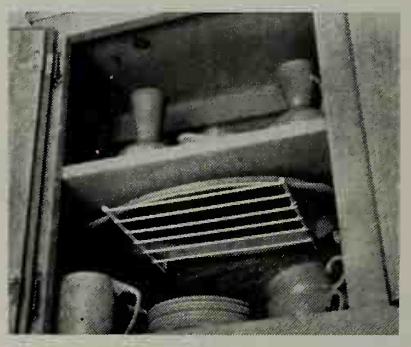


Wear an ecology pendant

A miniature replica of the ecolo boxes that are so popular today. solid pewter case, see-through fro filled with a variety of herbs, grai and flowers. An unusual penda that's sure to attract compliment 1½" x 2". Style: Q30, $5.95 pp Spear Eng. Co., 3093 Spear Bld Colorado Springs, CO 80933.

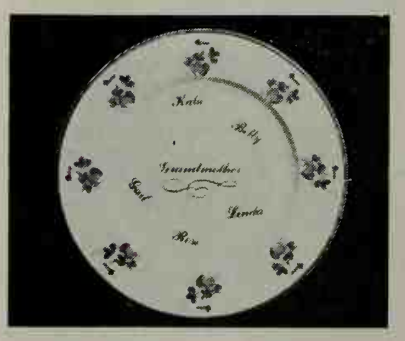
Picasso: Les Petites Fleurs

Color lithograph on canvas, in re blue, green, orange and black white. 20"x26", $5.95 + 95¢ po Stretched on artist bars $9.95 $1.95 post. Ebony with chromeli trim $24.95 + $1.95 post. Catal free with ord. or 50¢. Lambert S dios, Dept. BG-3, 910 N. La Ciene Blvd., Los Angeles, CA 90069.



Place for big platter

Now a safe home . . . the unus space under a shelf! Cushio coated steel rack holds platter, kee it in easy reach, gives you ex storage space. 10"x9¾", whi easy to attach. #6368 $1.59; 3/$3. + 40¢ post. Country Gourmet, De H3E, 510 So. Fulton Ave., Vernon, NY 10550.

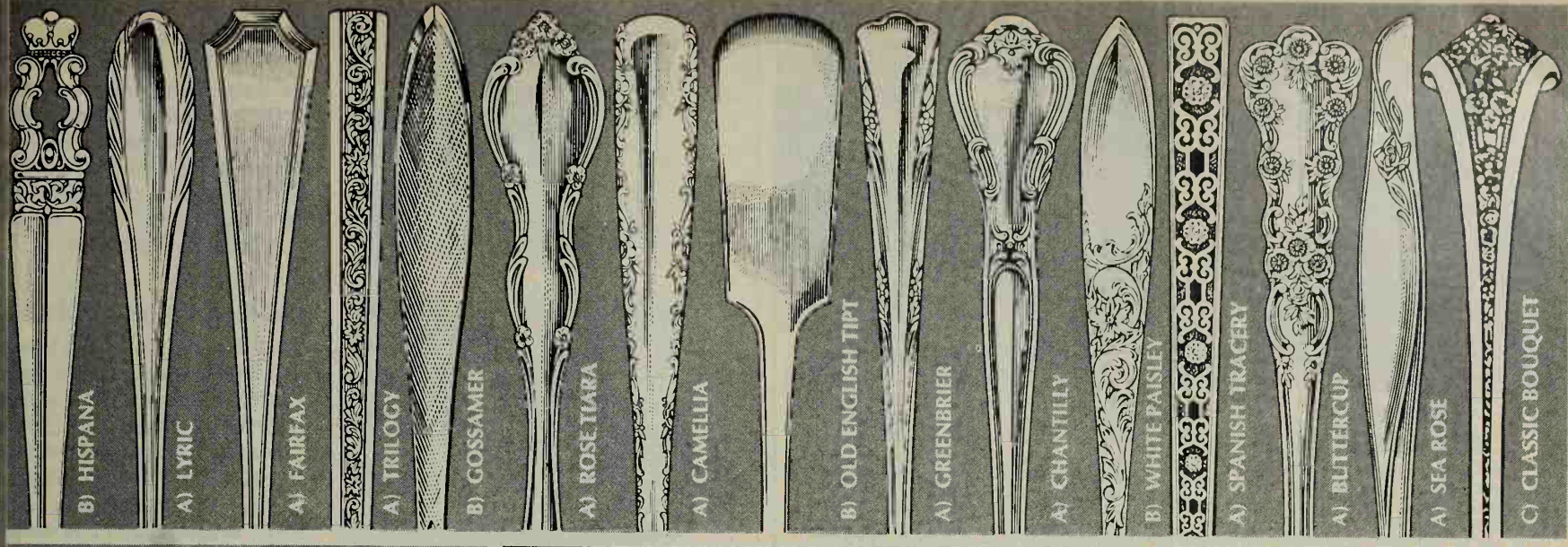


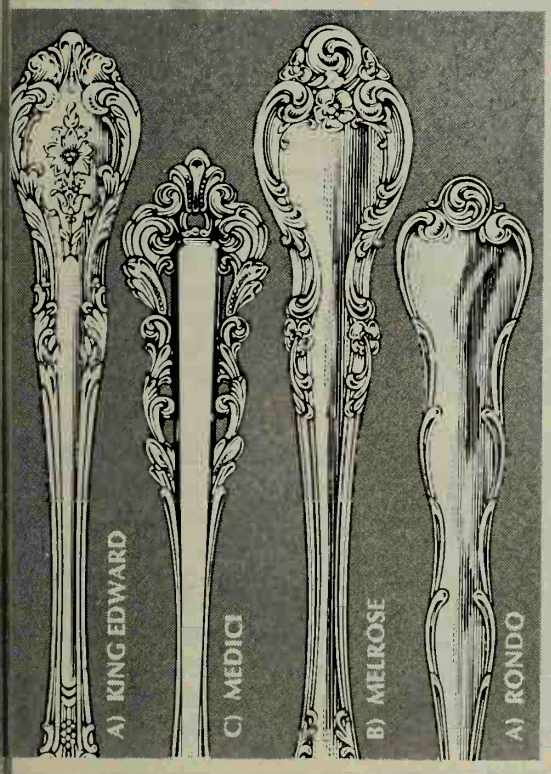
Grandmother plate

Is a handsome hand-decora plate made of fine China. 7½" c lectors size with a lovely violet b der. So charming and personaliz with the names of her own gra children and the word "Gra mother" in gold script. $9.95 a $1.50 per name. Bruce Boli BH-3, Boulder, CO 80302.

Magnifier plus light

A marvelous reading aid for men phone listings, newspapers, exa ine stamps and coins etc. Giant s 3½" lens plus built in light to large and illuminate at the sa time. Takes 2 "C" batteries incl.) Buy several for home, off etc. $6.98 + 50¢ post. Holiday Gi Dept. 403-N, Wheat Ridge, CO 800

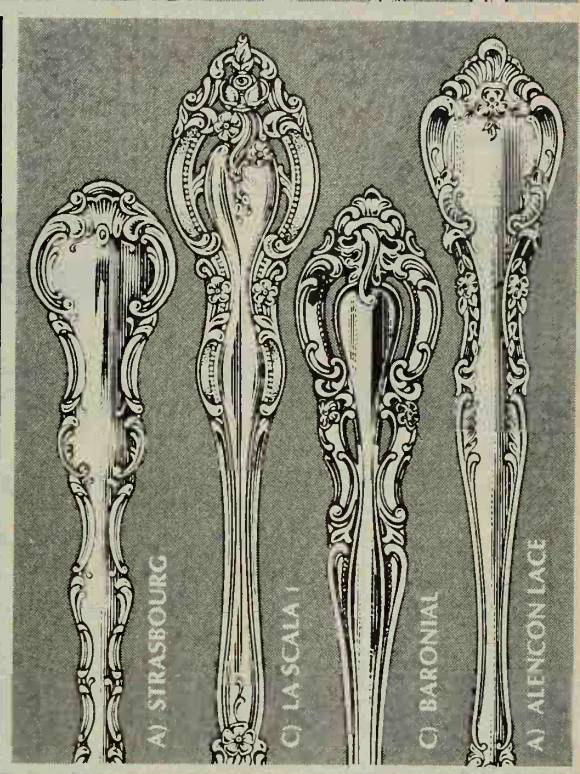




SAVE MONEY NOW
AT JACCARD'S!

1/3 OFF GORHAM

STERLING SILVER
32 PIECE SETS!
30% OFF 4 PIECE
PLACE SETTINGS!
25% OFF ALL
OPEN STOCK!



24 MONTHS TO PAY
WITHOUT ANY FINANCE CHARGE

Order by mail now from Jaccard's. This sale ends March 22, 1975. (Note: If you are matching present Gorham sterling silver patterns, please be sure to include tracings of the knives, forks, soup spoons and butter spreaders.)

Buy on Jaccard's Silver Club Plan: 10% down, balance in 24 equal monthly payments ($5.00 minimum). No finance charges added for deferred payment. 4-piece place setting includes teaspoon, place knife, place fork, and salad fork. 32-piece set includes eight 4-piece place settings. All 26 current Gorham patterns included.

FREE SILVER CHEST!

Holds full 130 piece service. Pacific cloth lined chest free with purchase of $300 or more.

JACCARD'S
JEWELERS SINCE 1829

JACCARD'S, 22 Petticoat Lane, Kansas City, Missouri 64106

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

☐ Cash. Check enclosed for full amount (add sales tax as applicable).
☐ Master Charge or Expiration Date _____
☐ BankAmericard No. _____
☐ Jaccard's Silver Club Plan (complete the following only if you are using Jaccard's Silver Club Plan and enclose 10% down payment).

Employer's name and address: _____

Position: _____ Length of service: _____

Bank reference: _____

Order your Gorham Sterling by mail from Jaccard's with confidence. The cost of credit is included in the price quoted for the goods and services.

Please ship the following in _____ pattern Gorham:

QUANTITY/ITEM	GROUP A REG.	GROUP A SALE	GROUP B REG.	GROUP B SALE	GROUP C REG.	GROUP C SALE
___32 piece set	$1,040	$693.33	$1,140	$760.00	$1,200	$800.00
___4 piece place setting	130.00	91.00	142.50	99.75	150.00	105.00
___Teaspoon	29.00	21.75	31.00	23.25	32.50	24.38
___Place knife	22.75	17.06	23.25	17.44	23.50	17.63
___Place fork	44.50	33.38	50.50	37.88	54.00	40.50
___Salad fork	33.75	25.31	37.75	28.31	40.00	30.00
___Place spoon	38.00	28.50	40.50	30.38	47.00	35.25
___Spreader, hollow handle	19.00	14.25	19.75	14.81	20.00	15.00
___Iced beverage spoon	38.00	28.50	40.50	30.38	47.00	35.25
___Cocktail fork	21.00	15.75	23.50	17.63	24.75	18.56
___Tablespoon, regular	65.00	48.75	70.00	52.50	87.50	65.63
___Tablespoon, pierced	65.00	48.75	70.00	52.50	87.50	65.63
___Sugar spoon	33.00	24.75	35.00	26.25	39.50	29.63
___Butter knife, hollow handle	16.50	12.38	20.50	15.38	21.00	15.75
___Cold meat fork	65.75	49.31	66.00	49.50	71.50	53.63
___Gravy ladle	65.75	49.31	66.00	49.50	71.50	53.63
___Pie/cake knife	30.25	22.69	38.50	28.88	38.50	28.88
___Olive/pickle fork	19.25	14.44	22.00	16.50	24.75	18.56
___Cream ladle	30.25	22.69	35.75	26.81	41.25	30.94
___Jelly server	33.00	24.75	33.00	24.75	35.75	26.81
___Lemon fork	16.50	12.38	16.50	12.38	17.00	12.75

Please add $2.50 handling/shipping charge. A partial listing only of silver pieces is shown above. The complete Gorham Sterling Silver sale price is available upon request.

GET RID OF UNWANTED HAIR

Amazing Lemos Permagon destroys hair roots instantly—one by one—without pain. No wire connections. Uses tiny batteries (included). Same electrolysis system experts use to remove hair permanently from face, arms, legs and body.

LEMOS PERMAGON $9.98 + 50¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-35
585 Market St., San Francisco, Calif. 94105

LEARN TO SEW

There's a fun, new way for beginners to learn basic sewing. It uses large stuffed animal patterns (16″ x 22″). There are ten designs: bear, dog, dragon, elephant, mouse, octopus, pig, rabbit, turtle, walrus. Special instruction sheet and patterns teach hand and machine sewing, pattern use, embroidery. The 58 page LEARN TO-SEW book and patterns are easy to read with cartoon illustrations.

PATTERNS are $1 each **All 10 for $8**

LEARN TO-SEW BOOK is $2.25 ppd

Send to: To-Sew, Dept. 2114
P.O. Box 974
Malibu, CA 90265

Specify animal.
Calif. res. add tax. No COD'S

Send 25¢ for 144 page

Ship & Sea CATALOG

NEW illustrated Catalog shows 51 ship models, both ready-to-build kits and finished models; over 100 marine pictures; and decorative nautical items by the score.

MARINE PICTURES: Full color reproductions of world famous ship and sea pictures.

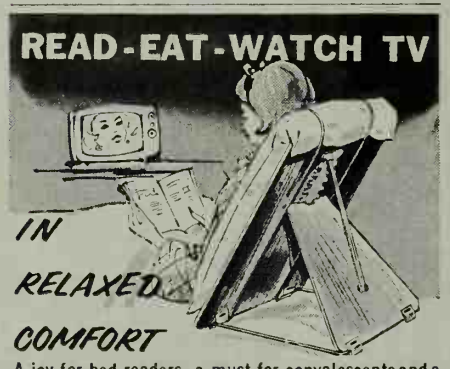
SHIP'S FIGUREHEADS: Replicas of decorative carved figures from old sailing ships. From $14.95.

SHIPS' WHEELS: Of mahogany or oak, for tables, ceiling lights or wall decorations.

MINIATURE CANNON IN BRASS: Hand built or in kits — for bookends, shelf or desk From $8.95

144 pages of unusual nautical items for the home or office.

Send 25¢ for catalog to PRESTON'S
120-A Main St. Wharf, Greenport, N. Y. 11944



A joy for bed readers, a must for convalescents and a welcome gift for all. This elegantly grained mahogany plywood **Folding Back Rest** is super size. 16x24″ high. A full 4 to 6″ higher than other back rests, it gives full pillow support to head and back for firm sitting-up comfort. 5-adjustable positions. Vertical elastic cords hold your own pillow securely in place. Non-skid base. Conveniently light, it folds wafer-thin—no storage problem **$10.98.** We pay postage, ship in 6 hours. Send your check to:

Better Sleep Inc. BOX BP
New Providence, New Jersey 07974
MONEY BACK GUARANTEE

Full Size, Home Gardener

GREENHOUSES

at America's Lowest Prices!

Redwood greenhouses. UV1 or fiberglass coverings. Also aluminum-glass designs.

8 FT. U.V.I. MODEL, ONLY **$119.95**

WRITE FOR FREE COLOR BROCHURES

Peter Reimuller—The Greenhouseman™
P.O. Box 2666-G3, Santa Cruz, Ca. 95063

Personalized Pet Placemat

Handsome foam placemat for your beloved pet! Saves messy spills and drips on floors —won't slide around as animal eats. Decorated with black lettering and design, personalized with your pet's own name. Special place in center for feeding bowl. 22″ x 14″ mat wipes clean easily. Specify dog or cat.

$1.69 plus 35¢ handling each.

HOLIDAY GIFTS
Dept. 403-E, Wheat Ridge, Colorado 80033

TREES

3 year, select trees; 8″-14″, 5 each Scotch Pine, Norway Spruce, Austrian Pine, Colorado Blue Spruce, Douglas Fir.

25 for only $9.95

CANADIAN HEMLOCK

These sturdy, well rooted 4-yr. 10″ to 15″ plants are ideal for background or hedge in sun or shade. Trim to desired height.

Postpaid. No C.O.D.
Write for FREE ILLUSTRATED CATALOG.

15 for $9.95
25 for $16.95
50 for $31.95

MUSSER Box 3C Indiana, Pa. 15701

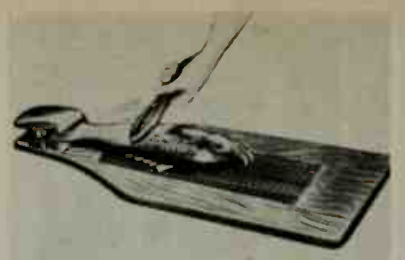
READ TINY PRINT INSTANTLY!

With these deluxe "Ben Franklin" Half Frame Reading Glasses

These magnifying glasses are a perfect aid in reading fine print in phone books, menus, programs, etc. Wear "look over" specs and have normal vision without removing them. Impact resistant lenses. Brown Tortoise or Jet Black. Specify men's or women's. Not for astigmatism or eye diseases. With free case.

$6.95 *Add 50¢ Handling*

JOY OPTICAL *no orders for N.Y. del'y*
Dept. 379, 73 Fifth Ave., New York, N.Y. 10003

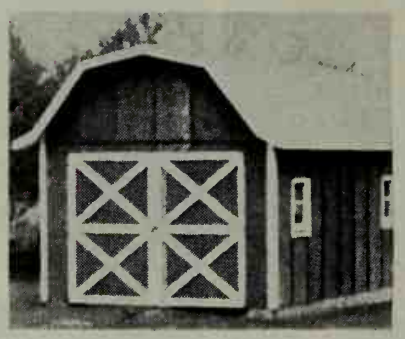


New fish cleaning board

Powerful nickel-plated jaw, g firmly to hold head or tail of like a vise; frees your hands to cl or fillet. Tough molded styr board, with woodtone finish. 6 24″ slips into tackle box. #10 $6.99 + 75¢ post. Greenland S dios, Dept. 8089, 5217 Greenl Bldg., Miami, Fla. 33059.

Needlepoint portrait kit

Send B/W or color photo (return we'll send canvas, wool & instr. x14″ $24.95, 14″x18″ $34.95, x22″ $39.95. Ea. add'l subj. on s canvas $15. Embroidery kit 14″ $24.95 ea. add'l. subj. $15. $2. (NJ res 5% tax) Needlepoint traits, Studio 202, 71 Stillwell Kendall Park, NJ 08824.



How-to build a barn

Plans for distinctive and u barns. Step-by-step plans and terial list. Plans call for double foot doors, 4 inch concrete floor finished loft floor. Use for a cabin, etc. Garage barn or trad al 14 ft. x 20 ft. x 14 ft. 9 in. $3.75. Hammond Barns, Dept. Box 584, New Castle, Indiana 4

Bicentennial collection

Panorama of famous Ame and historical events! Valuable lection of U.S. stamps incl Betsy Ross, Lafayette, historic some more than 20 yrs. old. O to examine free, buy any or return balance, cancel service time. 25¢. Catalog free. H.E. H Dept. N-30, Boston, Mass. 02

Sculpting with string

It's fun, it's easy and excitin everyone. The complete curvil kit makes the dramatic sailing (above) "Florence A II". Include a 24″ x 16″ avocado felt-co panel, curvillusion punch & n string, & directions. $11.95 post. West-Berg Ent., BH3 4749, Colorado Springs, CO

ADDRESS LABELS with NICE DESIG

Any Initial, American Flag, Pine, C Palm, Roadrunner, Saguaro, Rose (A Texas Flag, Maple Tree, Treble Clef, ette). Up to 20 letters per line, 4 li Printed in black on white or gold gum labels 1½″x½″. 500 on white or 25 gold, $2.50 ppd. Or on Deluxe Size, long, $3.50 with design or $2.50 with ppd. Specify Initial or Design desired. Air Mail, add 39¢ per order. Bruce Bol 153-L, Bolind Bldg., Boulder, Colo. 80 [Since 1956, thanks to you!]

Color PHOTO Bargains

16 WALLET SIZE or 3—5 x 7 ENLS. or ONE 8 x 10 ENL. Your Choice $2 Full Color

or Super! 12 WALLET SIZE with FREE 5x7 ENL.

Finest quality silk finish smudge-proof photographic paper. Send any color photo (8x10 or smaller), color neg., or slide (photo preferred). Ret. with order. *Add 35¢ per selection for postage and handling, and additional 50¢ extra for First Class service.* Satisfaction guaranteed or money back

QUALITY VALUES 614-M, New Rochelle, N.Y. 10804

Save ½ on WALLPAPER

Flocks and Vinyls

Get new 1975-76 catalog. Actual sheets — textures, weaves, damask panion papers — all pre-trimmed, w vinyl-bonded — only 75¢ to $1.25 sir Also strippable Flocks and scrubbab at great savings. 73 selections. S today for huge catalog.

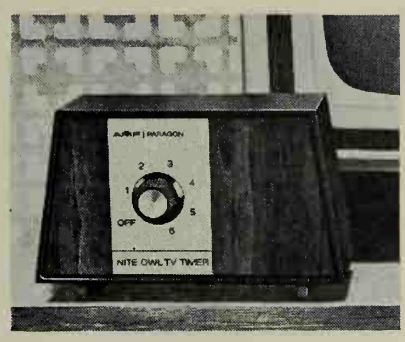
MUTUAL WALLPAPER Dept. 20, 812 W Louisville, K

wind chimes

-o-o wouldn't like to have this ful wind chime tinkling on the ce or in the foyer? Five baby float about under the mama Antique finished metal with hang- reezes start the owl twirling with e tintinabulations. 17½" $2 + post. Holiday Gifts, Dept. Q, Wheat Ridge, CO 80033.

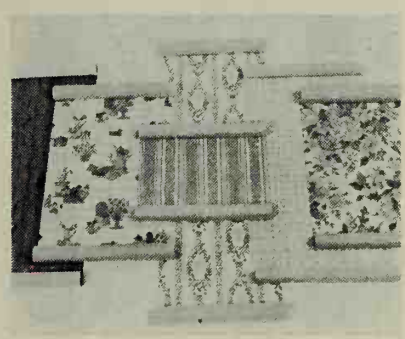
omatic turn-off

ner for the TV night owl; no to get out of a warm bed. Sim- et the viewing time you want . . . tle as 15 minutes, as much as rs. Bedside control of radio or appliances. 3½" x 5½" x 2½" pproved. $14.95 + $1 post. J. olst, Inc., Dept. BT-35, 1864 E. 23, East Tawas, MI 48730.



wallcoverings catalog

de selection of colors and de- for every area in the home; at s said to be 50% under com- ple wallpaper in stores. Pre- ned, waterfast & vinyl-bonded s soil. Range 75¢ to $1.25 per e roll. Catalog 35¢. Mutual paper Co., Dept. BHG3, 812 W. St., Louisville, KY 40202.



py face pendant/pin

ning eyes and an ear splitting set in a round golden face. es with a beautiful 23" double oldtone chain and safety catch ack. Comes beautifully boxed; it as a pin or pendant. $3.95 /$6.95; 3/$9.95. Plantron, Inc., 3126-10, 2207 East Oakland Bloomington, Illinois 61701.

ycat poster

tible pussycat will bring forth a smile. Send it to everyone eeds an incentive to "hang in . Perfect for den, office or tory; makes any room happier. lack background with a play- . Giant 2' x 3', $2 + 25¢ post. y Gifts, Dept. 403-S, Wheat Colorado 80033.

continued

GSAW PHOTO PUZZLE

urself Together. BIG Surprise when e assembles puzzle & finds it's a of them. Send any photo, b&w or (returned unharmed), we'll send you die-cut **JIGSAW PHOTO PUZZLE.** party, birthday, holiday treat. Send or m.o. Satis. Guar.

Black & White ..... **Only $2.95**
Hand COLORED ..... **Only $3.95**

CADLYN'S Dept. BH3
NY Ave., Huntington Sta. NY 11746

REAL BUTTERFLY Wall Plaques

Set of 6

$5.98 Add 75c Post.

Money Back if Not Delighted

Real butterflies are mounted under glass on white plaques with lacquer frames. Each is complete with silk-en cord for hanging. They can be arranged in a number of ways for striking wall decor. 6 different, colorful butterflies. 3½" diameter.

HARRIET CARTER Dept. BHG-14053 Plymouth Meeting, Pa. 19462

WARNING: Critical Months Ahead for your House Plants!*

"ENGLISH MIST" FOGGER

humidifies, prevents leaf browning

Now in "no leak" glass bottom with brass Mister only

$2.98

*Particularly important for ferns, ivy, avocado, African violets, philodendron, rubber plants, elephant ear, coleus, begonias, caladiums, gloxinias, gardenias, camellias.

Pays for itself with the first house plant it saves!

"English Mister" scientifically duplicates the foggy humidity that keeps British gardens so green and luxuriant. Precision made in the Orient from the classic British design, only 6" high. In gleaming brass, and glass. So attractive you'll be proud to display it next to your plants. (Great for dampening clothes for ironing too—our wives swear by it!)

"Leaf thirst" can kill your plants!

Brown leaf tips are a danger signal your plant leaves need moisture! Over-watering the pot won't help—you may kill the plant by drowning the roots!

Instead, restore the humidity central heating robs from your plants, and gently wash soot, pollutants, and other clinging poisonous films from leaves with our "English Mister" once a day. See how glossy green and sturdy your plants become, once their leaves can breathe in the carbon dioxide they must have (and exhale the life-giving oxygen you need).

© 1975 ACI

MAIL NO-RISK COUPON

American Consumer, Dept. MFN-5
Caroline Rd., Philadelphia, Pa. 19176

Rush me the "English Mister." If my house plants don't quickly look glossier and healthier after using it, I may return it within 10 days and you will promptly refund the full purchase price (except postage & handling).

☐ Brass, glass $2.98
☐ 2 for $5.50

Amount enclosed $ _____

Check or money order, no COD's, please. Please include 50¢ to partially cover postage and handling.

Name _____

Street _____ Apt. _____

City _____ State _____ Zip _____

TEXAS BEAUTY

$5.95 ppd

(initials free with this ad)

Money Back if not delighted

Popular purse in finest simulated leather. 12" x 12" with 5 pockets—4 outside, one inside. Choose from Black, White, Red-White-Blue, Red, Bone, Navy, Tan or Brown. Gold tone initials. Prompt shipment. Free Catalog.

TEX-MADE, BOX 16125, DEPT BHG, HOUSTON, TEXAS 77022.

Sales representatives wanted

100 WORLDWIDE STAMPS . . only 10¢

ACT TODAY. We'll send you this giant offer of 100 exciting postage stamps from romantic Europe, the exotic Orient, angry Africa, everywhere! All genuine, all different—our greatest offer yet. Get the scarce Kennedy, Shah of Iran, Space stamps shown PLUS other exciting new, old issues from great empires and tiny republics. Also stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Rush 10c today for your valuable collection.

GARCELON STAMP CO., Dept. BH3C, Calais, Maine 04619

NOW - NEW BORDERLESS 24 COLOR WALLET PHOTOS

ONLY $2.00

FREE One photo in plastic

SPECIAL! 36 Black & White only $1.00

Beautiful silk-textured & smudge-proof. Send Polaroid color print or photo (up to 5" x 7"), neg. or slide. Original returned unharmed. GUARANTEED! Add 45c for shipping. ROXANNE STUDIOS, Box 1012, L.I.C., N.Y. 11101 Dept BH-6

CHANDELIER CLEANER

Just spray it on and allow to dry. No wiping necessary. Your crystal chandeliers will sparkle in a blaze of glory. Protects and preserves all surfaces with an invisible coating of miracle silicone. 7 oz. spray can.

Chandelier Cleaner

$2.98 + 55¢ Mailing Each

Calif. residents add 6% sales tax.

Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-35
585 Market St., San Francisco, Calif. 94105

160 CRAFT IDEAS FREE

Love to make beautiful, useful gifts and crafts? Send for this Idea Book with over 160 exclusive projects you'll see nowhere else. All available in easy-to-assemble kits, complete with everything you need.

Send just 25c to cover postage & handling to:

GIFT CRAFT CATALOG, Dept. H-204, Handcraft Bldg., Des Moines, Iowa 50337

New Tuck-away Shoe Carousel

Polished Steel Construction

HOLDS 36 SHOES

Saves Closet Space

- TURNS FOR EASY SELECTION
- ROLLS ON SMOOTH CASTERS

Slip your shoes onto the Shoe Carousel and tuck them away in closet—or corner of your room—until you need a pair. Twirl it or roll it out for easy selection. Perfect way to keep every pair in place and give yourself more room on the closet floor. Stands only 24" high, can be quickly disassembled and packed to take with you anywhere.

only $9.99 Plus $1.50 P.P. & Hdlg. 2 for $18.50 plus $2.P.P. Hdlg.

Crown-Castle Ltd. Dept. SC-7

51 Bank Street, Stamford, Conn. 06901

Water your plants with confidence

Moist-O-Meter

TAKE THE GUESSWORK OUT OF WATERING

Moist-O-Meter measures like a thermometer. Simply push it into the soil and it tells you instantly whether to water.

SAVE VALUABLE PLANTS

Use indoors and outdoors.

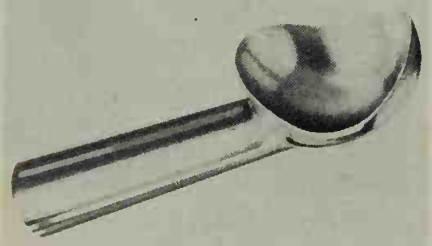
Order today! Only **$9.95**

plus 50¢ shipping

Money back guarantee. Free catalog

CHARLES COMPANY

Dept. BC, 7575 Mission Gorge Rd., San Diego, CA. 92120



SUPER SCOOPER

Amazing dipper scoops ice cream like magic! Self-defrosting liquid hermetically sealed in handle lets you scoop hardest ice cream with ease. Cuts through coldest ice cream, gives you uniform attractive scoops. Makes all other ice cream dippers old-fashioned! Lifetime action—never loses it's power, always works. Sanitary, rust-proof. For southpaws too **$5.95** Ppd.

HOLIDAY GIFTS

Dept. 403-H, Wheat Ridge, Colorado 80033

BUILD A PURPLE MARTIN BARN—

Attract Purple Martins to your yard with this inviting Bird Barn. You will have more appreciation for them when you consider that the adult Martin can eat up to 2000 mosquitos a day. Step by step plans, no trouble with angles or degrees, just use our rafter pattern. Hinged and removable dividers for easy opening and cleaning, sixteen apartments. Send $1.75 for plans and material list.

HAMMOND BARNS Dept. BH-37

Box 584, New Castle, Indiana 47362

FREE — 3 SEED AND NURSERY CATALOGS!

Get all 3 of these beautiful 1975 Catalogs from Spring Hill Nurseries, Park Seed, and Kelly Bros. Nurseries – FREE! Just send your name and address to:

Cooperative Mailing Service
P.O. Box 1001, Dept. 129
Marshfield, Wisconsin 54449

DO IT TODAY!

MARKET PLACE

For ad rates write Classified 100 E. Ohio Chicago

HOME & GARDEN

★ **BONSAI, PALMS, BIRD PARADISE, $6.98.** $2.49 each. Box 822, Gibsonton, Fla.

★ **SPECIAL ORIENTAL VEGETABLES.** Seven different seed packages with instructions. Send $6.00. Dr. Yoo, Box 290, College Park, MD 20740.

HANDICRAFTS

★ **GLASS BLOWING KITS** and Supplies—Free Literature. Willis Glass, Box 3460, Anaheim, California 92803.

BARGAINS—CATALOGS

★ **ORIENTAL SILKS, COTTONS, BATIKS, GIFTS** —Catalog 20c. Thai Silks, 393HG Main, Los Altos, Calif. 94022.

STAMPS

★ **"EXOTIC SET"**—10c with Approvals. Gorliz, Box 76457BHC, Atlanta, Georgia 30328.

315 WORLDWIDE STAMPS-25c. Others included on approval. JGS-9, Inc., Box 525, Merrifield, Virginia 22116.

EDUCATION—HOME STUDY

★ **UPHOLSTERY DECORATING.** Free Booklet. Learn at home. Upholstery Decorating School, Dept. 5303-035, Little Falls, N.J. 07424.

"ANYONE CAN WRITE!" Free Authorship information . . . Academy, 1629-C Bell, Chicago, Ill. 60647.

OF INTEREST TO ALL

★ **COATS OF ARMS:** 500,000 names, 32 countries. Free Catalog. The Rainaud Family, Wilmington, Vermont 05363.

OF INTEREST TO WOMEN

HOMEWORKERS! $125.00 WEEKLY possible addressing for firms. Begin immediately! Offer details —write: FHP, 39-T2K3, Brooklyn 11235.

$800 MONTHLY POSSIBLE addressing-stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, MO. 64024.

★ **HOMEWORKERS NEEDED** painting Novelties. Roland, Box 56, Hammonton, N.J. 08037.

$300.00 WEEKLY POSSIBLE—Stuffing envelopes. Start immediately! Details $1 refundable. Royal-B7, Box 36643, Los Angeles 90036.

BUSINESS OPPORTUNITIES

★ **HOME IMPORT** Mail Order Business. Start without capital. Free Report. Mellinger, Dept. A1733, Woodland Hills, CA 91364.

MONEY MAKING OPPORTUNITIES

★ **HOW TO MAKE MONEY** Writing Short Paragraphs. Information Free. Barrett, Dept. C-59-X, 6216 N. Clark, Chicago, Illinois 60660.

$25.00 HUNDRED STUFFING ENVELOPES. Send stamped, addressed envelope. Tayco, Box 8010BH3, Stockton, CA 95208.

MAKE BIG MONEY. We furnish everything. For details send self-addressed envelope. Enterprises, Box 4516-HG, Compton, Calif. 90224.

STUFF ENVELOPES. $25.00 Hundred. Immediate Earnings. Send stamped envelope. United, Box 492, San Diego, CA 92112.

★ **HOW TO MAKE MONEY** Addressing, Mailing Envelopes. Offer details 10c. Lindbloom Supplies, 3636 Peterson, Chicago 60659.

CASH FROM BOXTOPS, LABELS. Information 10c. Continental, B11616, Philadelphia, Pa. 19116.

★ **STUFF-MAIL ENVELOPES.** $250.00+ per thousand profit possible!! Offer details; stamped envelope. Kings, B-21487K-BH3, Ft. Lauderdale, Florida 33316.

HOW TO WIN CONTESTS! $1.00. Hampshire House, Box 218-B, Upper Darby, Pa. 19082.

PERSONAL—MISCELLANEOUS

★ **PRESCRIPTION EYEGLASSES**—Free Catalog. A-Z Optical Company, Box 175, Dept. X44, Bay Station, Brooklyn, N.Y. 11235.

SLEEP LEARNING

LEARN WHILE ASLEEP! Strange catalog free! Autosuggestion, Box 24-BH, Olympia, Wash.

CLASSIFIED'S GUARANTEE

CLASSIFIED guarantees refund of any initial money sent in direct response to the above ads. B-3

Young love . . . on art stock

Enchanting portraits of you sweethearts in flowery fields. S pastel colors accent this delig series. Each print 9" x 12" suita for framing. Set of 4/$1 + 25¢ p Plus free bonus print. 3 sets/$2 25¢ post., plus 3 free prints. Am can Consumer, Dept. YL-23, Ca line Rd., Philadelphia, PA 1917

Bronze baby's shoes

For a limited time only, baby's shoes are gorgeously plated in s metal for just $3.99 a pair. A available: portrait stands (sho bookends, TV lamps. Perfect gif grandparents. Send no money; for full details and money-sa certificate: American Bronzing, 6504-C2, Bexley, Ohio 43209.

Plaque for children

"Children Learn What They L is a set of principles for rai children that belongs in every h Artistically illustrated in full-c on laminated wood. 7" x 9", $ + 50¢ post. ea. 3 for $10 ppd. surprise poster and catalog wit order. Claudie Enterprises, BH 210 Fifth Ave., N.Y., N.Y. 1001

Relief from bent toes

Unique orthopedic pads pro soft, yet effective toe support w help to strengthen and alleviate from crooked toes. Helps toe corns disappear. Elastic yarn over toe. Washable. Specify size. $3.98 pair; + 20¢ post. Ant Enterprises, Dept. BHG35, 585 ket, San Francisco, CA 94105.

SNORE NO MORE

Scientifically designed anti-s mask insures sound, silent sle Washable nylon mask fits chin, keeps jaws closed, preve snoring by encouraging pro breathing. Adjustable to fit m women.

ANTI-SNORE MASK

$3.98 + 20¢ Mailing

Calif. residents add 6% sales ta Satisfaction guaranteed.

Anthony Enterprise

585 Market St., Dept. BHG-3 San Francisco, Calif. 94105

LIFE LONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook. **$1.00** ppd. Satisfaction Guaranteed.

WEST-BERG ENTERPRISES, LTD.
Dept. 503-A, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917

115 STAMP COLLECTIO

You won't believe it it's YOURS TO K Just send 25c for ing and handling. Stamps from all C nents incl. Airmails, D Countries, Pictorials are yours just to i duce our U.S. and eign Approvals. Buy or none, return balance, cancel any

GLOBUS STAMP CO.,

276 Park Ave. South, New York, N.Y. 10010, Dep

BASEMENT TOI

Flushes UP

TO SEWER OR SEPTIC TANK

— NO DIGGING UP FLOORS

— Write . . McPHERSON, INC

Box 15133 • Tampa, Florida 33

ore no more

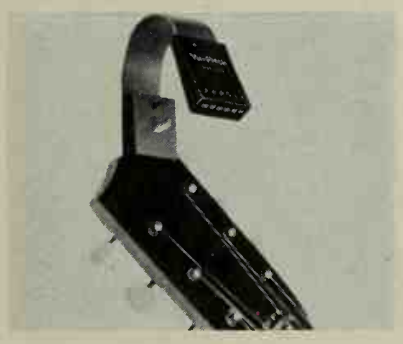
ntifically designed anti-snore
k insures sound, silent sleep.
hable nylon mask fits over chin,
os jaws closed and prevents
ing by encouraging proper
thing. Adjustable to fit both men
women. $3.98 + 20¢ post. An-
y Enterprises, Dept. BHG-35, 585
ket, San Francisco, CA 94105.

niversary medal

rd the one you love with a
al. Gift is perfect for any anni-
ary. Sterling silver $10; 14-kt.
$40. Use on watch chain,
m bracelet or neck chain.
cify year to be engraved. Add
) for names, wedding date etc.
aved on back. Bruce Bolind,
Boulder, CO 80302.

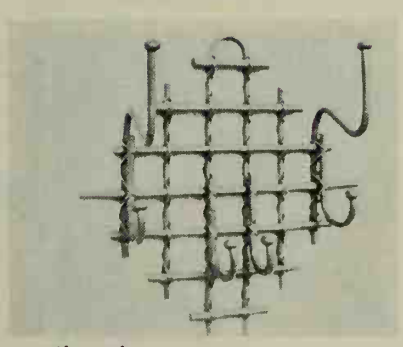
e your guitar

a professional with this new in-
on. Ideal for beginner or ac-
plished guitarist. Six precision
d reeds clamp onto guitar; then
st strings. When proper pitch is
ned corresponding reed vi-
es. $5.95 + 45¢ post. Ed Sale
ar Co., Studio BH-3, Avon by
Sea, New Jersey 07717.



ful wall ornament

rative and utilitarian, a solid rat-
all piece with six strong rattan
s for towels, clothing etc. Use it
hallway, kitchen, bathroom,
child's room etc. 16" wide, 17"
$6.95 plus $1 postage. Catalog
able 25¢. Fran's Basket House,
e 10, Dept. BH3, Succasunna,
Jersey 07876.



continued

famous
on-
k

ASSIC
snap-up
graceful
skirt. In
care Poly-
& Cotton.
Blue
ed in

10-20
26½;
44

20
90¢
st.
posit
OD
af.
ur.

OLD PUEBLO TRADERS
P-S. Country Club • Tucson, Az. 85716

CAT TOY

The first intellectual toy made for the thinking cat. Safe, durable "mouse in the hole" game will provide hours of entertainment for kitty and anyone who is watching. Even the most sophisticated feline can't resist it. Measures 8" in diam. x 3½" high. The "mouse" is an elusive ball. Send $3.95 postpaid today.

New 1975, 80 page Gift Catalog 25¢

Suburbia, inc.
Mail Shopping Service
366 Wacouta, Dept. 741, St. Paul, Minn. 55101

PIERCED EARRING CASE

This case will keep your favorite pairs of drops and studs together and untangled. Lovely brass earring case is 2¾" x 2½" x ½" and has 8 velvety compartments in two sizes. Small tongs included to pick up your daintiest earrings. Comes engraved with 3 initials. Please specify. **$4.50** ppd. from

BRUCE BOLIND,
153-E Bolind Bldg., Boulder, Colo. 80302.
Since 1956, thanks to you.

The softest shoes you'll ever wear!

And the most comfortable! - featherlight, superbly fitting. Beautifully made, too, with a twice-the-price look! Order all four — they're fabulous finds!

MARGIE - $12.95

Super-soft, versatile, marshmallow patent sandals with elasticized back straps, luxurious foam-cushioned insoles. 1½ inch heels.

COLORS: WHITE, NAVY, RED, BONE OR BLACK.

JACKIE - $12.95

Incredibly soft and light! Tricot-lined, crushable-as-kidskin uppers with foam-cushioned insoles and crepe soles. Adjustable backstrap. Rope-covered 1½ inch heels.

COLORS: WHITE, BEIGE, NAVY, BROWN.

HEATHER - $11.95

Beautifully versatile sandals of supple, glove leather. Back straps has self-adjusting, elastic goring. Soft, foam-cushioned insoles. 1 inch heels.

COLORS: WHITE, BEIGE OR BLACK.

DAWN - $11.95

Casually elegant sandals with multicolored "gems" set in individual mountings. Foam-cushioned insoles. 1½ inch heels.

COLORS: WHITE, GOLD, SILVER, BLACK.

TO ORDER USE COUPON OR SEND LETTER

SIZES, ALL STYLES
Narrow – 5½ through 12
Medium – 4 through 12
Wide – 5 through 12
(NO HALF SIZES OVER 10)

- Add 90¢ per pair for postage
- $1.00 extra for all sizes over 10
- Sorry, no C.O.D.'s

ORDER FORM

Send orders to:
SOFWEAR SHOES • 1711 Main • Dept. MB • Houston, Texas 77002

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP CODE_____

NAME OF SHOE	SIZE	WIDTH	COLOR	PRICE

Add 90¢ per pair postage_____

Texas residents add 5% sales tax.

TOTAL $_____

Sofwear shoes 1711 MAIN HOUSTON, TEXAS 77002

Send 50¢ for our Famous Sturbridge Catalogue

Over 1,000 items for furnishing your home in Early American — it's always in style, mixes and matches with any decor. To enjoy the warmth and timeless beauty of Early American, send for our catalogue today.

All items ordered from our catalogue are backed by a unique Money-Back Guarantee — it even includes shipping charges both ways.

100,000 people a year visit our Shop

STURBRIDGE YANKEE WORKSHOP
the Nation's Center for Early American

Here's my fifty cents. Please send me your latest complete Sturbridge Catalogue.

Name_____

Address_____

_____

City_____

State_____ Zip_____

335 Brimfield Turnpike, Sturbridge, Mass. 01566

NO MORE WET HAIR

Keep hair dry while bathing or swimming. Absorbent Dry Band gives positive seal against moisture. Keeps hair-do safe, dry. Easy to use—practical for all ages. Simply wrap poly-foam band around head to cover hairline. Wear under shower or bathing caps. Adjustable.

DRY BAND ..... **$2.98 + 20¢ Mailing**
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-35
585 Market St., San Francisco, Calif. 94105

NOW ALL EUROPE * IS ON SALE!

catalogue airmailed $1.00 (deductible from first order)

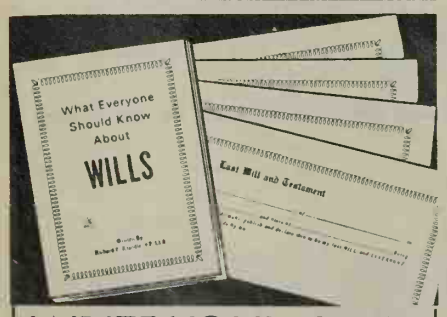
and you may shop for fabulous bargains right in your own home!

Irish Linen, Crystal, Fisherknits, English Fine Bone China, Scots Cashmere, Swiss Watches Dutch Porcelain, Norse Pewter, Haute Couture and other items of quality-merchandise at BEAT-INFLATION prices which will amaze and delight you.
Write to-day for colourful 68-page catalogue

Write to:
Shannon Mail Order SB12,
Shannon Airport, Ireland.

Mr. Zip Speeds Your Mail
You'll get better service when you include your zip code as part of your address when shopping by mail.

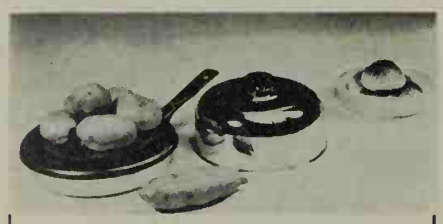
For families who enjoy and take pride in their homes, there's no more appropriate gift then a subscription to *Better Homes and Gardens.*



WRITE YOUR OWN WILL

Isn't it time you planned to make your own will? This 64-pg. book is written in layman's language. Included is: "What Everyone Should Know About Wills," written by a prominent attorney, 4 Will Forms, Personal Asset Sheet, and Executor's Duties. A must for your peace of mind. $2.00 plus .25¢ pp. ea. or two kits for $4.00 ppd. Send check or M.O.

J. W. HOLST, INC., Dept. BW-375
1864 E. US-23, East Tawas, Mich. 48730



TATER BAKER and Bun Warmer

Designed to perform numerous baking jobs on top of the stove. Works best on low heat, gas or electric to bake potatoes, apples, custards, or to heat frozen foods and brown dinner rolls. Highly polished chrome finish for kitchen beauty.

$7.98 + $1.39 P&H. Ill. Res. add 5% Tax. Gift Catalog .50¢

HOUSE OF MINNEL
Deerpath Rd., Dept: 235, Batavia, IL 60510

Liquid glass for repairing

A new miracle crystal clear liq glass chemical creates a washa waterproof, heat-or-cold proof i bond. Magic mending for per nent repair of glass, china, cro ery, ceramics and porcelain. $1.9 + 25¢ post. Anthony Enterpris Dept. BHG35, 585 Market St., S Francisco, CA 94105.

Buffet caddy of woven stra

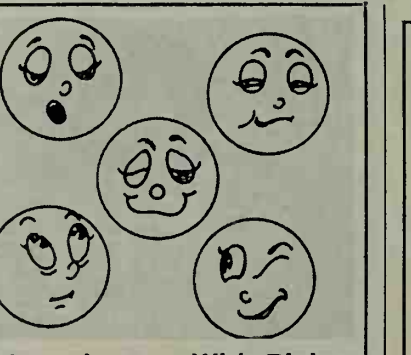
Lighten the burden of those e trips to the kitchen with this bu caddy. It's such an attractive wa tote silverware, plates and napk whether you're serving in or ou doors. Double carrying handle p vents tipping. 11"x5"x7", $4.50 50¢ post. Holiday Gifts, Dept. 403 Wheat Ridge, CO 80033.

Cherry horse

You don't have to be a horse fan to fall for "Happy Harry the Hors One look at his delightful expr sion and you'll fall for him! Made durable resin molded to resem molded clay. 6" high, $10.95 p Order style Q-49. Spear Eng. 3092 Spear Bldg., Color Springs, CO 80933.

New—personality shirts

Just send photo, any size in colo B/W, we'll print it in dark blue o quality "T" or Sweatshirt. First na also permanently printed bel Photo returned. Great for group gifts. S, M, L, XL. "T" $4.95; sw shirt $6.95 + 50¢ post. ea. Cata 25¢. Suburbia Inc., Dept. 739, Wacouta, St. Paul, Minn. 55



Perk-up Letters With Pixies

They're quaint adorable little caricatures on labels. Just peel it off—self adhesive—and press it on your letter. Place it where it best illustrates the humor, anger, joy, sadness etc. that is intended. 28 different expressions, 224 seals $2.

WEST-BERG ENTERPRISES, LTD.
Dept. 503-B, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917

CURTAIN CHARM

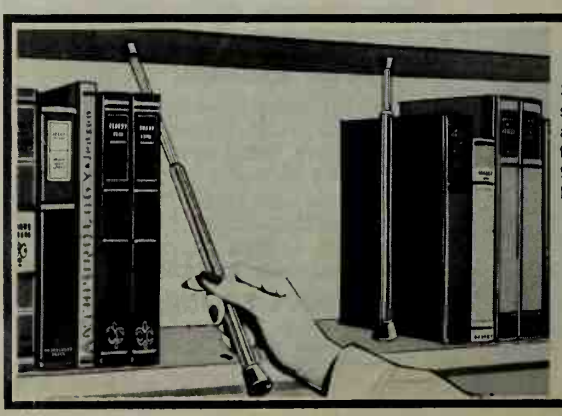
With Ball Fringe on Unbleached White Musl

20", 25", 30", 3 40" long.... **6.5** 2 pairs to win as shown.....**13** 45", 54", 63". long ..... **8.5** 72", 81", 90" l ..... **10.0** VALANCE 9" x 80" ..... **2** Unbleached 80" wide per pr. White muslin 74 wide per pr.

For years New gland housew have used th charming Cou Curtains in t homes. Practi long-wearing, these unusually attractive tains of off-white or pure white muslin re their crisp appearance with a minimum of c

Please enclose check or money order. Sorry COD's. Mass. res. add 3% sales tax. Post and handling: under $10 add $1, for orders and over add $1.75. Send for free broch showing other curtain styles, tablecloths bed ensembles. Satisfaction guaranteed.

COUNTRY CURTAINS
Dept. 34, Stockbridge, Mass. 01262



SPRING POST BOOKEND

Spring post bookends keep b shelves neat and orderly. G anodized aluminum encases a s tension spring. Poles fit shelves f 9½" to 13½" in height. Great big art volumes. Set of 2.

Post Bookends Set

1.98 + 35¢ Mailing Each Set
Calif. residents add 6% sales ta
Satisfaction guaranteed.

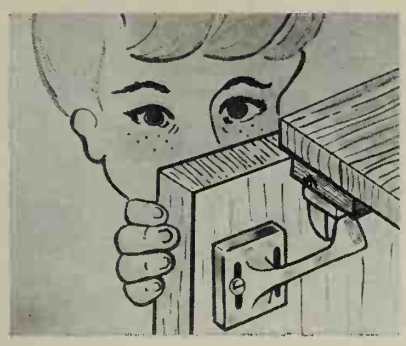
Anthony Enterprise.
585 Market St., Dept. BHG-3
San Francisco, Calif. 94105

oving sentiment

o love and be loved is the greatest
/ on earth." Symmetric bird and
ral motifs is fun to work in cross
tch embroidery. Kit includes de-
gn on cotton, embroidery thread
soft pastels, needle and direc-
ns. Finished size 20" x 16". $5.95
50¢ post. The Stitchery, Dept.
IG3, Wellesley, MA 02181.

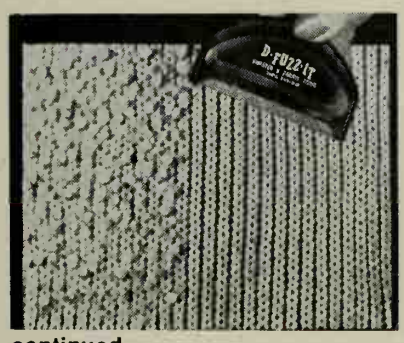
hild guard—100% nylon

hildproof" cabinets and drawers
t contain harmful and dangerous
terials. Constructed to prevent
try by small children while allow-
easy access to adults. Prevents
ury, eliminates extra cleaning
ores. Set of 3/$2.00. Order from
st-Berg Ent., Dept. BH-3, Box
49, Colorado Springs, CO 80930.



emove fuzz from sweaters

w scientifically designed D-Fuzz-
emoves matting, pilling in sec-
ds. A comb that restores a new
k with a few strokes on knits,
hmere, wools and orlon. Brush
ay all unsightly balling etc. $1.49
20¢ post. Order from Anthony
erprises, Dept. BHG35, 585
rket, San Francisco, CA 94105.



continued

LEANS YOUR HOWER TILE OR WE PAY!

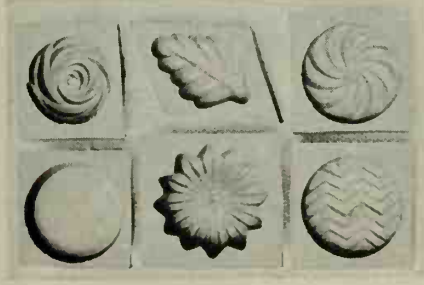
EN-TILE shower tile
aner will clean and
ntrol soap scum,
dy oils, stains, mil-
w, hard water de-
sits and whiten
uting. A full year's
pply for two baths.

95 **Add $1 for post-age and handling.**

ARANTEE: If KLEN-TILE does not clean shower tile to complete satisfaction, purchase price will be refunded.

Send Check or Money Order to:

STANDARD LABORATORIES
2632 Providence Rd.
Box 11214 Charlotte, N. C. 28209



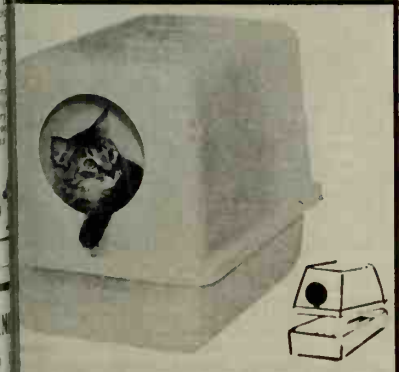
CANDY MOLDS

Now! You can make professional-looking candy mints by using these pure rubber candy molds. Make inexpensive candies in minutes with our FREE no-cook recipes included with your order. The mints are perfect for showers, weddings, receptions, parties, or hostess gifts. Give the molds as a unique gift. Order Rose, Leaf, Fancy Mint, Plain Mint, Daisy, or Corrugated Mint.

Each mold is $1.90 ppd
3 for $3.50 ppd 6 for $5.75 ppd

Ca. Res. add Sales Tax
Color Catalog — .25 or FREE with Order

Judy's of California
Dept. 235, Box 728 Lompoc, Ca. 93436



TTI-POTTI—Your cat will love it, and so
l you! This easy to use, non-breakable,
ided plastic litter enclosure stops litter
ils, confines odors, hides wastes, 22"
16" W, 18" H; hole 7" diam. Red, blue,
en, yellow, or white. $18.95 postpaid.
Mich. residents add 4% sales tax.

KITTI-POTTI
EUGEN PRODUCTS, Dept. G-3, 709 W. Huron Ann Arbor, Michigan 48103

A Band of Flowers

To ring your finger. Handmade in Thailand, this pretty ring of silver or bronze has a circle of multi colored flowers on a white enamel background . . . perfect with all the season's fashions. In sterling silver, $8.00; bronze, $6.00. Please state ring size.

N.Y. Residents add sales tax.

Send 50¢ for Color catalog & ring size card

Immediate Delivery. Prompt Refund if Not Satisfied.

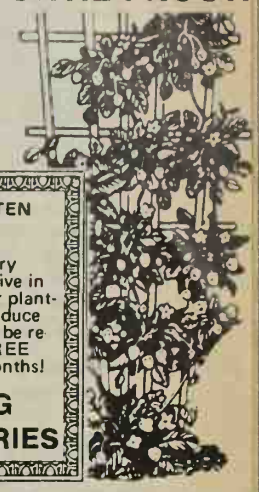
Lions
665 MIDDLE NECK RD. DEPT B-85
GREAT NECK, N.Y. 11023

PICK STRAWBERRIES IN 90 DAYS-GIANT, EASY TO GROW

CLIMBING STRAWBERRIES

EVERBEARING, PRODUCE ALL SUMMER UNTIL FROST.

5 FOR $1.98



★ **Can be trained on any trellis, fence or pole!**
★ **Produces berries from bottom to top!**
★ **Easy to grow—simple to plant!**
★ **Large juicy berries!**

3-MONTH WRITTEN GUARANTEE

Climbing Strawberry plants shipped to arrive in perfect condition for planting—to grow and produce berries or plants will be replaced absolutely FREE anytime within 3 months!

CLIMBING STRAWBERRIES

EASY TO GROW

These plants have proven their ability to thrive and produce and withstand severe winters. And you don't need a lot of space to grow them in . . . only a couple of square feet of ground per plant! Imagine a climbing strawberry plant from only 2 square feet of ground! Amazing, but true. Planting and care are simple and full directions come with your order.

STRAWBERRIES FROM SPRING UNTIL FROST

Order now—supplies are extremely limited

Climbing strawberries grow and bear succulent berries until killing frost. Planted in early spring, these climbing strawberry plants start producing berries around July and continue to produce week after week, until frost. You can enjoy the firm texture, tempting fragrance and delightful taste of these magnificent strawberries for months. But that's not all! These plants are as beautiful as they are practical. Not only do they produce delicious fruit, but they also help to dress up your garden with beautiful greenery decked generously with bright red berries. A splendid ornamental plant with luxurious wax-green foliage. Act today!

CLIMBING STRAWBERRIES

If ordering from Canada, plants will be shipped by our Canadian Office.

The CLIMBING STRAWBERRIES offered in this ad are cultivated exclusively for us and are available ONLY through this advertisement and cannot be purchased ANYWHERE else in the United States. Other varieties, such as Superfection or Ozark Beauty offered as climbing strawberries by others, are available at your local garden center.

PLANTS WILL BE SHIPPED IN TIME FOR PROPER PLANTING IN YOUR AREA. YOU WILL BE PICKING BERRIES 90 DAYS AFTER YOU PLANT THEM.

RUSH ORDER TODAY

Climbing Strawberries
Dept. CT-128
Caroline & Charter Roads
Philadelphia, Pennsylvania 19176

5 Plants Only $1.98 **10 Plants Only $2.98**

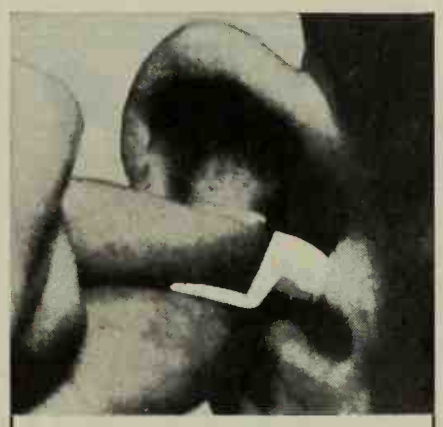
Please rush me my CLIMBING STRAWBERRY PLANTS, 5 for $1.98 . . . or 10 for $2.98.

____SEND.....Climbing Strawberry Plants.
(Add 35¢ postage and handling).

Name _____

Street _____ Apt. _____

City _____ State _____ Zip _____



ENJOY SOUND SLEEP AGAIN

Ear Drum Silencers lock out disturbing noise that robs you of refreshing sleep . . . even snoring! Soft, pliable, with an easy-to-grasp safety flange. Slip them in every night and you'll sleep like a kitten.

EAR DRUM SILENCERS
$1.98 + 15¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-35
585 Market St., San Francisco, Calif. 94105

MAKE$10 WAYS WITH FLOWERS

Garden Flowers or Artificials cost pennies, bring $$. Corsages, Bridal Flowers, table arrangements, remembrance sprays. Hobby, career, home business, full or part time or start your own shop. FREE color brochure shows you how to learn Professional Flower Arranging and Flower Shop operation. Also FREE, 3 mo's subscription to FLOWER TALK, the magazine for home flower designers. No salesman will call.

FLORAL ARTS CENTER (A Home Study School) Dept. 5DBC
1628 E. McDowell Rd., Phoenix, Az. 85006.

REMOVE HAIR PERMANENTLY

PERMA TWEEZ electrolysis—as seen in medical journals—safely and permanently removes all unwanted hair from face, arms, legs and body. This is the *only* instrument with special U.S. patented safety feature that destroys the hair root without puncturing skin. Automatic, 'tweezer-like' action gives safe and permanent results. Clinically tested—recommended by dermatologists. Send check or M.O.

14 DAY MONEY BACK GUARANTEE **$16.95** ppd.

GENERAL MEDICAL CO., Dept. BH-125
5701 W. Adams Blvd., Los Angeles, CA 90016

☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
☐ I enclose $16.95 in full payment.
☐ Americard/Master Chg. =
Expiration date

NAME _____

ADDRESS _____

C/S _____ ZIP _____

Mfr. of Professional & Home Electrolysis Equip.

Hawaiian "Good Luck"

ti plant

Guaranteed to grow!

Believed by Hawaiians to possess mystical voodo power, it was planted to bring Good Luck, Long Life, and Lasting Love.

It grows out of a log —SO FAST THAT YOU CAN ALMOST SEE IT GROW! All you do is put the Ti log in water and watch it grow! When it sprouts, put it in a pot. The bigger the pot the bigger it will grow . . . from one to six feet tall. You can have the size you want. Grow it in sun or shade — it blossoms! The Hawaiian Ti Plant makes an ideal gift. Send good luck to your friends and loved ones.

Choice of red or green leaves. Guaranteed to grow!

ONE FOR $1.00 3 for $2.50

Please add twenty five cents for postage and handling.

ROBERTA'S Dept. BH-12 P. O. Box 630, Shelbyville, Indiana 46176

COLOR TELEPHONES

Own your own extra color telephone. These are rebuilt and refinished in beautiful decorator colors, fitted with standard cord and plug for instant use in any jack. Your choice, blue, green, ivory, beige, pink, black, white, yellow and gold.

(5hpg. chge. 2.00 ea.)
Send 50¢ For Complete Catalog

$17.95

Grand Com Inc Dept. BH3-5
324 5th AVE., N.Y. 10001

Yours FREE!
(when you send 10¢ for mailing)

40 RED CHINA STAMPS

Forbidden For A Generation!

Be among the first to get these valuable Red China postage stamps – banned to American collectors from the very beginning by the U.S. Gov't! Now at last you can legally own them – but supplies are strictly limited so act fast. We'll also include 110 additional Stamps from Britain's Lost Empire (alone worth over $3 at standard catalog prices!) plus an Illustrated Album and other unusual stamps from our Approval Service for Free Examination. You can keep the Album and 110 British Empire Stamps as an ADDED BONUS should you buy $1 worth from our approval selection! Or return Album and 110 Stamps with selection and pay nothing. Cancel service anytime. But in either case, the 40 scarce Red China stamps are yours to keep FREE –as an introduction to the World's Most Rewarding Hobby. Send 10¢ for mailing today!

KENMORE CO., Milford RC-899, N. Hamp. 03055

Demi Tasse Spoon Ring $2.98

SOLID STERLING SILVER—PERSONALIZED!

The dainty demi-tasse spoon becomes a ring—personalized just for you with one script initial!

#1019—Spoon Ring. Adjusts to fit $2.98
#1023—Spoon Bracelet (not shown). Matching curvy-linked, secure clasp $7.98

PRINT initial, add 35¢ post. & hdlg.

LILLIAN VERNON Dept. H32, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

How to Housebreak Your Pet

Train-O-Mat® makes it easy

No more stained carpets. When dog scents chemically-odorized mat, instinct says, "Here's the spot." No fuss or bother. Mats are disposable; both pole and 18" square holder are washable. Kennel-tested. Satisfaction or money back.

Holder & 2-mo. supply of mats 4.98
Holder & 6-mo. supply of mats 6.98
Attachable 12" pole for male ..... add 50¢

Enclose 75¢ postage

G & G RESEARCH
Box 12274-29 Dallas, Texas 75225

BEGONIAS

5 BULBS $1.00

beautiful indoor-outdoor

10 FOR $1.75

20 FOR $3.00

Camellia Flowered Plants

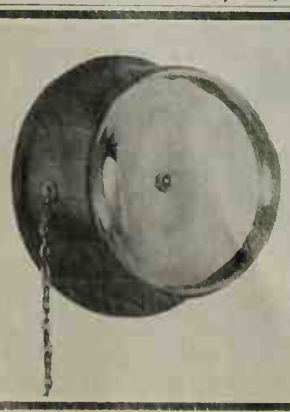
Lowest price offered. Tuberous type, double blossoms, mixed colors. Easily grown in pots or beds. Top size bulbs. Supply limited. Order today, postpaid.

R. H. SHUMWAY SEEDSMAN
Dept. 317 ROCKFORD, ILL. 61101

CHAIR CANING KITS

Now any one can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit. Tools, natural Cane & "easy-to-follow" instructions post-paid for only $4.00. Extra cane $2.00 per chair-lot. Illinois residents, please add 5% sales tax. Available only from

NEWELL WORKSHOP
Dept. S-3, 128 Drawer
HINSDALE, ILLINOIS 60521



CLOSETS OR STORAGE AREAS

ON OR UNDER STAIRWAY

CLOSET LIGHT

A practical solution for adding that extra lighting for out-of-the-way places in your home without having to pay for costly wiring. Ideal for closets, on or under stairways or storage areas. Attaches easily to wall or ceiling. Operates on standard batteries (not included).

Closet Light
$3.98 + 45¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-35
San Francisco, Calif. 94105

Relief from tight shoes

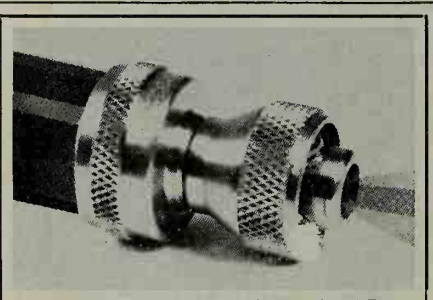
Liquid Leather Stretch provides instant relief from tight shoes. Works immediately to stretch leather permanently, loosen shoes to conform to your feet while you walk. It's harmless and will not stain. $1.59 plus 25¢ postage. Order from Anthony Enterprises, Dept. BHG-35, 585 Market St., San Francisco, CA 94105.

Antique replica stove

A charming miniature of Grandma's black cast iron stove. Meticulously crafted with attention to realistic detail. The oven door swings open, the damper lid lifts off. 4¾"x3¾"x3½". #12774, $3.99 + 95¢ post. Utensils #12775, $1.99 ppd. Greenland Studios, Dept. 8091, 7559 Greenland Bldg., Miami, Fla. 33059.

"Little Authority" marker

Subtle humor that's sure to bring a smile to all who see it; for home or office. Silver lettering engraved in solid oil-rubbed walnut; 24K gold border highlights the wording. 4½" x2", $2.95 ea.; 3 or more $1.95 ea. ppd. Order style PF42. Spear Eng. Co., 3090 Spear Bldg., Colorado Springs, CO 80933.



ADJUST-A-POWER HOSE NOZZLE

Quick fingertip control lets you go from pin point spray for your seedlings to fan spray for your lawn to solid jet stream to sweep your driveway, plus complete shutoff. Leakproof guarantee. Precision brass fittings, stainless steel ball-bearing mechanism. A real quality product —it's the best hose nozzle we have ever seen!

$2.95 plus 25¢ postage.

WEST-BERG ENTERPRISES, LTD.
DEPT. 503-C 2842 E. SERENDIPITY CR.
COLORADO SPRINGS, COLO. 80917

MAGNIFYING 1/2 Frame Glasses

A Blessing For Folks Over 40

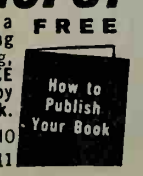
SEE CLEARER INSTANTLY . . . Read menus, phone books, Bible, hymnals easily. Great for detail work. After reading fine print just look over top for normal vision. SATISFACTION GUARANTEED 10-day trial. Not for astigmatism or disease. Impact resistant lenses. Send only $6.97 plus 55¢ handling. State age, sex. Precision Optical Dept. 10-E, Rochelle, Ill. 61068

Book Authors!

Join our successful authors in a complete and reliable publishing program: publicity, advertising, handsome books. Send for FREE report on your manuscript & copy of How To Publish Your Book.

CARLTON PRESS Dept. BHO
84 Fifth Ave., New York, 10011

FREE



AUTOMATIC GOLF SCORER

Keep track of your golf score the easy way. Wear scorer like a watch. No need to carry a pencil and tally card. Automatically counts strokes and scores total. Three different windows. In gold-tone, tarnish-proof metal case with sturdy leather strap. A perfect gift for any golfer.

$3.50 plus 50¢ postage

HOLIDAY GIFTS
Dept. 403-G, Wheat Ridge, Colorado 80033

SWAP PHOTOS

ALL SILK FINISH PAPER

BLACK & WHITE 17 FOR ONLY 88¢

34 for $1.71 • 51 for $2.59

NEW! ROUNDED CORNERS, BORDERLESS PHOTOS

Send any size photo (black & white or color). Returned unharmed. Perfect for college applications, jobs and just swapping.

Beautiful ENLARGEMENTS
FULL COLOR
5X7 3 for 3.59 6 for 5.59 | 8X10 1 for 3.39 3 for 8.39
5X7 BLACK & WHITE 3 for 2.59, 6 for 3.59
Made from any size snapshot or negative (returned unharmed)

FULL COLOR 17 for only $2.2

34 for $4.37 • 51 for $6.5

Send any color picture or negative. Returned unharmed

MONEY BACK GUARANTY

Add 35c postage & handling plus 5% N. J. sales tax

IN A HURRY? ADD 50c FOR EXTRA FAST SERVICE

WALLET PHOTO CO., A CONTINENTAL COMPANY DEPT. 604, CLIFTON, N.J.

CACTUS PLANTS

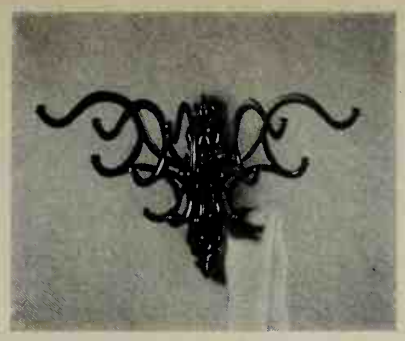
FROM SEED
ALL KINDS AND FORMS

Curious odd-looking, strange species of plants; thrive anywhere with little care. Flowers of exquisite beauty & fragrance. Send 15c in coin for 50c Pkt. or 2 Pkts. for 75c and Big Seed Catalog. FREE

R. H. SHUMWAY SEEDSMAN
Dept. 316 ROCKFORD, ILL. 61101

ictorian clothes rack

ast iron rack is a reproduction om the Victorian era. Five large ooks on each arm. You'll have a ace to hang hats, coats, scarves, ven umbrellas. Use in the hall, tchen, bath, etc. Extends 7½" from all; measures 14" wide. $3.98 + 5¢ post. Holiday Gifts, Dept. 403-T, heat Ridge, Colorado 80033.



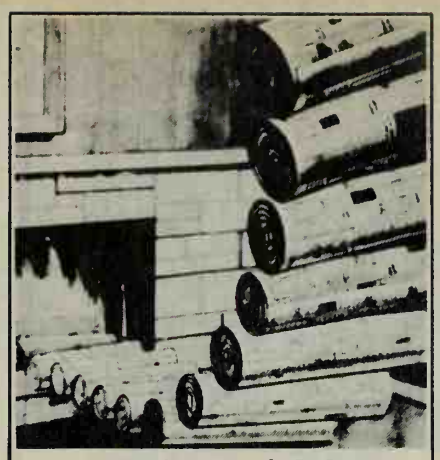
Vestern silver dollar belt

ersonalized, 1½" wide, of fine ade genuine leather in saddle tan. mbossed with hand rubbed design. rint name, up to 7 letters hand oled on back of belt. Sizes 22-44, senhower silver dollar incl. $11.95 60¢ post. House of Al Handel, ept. ITT, 6330 E. Sweetwater Ave., cottsdale, AZ 85254.

ub tape does the job

elf-adhesive white vinyl tape seals e cracks and openings around the thtub, sink or basin. So easy to e, just press tape onto surface d it's ready to work. Eliminates essy leaks etc. ¾" x 11 ft. $2.98 40¢ post. Anthony Enterprises, ept. BH35, 585 Market St., San ancisco, CA 94105.

continued



MAKE A LOG

Change old newspapers to logs for the fire in seconds! Just roll up newspapers using LOG ROLLER, tie them with special binders and pop them into the fire. Logs will burn nearly two hours.

Log Roller Kit with 112 Binders ..... $2.98 + 55¢ Mailing Each
100 Binders $1.29 + 20¢ Mailing Ea. 100
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-35
585 Market St., San Francisco, Calif. 94105

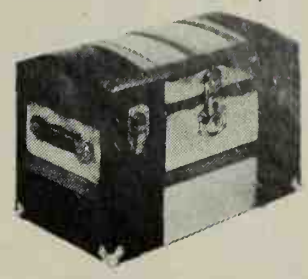
Solid Mahogany VICTORIAN TABLE

with Italian marbletop $29.95 *delivered*

New way to save on the finest quality furniture. Shipped FOB from factory, direct to your home. Large choice sofas, chairs, tables, bedrooms, lamps, clocks. **Send $1.00** for largest Victorian catalog & fabrics. We'll refund with $2 off on first purchase
MAGNOLIA HALL (Dept. BH-35)
726 Andover/Atlanta, Ga. 30327

902 Calorie Charts are available in convenient pocket-size folder. Order extra copies for yourself and family. 5 copies $1.00. **Better Homes and Gardens, P. O. Box 374, Des Moines, Iowa 50302**

BUILD A GENUINE ANTIQUE HEIRLOOM TRUNK FOR LESS THAN $90.



FACTORY DIRECT PRICES

- Do-it-yourself kit, all parts pre-cut
- Solid brass exterior sheeting, lid and tray bottom velvet lined, tray and interior aromatic cedar, solid hardwood exterior banding
- Easily assembled
- Finished models available
- Money back guarantee

FREE
COLOR BROCHURE

Master Charge
BankAmericard

Southern Mobile Industries
Dept. 22
P. O. Box 360
Bay Minette, Al. 36507

PORTABLE CAMP KITCHEN

Plan No. 3705-3 Build it yourself for leisure camping. Easy-to-follow step-by-step plans for $2 show you how. Folds to fit trunk, 24"x40"x14".
Better Homes and Gardens, P.O. Box 374, Des Moines, Iowa 50336

low to PROFIT from your GARAGE SALE

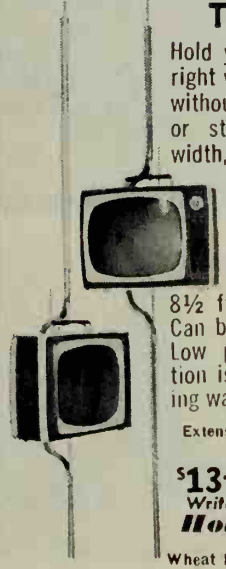
ere is a new guide, designed to elp you avoid the mistakes people ake when having a garage or yard le. Each year many people have les which fail, simply because they e uninformed as to how to go out them.

his guide explains in easy-to-read etail:
What items sell well.
What not to include.
When to do it.
How much to charge.
What to do with Antiques, Silver & Gold!
How to advertise your sale.

n all, everything you need to know o make your sale both successful nd profitable. ONLY $2.98 OSTPAID.

BETTER VALUE PUBLISHING
1888 CENTURY PARK EAST
SUITE 10
LOS ANGELES 90067, CAL.

ADJUSTABLE T.V. POLE



Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14" deep. 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U. S. A.
Extension for higher ceiling, add $2.00
We ship in 24 hrs.
$13.95 Plus $1.00 postage
Write for FREE catalog
Holiday Gifts
Dept. 403-A
Wheat Ridge, Colorado 80033

IT'S EASY TO GROW YOUR OWN PLANTS WITH Shumway's "GROWTH PACKED" FLOWER SEED $1

15 BIG PACKETS FOR
PLUS 25¢ FOR PACKING & HANDLING.

HERE'S WHAT YOU GET...

PKTS. PERENNIALS-1 EA:	7 PKTS. ANNUALS-1 EA:
1. Painted Daisy	1. Marigold, Spun Gold
2. Hardy Phlox	2. Tetra Snapdragons
3. Carnations	3. Zinnia, Oark Jewels
4. Double English Daisy	4. Petunia, Confetti
5. Double Hollyhock	5. Bush Balsam
6. Baby's Breath	6. Everlasting Flowers
7. Viola, The Czar	7. Aster, Powderpuff

PLUS a 50¢ PACKET OF GIANTS OF CALIFORNIA GERANIUMS

FREE! MAMMOTH SEED & NURSERY CATALOG INCLUDED WITH ORDER

SEND ONLY $1 FOR 15 PKTS. AND CATALOG
PLUS 25¢ FOR PACKING & HANDLING.
ALL OFFERS SENT POSTPAID. NO C.O.D.'S
R. H. SHUMWAY SEEDSMAN
Dept. 314 Rockford, ILL. 61101

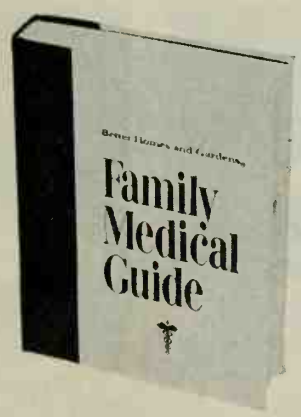
STAMP Grab Bag only 10¢

Giant grab bag of over 100 unassorted foreign stamps! Africa, Asia, Europe, South Seas, etc. You will also receive the most wonderful catalog of stamp offers in America. This offer made to gather new names for our stamp mailing list. Just send name, address, zip and 10¢ to:
LITTLETON STAMP CO., Dept. B17
Littleton, New Hampshire 03561

NOW! GET 2 REAL OLD U.S. COINS- ONLY $1

YOU GET 1 PRE-1938 BUFFALO NICKEL AND A PRE-1908 INDIAN HEAD PENNY

(One set to a customer.) These scarce coins offered to get your name for our mailing list. You will also receive a copy of the most wonderful catalog of coin offers in America. Send $1, name, address, zip to: Littleton Coin Co., Dept. G-18, Littleton, New Hampshire 03561



One of the most valuable reference books a family can own.

from Better Homes and Gardens.

Thirty of America's most prominent physicians, surgeons and specialists give authoritative information designed to supplement the counsel of one's own personal physician.

Written for the layman in clear, concise text, this complete guide covers everything from preparing for childbirth, to children's diseases, to problems of old age. Includes a thumb-indexed first aid section . . . stripped to essentials for immediate action to save a life or prevent serious complications; and an illustrated encyclopedia of medical terms with 2,000 easy-to-understand definitions, over 900 illustrations, and cross references to make for interesting as well as informative reading. $15.95 at your booksellers.

Ideas that make a difference

Better Homes and Gardens® Books

WHEREVER BOOKS ARE SOLD

FROM FOUR WORLD-FAMOUS MUSEUMS . . .

A MILLIONAIRE'S COLLECTION OF PRICELESS ANCIENT DYNASTY PANELS

Green Mountain
30" x 11⅝"
Yuan Yao
Museum Fur Kunst
und Gowerbs-Hamburg

Birds
29" x 8¾"
Wang Yuan
John Harron
Art Institute-Indianapolis

Horseman in Lake
30" x 11⅝"
Ch'in Ying
National Gallery
of Canada-Ottawa

Bamboo Shoots
29" x 8¾"
Ku Ari
Cincinnati
Art Museum

©1975 AC!

Decorator-Quality Lithographs in Breathtaking Color — Publishers List Price $20.00 — Yours for only $3.00 complete set of 4!

Now enjoy your own private art gallery without paying high art gallery prices! You'll appreciate instantly why these centuries-old Chinese masters hang in those famous museums the moment you see these gorgeous lithographs. Only then can you appreciate the skill with which the painter captured the beauty of nature around him — the springlike green of the foliage, the awesome mountains towering above, the crystal water and virgin snow, the pastel blending of color and beauty of form which marks the best in oriental art. And only then can you appreciate the skill of the lithographer who lovingly reproduced the delicate shading and intricate detail in every tiny leaf, feather and petal with such accuracy!

And only when you place them on your own walls can you fully appreciate the beauty you can bring to your home for such a tiny price! Each panel is approximately 2½ feet long — displayed together they can form an eyecatching mural covering about 10 square feet!

Limited Edition — so order now!

This is one of the most outstanding art print values we've ever been privileged to offer, and we expect our supply to go fast, so regretfully we must limit orders to 2 sets per customer. To avoid disappointment, mail coupon now.

MAIL NO-RISK COUPON

American Consumer, Dept. DY-4
Caroline Road, Philadelphia, PA 19176

Please send me the set of 4 museum quality Ancient Dynasty Panels lithographed in full color.

- ☐ One set of 4 $3.00 plus 25¢ postage and handling
- ☐ Two sets $5.50 plus 50¢ postage (save 50¢)

(Sorry — only 2 sets to a customer. Money refunded (except postage and handling) if you're not delighted!)

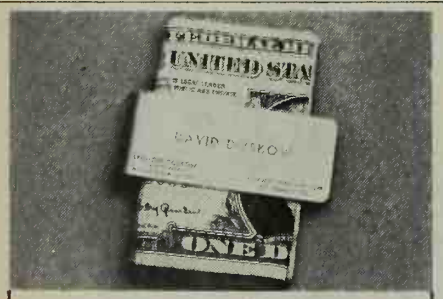
Amount Enclosed $ _____

Check or money order, no CODs, please.

Name _____

Address _____ Apt. _____

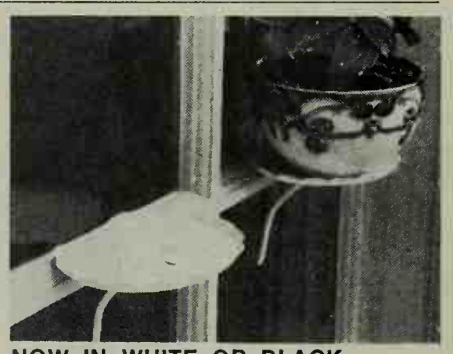
City _____ State _____ Zip _____
(Add Sales Tax Where Applicable)



BUSINESS CARD MONEY CLIP

Imagine your business card handsomely reproduced on a sterling silver money clip. Smart, personalized way to carry your bills. We photograph the card you send us, reduce in size and etch it into metal. Clever gift idea for the executive with everything. Perfect service award for outstanding employees. 1⅞" x ⅞". **$22.98** plus .50¢ hdlg.

HOLIDAY GIFTS
Dept. 403-F, Wheat Ridge, Colorado 80033



NOW IN WHITE OR BLACK...

Window Shelves 2 for $2.98

Perfect for sun-loving plants! Hanging prong slips between pane and molding. "Stem" rests on window. Sturdy 4" metal rounds, hold 4-5 lbs. Set of 2.

#4317—White Window Shelves | 1 Set $2.98
#4255—Black Window Shelves | 2 Sets $4.98

Add 50¢ post. & hdlg., N.Y. res. add taxes

Lilly's Garden Dept. H33, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

Learn FLOWER ARRANGING

Quickly and Easily at Home

Learn to make Professional corsages, arrangements, wedding and funeral designs. Study and earn your certificate at home. Unusual spare or full time money making opportunities or hobby. Send for Free Book..."Opportunities in Floristry"

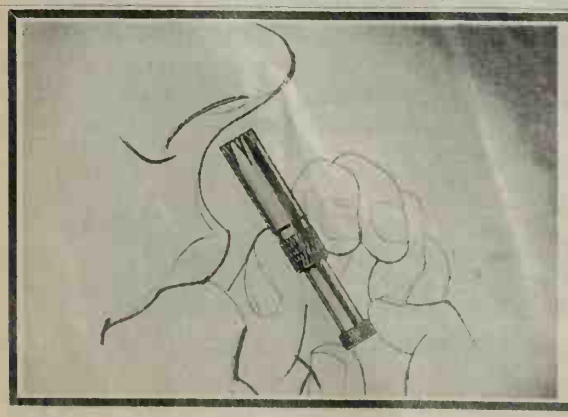
LIFETIME CAREER SCHOOLS
Dept. B-311, 2251 Barry Ave., Los Angeles, Calif. 90064

FREE Early American Print/suitable-framing, decoupage. (Black ink on 8" x 10" parchment)

Its YOURS! When you send for FREE "Catalog of Early American Prints." (.50 P/H)

★ SPECIAL OFFER ★
Set of three (4 x 5) Miniatures. (Spinning Wheel, Cider Mill, Weather Vane) $1.25 (.50 P/H)

THE INK-WELL (Dept. BHG)
Box 13/Greenlawn, N.Y. 11740

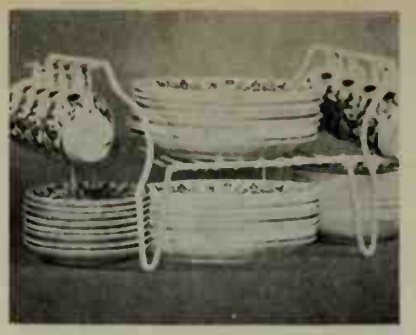


CLIP HAIR FROM NOSE SAFELY

Why risk infection? Unsightly hair can be trimmed easily and safely with "Klipette." Merely insert in nostril and twist knob. Hair is snipped off painlessly and neatly. Fine surgical steel. Use it to remove hair from ears, too.

KLIPETTE
$2.98 + 30¢ Mailing
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-35
San Francisco, Calif. 94105



China storage caddy

A neat way to store a dinner service. Save valuable cupboard space and prevent chipping and breakage. All metal caddy with soft vinyl cushioning. It stores 40 pieces, 8 each: cups, saucers, soup bowls, dinner and dessert plates. 9"H x 11½" across. $3.49 + 75¢ post. Holiday Gifts, Dept. 403-L, Wheat Ridge, CO 80033.

"Humble" desk plaque

Gold-colored metal desk plaque proclaims in black lettering "It's hard to be humble when you're as great as I am." 4" x 4" stained wooden stand. A unique gift for an office friend or use it on your desk at home. $1.98 plus 25¢ postage. Anthony Enterprises, Dept. BHG35, 585 Market, San Francisco, CA 94105.

Super personal calculator

Incredible new compact precision electronic calculator gives you up to 12 digit answers. Add, subtracts, multiplies, divides with floating decimal. Saves time, money and effort. Complete with batteries. $19.95 + $2 post. Order from Crown-Castle Ltd., Dept. PC-2, 51 Bank St., Stamford, Conn. 06901.

Comfy walker

Genuine kid leather crisscross straps uppers, and bouncy, flexible rubber sole with wedge heel. Comes in red, bone, black or white. Full and half sizes 4-10M, W, 5-10 S, N, M, W. $13. In navy, brown or black suede $13. Gold or silver $14. Old Pueblo Traders, 600-B3G-So. Country Club Rd., Tucson, AZ 85716.

Start your garden inside

Germinate seedlings and start root cuttings inside. 75-watt bulb provides correct light to grow and nourish plants. Standard base fits most household outlets. Guaranteed 2500 hours or 1 year. $5.9 ppd. Order Style Q-47. Spear Eng Co., 3088 Spear Bldg., Colorado Springs, CO 80933.

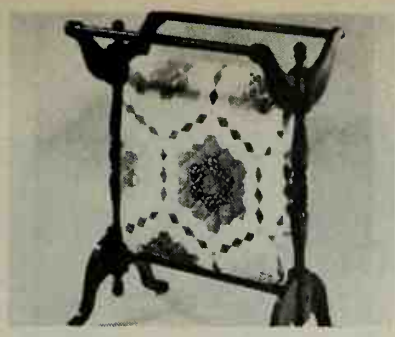
Compost kit-convert waste

Valuable waste vegetation into fe tilizer. Included are: heavy-du mesh bin (withstands temperature 30°-150°, 30"H, 4 ft. dia.); compo maker tablets; 6 twistlok fasteners instr. booklet. Holds 50-60 bushe of leaves. $14.95 ppd. R.H. Shum way Seedsman, 628 Cedar S Dept. E, Rockford, Ill. 61101.

Sunset to embroider

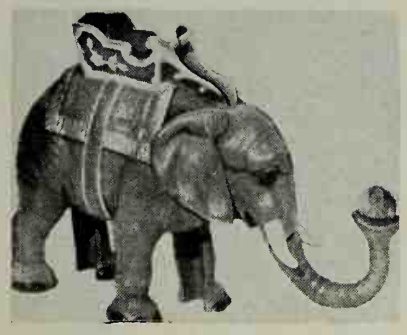
This contemporary stitchery pictu is simple yet spectacular. Its larg size makes it a focal point. Kit in cludes design on 28" x 34" burla wool and acrylic yarns to embroid the brown trees & fiery orange-re sun, easy-to-follow instruction $11.95 + 50¢ post. The Stitcher BHG-3, Wellesley Hills, MA 0218

Martha Ann's quilt rack



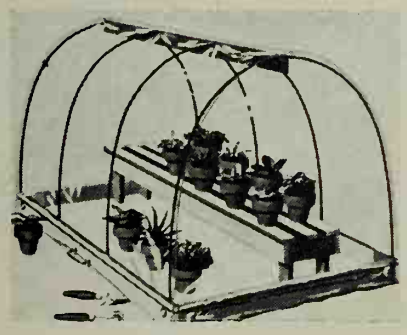
A copy of an antique bought from an 850 homestead. Beautiful curving ...re feet and top. Will hold your ...ntique quilt, comforter, afghan, on ...isplay yet out of the way. 30"H, 3½"W, 15½D. Shipped K.D. easy-...-assemble. Warm cherry finish on ...ardwood. $34.95 ppd. Yield House, ...ept. D53X, N. Conway, NH 03860.

Mechanical elephant bank



...lace a coin in the elephant's trunk, ...ull his tail, and he flips the coin into ...e slot on his back. Grey elephant ...ith blue & gold blanket under his ...ed howdah. In cast metal, weighs ...ver 3 lbs. 5½" high, 8" long. $9.95 ... $2 post; 2/$18.95 ppd. American ...onsumer, Dept. EB-59, Caroline ...d., Philadelphia, PA 19176.

...i'l giant™ greenhouse



...egetables & flowers all year from ...our own backdoor, patio or bal-...ony greenhouse. Use as a seed ...arter, terrarium or cold frame 4' ... 2½'W, 18 cu. ft. of growing space. ...edwood frame, vinyl covering, dis-...antles. Seeds & manual incl. ...29.95 ppd. Greenhouseman™, Box ...757-GP3, Santa Cruz, CA 95063.

...ili—nature knows best

...leansing care for complexion or a ...ath bar for all the family. Velvety ...ds even in hard water, herb-fresh ...ent, no ring in tub. #8304 Herbal ...r 3½ oz. $1.35; #2065 Soap Tray ...49; #8305 (3 bars plus tray) $4.98 ... 50¢ post. Lillian Vernon, Dept. ...3E, 510 So. Fulton Ave., Mt. ...rnon, NY 10550.

...andcrafted labels

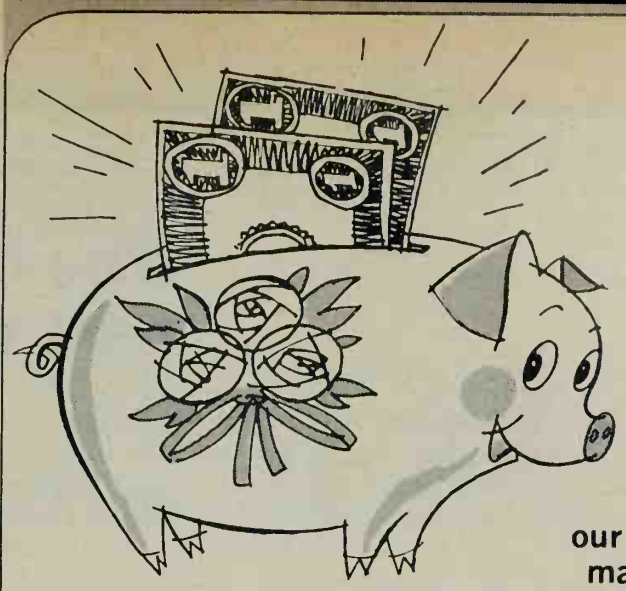
...hy accept the ordinary when Ann's ...lic Calligraphy will make your ...dress label truly unique. Booklet ...0 labels $4. Specify white or mix ... five gumstock colors. Free sam-...e sheet of other products per-...nalized with Ann's Calligraphy. ...common Press, S-B, 9140 SW ...cust, Portland, Oregon 97223.

...air catch-it tray

...must for every home and barber ...op. This handy catch-all hair tray ...made of soft plastic, wipes clean ...sily and ties on quickly. Keeps ...ny hair from falling down back or ... the floor. Ideal when giving home ...manents, no spots & stains. $1.69 ... 35¢ post. Holiday Gifts, Dept. ...3-M, Wheat Ridge, CO 80033.

...ipe away burnt-on grease

...w miracle cleaner for aluminum, ...ome, stainless steel, cast iron, ...opper and brass. Removes grease ...d encrusted build-up from fry-...ns, burner wells, barbecue grills ... Will not darken or pit utensils. ...z. $2.98 + 50¢ post. Anthony ...erprises, Dept. BHG-35, 585 ...rket St., San Francisco, CA 94105.



SAVE $2.00!

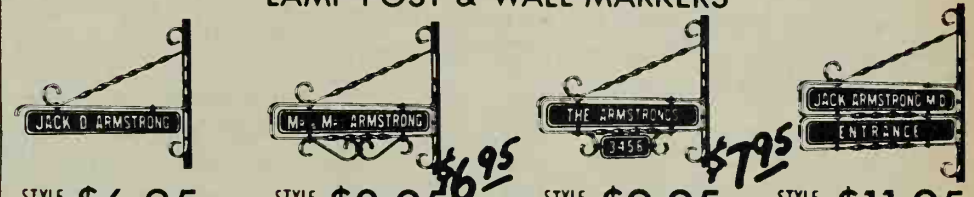
our most popular name markers are reduced!

order before March 31st and save!

we ship in 48 hours/satisfaction guaranteed or your money back

Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS

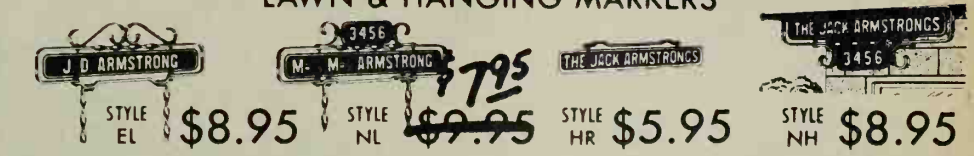


STYLE BR $6.95 — STYLE EB ~~$8.95~~ $6.95 — STYLE NB ~~$9.95~~ $7.95 — STYLE OB $11.95

MAILBOX MARKERS
(FIT ANY MAILBOX)

STYLE M $5.95 — STYLE MF $6.95 — STYLE EM ~~$7.95~~ $5.95 — STYLE NM ~~$8.95~~ $6.95 — STYLE OM $9.95 — STYLE NOM $12.95

LAWN & HANGING MARKERS



STYLE EL $8.95 — STYLE NL ~~$9.95~~ $7.95 — STYLE HR $5.95 — STYLE NH $8.95

Save now on our most popular name markers specially reduced until March 31st. You're sure to find one that fits your needs, whether it's for lamp post or wall, mailbox or lawn. A Spear marker custom made with your name will add the personal touch to your home, so order today and save $2.00!

Spear name markers are a thoughtful personalized gift for anniversaries, housewarmings, and many other occasions. Order today!

- Same wording both sides. Any wording you want up to 17 letters & numbers on long (18") plate; 6 on short (7") plate.
- Black baked enamel coated aluminum plates with embossed white reflector beaded letters.
- Solid rustproof aluminum plates, scrolls and frames.
- Easy to install. Exceeds U.S. Postal Regulations for mailbox identification.

ORDER TODAY—YOU'LL BE PLEASED

If you wish to use your charge card, please fill out appropriate boxes below:

☐ master charge ☐ BANKAMERICARD ☐

Expiration Date Month/Year

Master Charge Interbank No.

Credit Card No.

SINCE 1949 — SATISFACTION GUARANTEED OR YOUR MONEY BACK WE SHIP IN 48 HOURS

Spear ENGINEERING COMPANY

4949 Spear Building, Colorado Springs, Colo. 80933

STYLE →		ANY WORDING YOU WANT

PRICE $

ADD POSTAGE & HANDLING
☐ REGULAR .95
☐ FASTEST $1.60

TOTAL

ORDERED BY

ADDRESS

CITY, STATE, ZIP

*IMPORTANT— PRICES ARE REDUCED ON STYLES EB, NB, EM, NM, AND NL ONLY. ORDERS MUST BE POSTMARKED BY MARCH 31, 1975.

FUND-RAISING GROUPS & INDIVIDUALS—earn handsome profits. WRITE FOR DETAILS

The man next door®

Restaurant owner Pete Chavalas says the customers who used to ask for doggie bags to take home leftover meat now prefer to carry away a few packets of sugar "for their horse."

"About the time you've reached the point in life where you have the time and means to stop and smell the flowers," says Lee Bayless, "you're likely to discover that you're allergic to them."

Christine isn't the least bit concerned about the changing fads in the antique trade, having long ago adopted the principle that anything worth throwing away is worth collecting.

"One reason that many worthy people don't receive a great deal of recognition," proclaims the Rev. George Hall, "is that the College of Hard Knocks doesn't hand out any honorary degrees."

Bill Norman says he doesn't mind the reduced speed limit, but he's getting a little tired of being passed by all those bicycles.

Bill Wilson confides that he and Isabel share the household chores, with him spilling everything and her wiping it up.

Although she appreciates the fact that Congress has made it possible for Americans to buy gold, Christine thinks "it would be much more practical if they would make it feasible for us to buy groceries."

Our Rosemary writes from college that most students these days would prefer to work within the system, if only they could figure out some easy way to get into it.

"Farming remains a simple occupation," declares Uncle Dodd Buckner, "requiring only the abilities to plough a straight furrow, milk a cow, and decipher a computer readout."

Grandma Hillis insists that most people over the age of 65 want to keep busy working, "which is more than can be said for some people under that age."

Spring will soon be here, bringing with it the calming reassurance that Mother Nature is one lady who doesn't mind being seen in the same vivid colors year after year.

A decorator claims the bare, sparsely furnished look is now the most fashionable, prompting Christine to note that "we were at the peak of fashion 20 years ago and didn't even know it."

Uncle Dodd Buckner says that all the antiques around these days are convincing evidence that man once was so backward that he didn't know how to make things that would wear out or get broken within a year.

According to Grandpa Hillis, even when he went to summer school he still had to walk through three miles of snowdrifts twice a day.

"The trouble with many physicians who prescribe diets," admits Dr. Bob Hannelly, "is that they have never taken the time to read the food prices at the local supermarket."

It was only eight notes, but it was the sweetest clarinet passage I had ever heard.

It isn't often that you can look at a clarinet soloist and remember the time a baseball hit those talented lips and think of the time those brilliant fingers had the car door slammed on them.

It isn't often that you can listen to a soloist as he performs before admiring multitudes and reflect on how you helped bring such a talent to this peak.

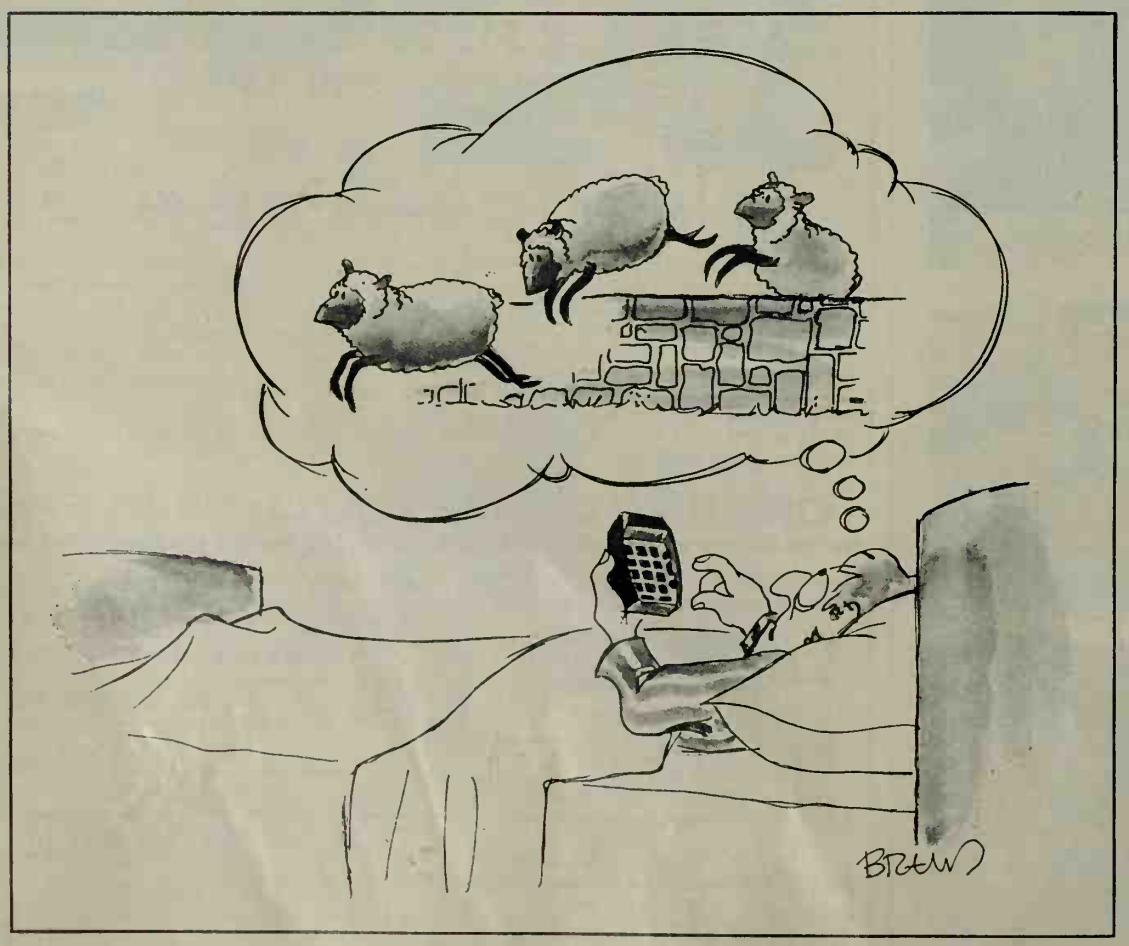
Well, sure, it was only a high school band concert, and it wasn't exactly a solo because four clarinets were playing, and there was a squeaky note when the passage started, but there was Bud—Burton, Jr.—playing in concert at age 13. Beautiful!

And then I realized that the emotion I was feeling was one that reached across every boundary of religion, race, nationality, and time.

What parent—from early man on—hasn't stood taller and patted himself on the back at the achievements of his child?

So stand back, Mama and Papa Bach. Stand back, you Mozarts. Excuse me, please, Mrs. Beethoven, let me belly up to the bar and have another shot of that old Parental Pride. I promise not to do it again, soon.

Burton Hillis



CIRCULATION 8,000,000
April 1975 • 75¢

Better Homes and Gardens®

BURLINGAME
EASTON DR. BR.
MAR 20 1975
LIBRARY

mall-scale gardens:
/hat to plant with what

edical tests that
an save your life

indow treatments
at don't cost
undle

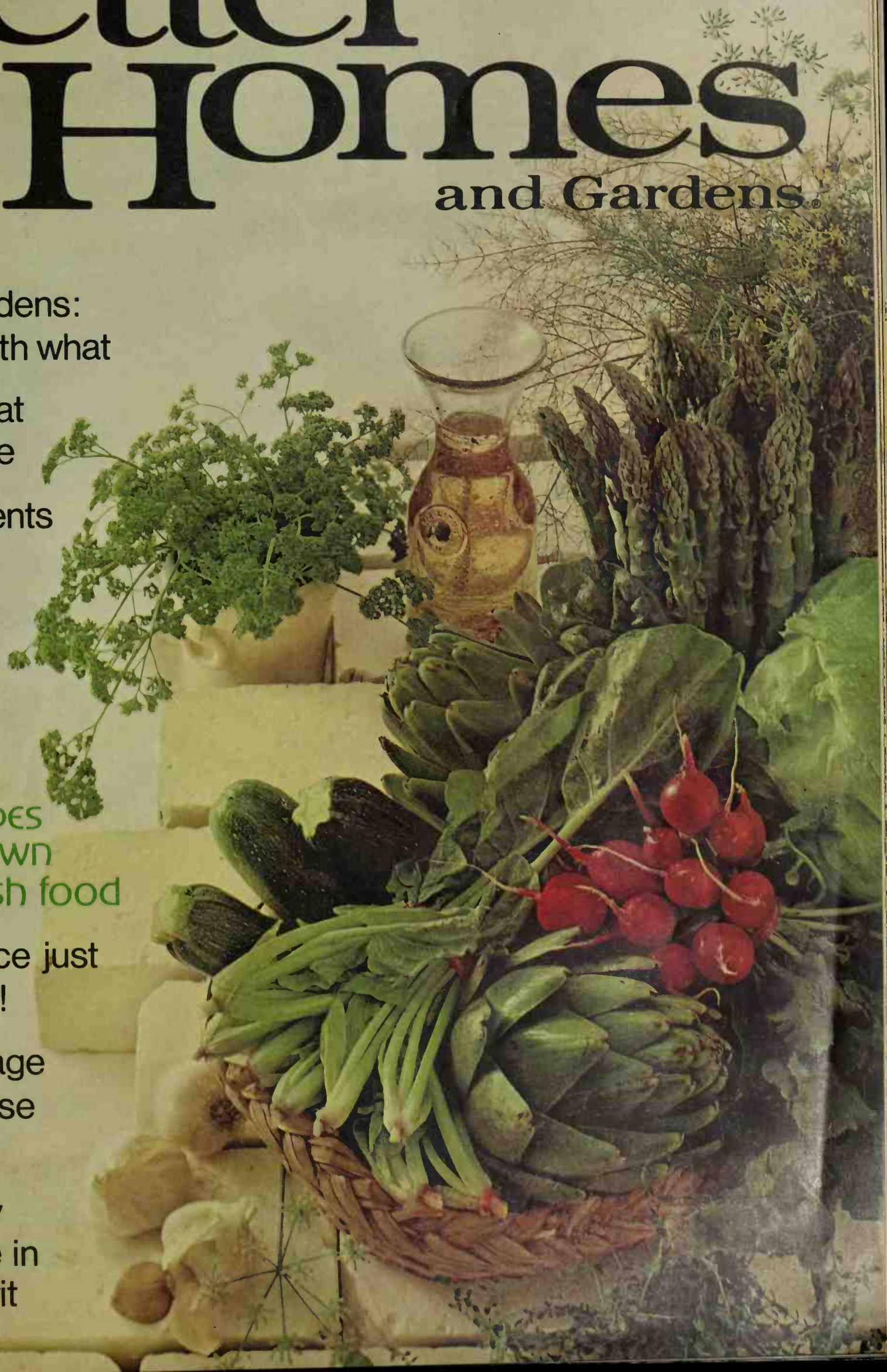
ree cheerful
chens with
eas you'll love

Great recipes
for your own
garden-fresh food

hat a difference just
ug can make!

jects: A storage
ed/greenhouse
u can build

ska: A family
el adventure in
pioneer spirit



If your mood is relaxed, Duncannon is the carpet for you.

If your mood is dramatic, Oakwynne is the carpet for you.

If your mood is gracious, Avid is the carpet for you.

If your mood is exotic,
Queen's Way™ is the carpet for you.

Armstrong carpets create the mood.

In the mood to decorate your favorite room? Nothing sets the mood like carpet. And no one captures the mood you're looking for like Armstrong! Everything from classic and conservative to dynamic and splashy. Shags, plushes, sculptures, and patterns—over 500 colors in all. And if looks weren't enough, Armstrong carefully selects fibers for every type of Armstrong carpet . . . to insure their durability and easy care. You'll express yourself beautifully with the mood makers—carpets by Armstrong.

Want to see more of our new carpet ideas? Send for our free color brochure. Just write Armstrong, 7504 Stern Street, Lancaster, Pa. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD®

Armstrong Answers:

What keeps a Solarian® floor shining?

First of all, Solarian is born to shine. Its special Mirabond® wear surface, developed by Armstrong research, combines a high gloss with greater wear resistance. This helps Solarian shine—without waxing or buffing . . . far longer than ordinary vinyl floors. So Solarian is already steps ahead of other floors the day it's installed.

The cleaner you keep it, the brighter it shines!
Instead of adding a shine with wax, you keep Solarian bright by cleaning it. Dirt buildup or detergent film can make the floor appear to have lost some of its gloss, when, in fact, the shine is just hidden. And when Solarian is kept clean, those pesky black heel marks from children's shoes will wipe right off the Mirabond surface.

What's the best way to clean Solarian?
Use a good sponge mop and a solution of general-purpose detergent, pressing hard enough to loosen dirt in the embossing. As you go, rinse each area with clean, warm water, even though most detergents say, "Don't bother." Rinsing is almost as important as mopping . . . since detergent film can pick up dirt that will dull the shine.

Protection is important, too.
As tough as Solarian is, loose dirt and moving furniture can still cause wear that will dull the shine. So between moppings, it's a good idea to sweep or vacuum your floor regularly. Naturally, the busier your kitchen, the more often you should sweep. Place a door mat at every outside door to reduce tracked-in dirt. And it's best to put floor protectors on the feet of sliding chairs and stools.

Will a Solarian floor ever lose its natural shine?
Under continual foot traffic, any floor will develop tiny scratches that reduce the original gloss. With Solarian, the Mirabond surface resists this wear longer; just *how* long depends on how busy your home is. And even when wear does begin to occur, it affects only the peaks of the textured surface. This, along with Solarian's unique combination of design and colors, means that this loss of gloss will probably not be objectionable. However, if you wish, your Armstrong retailer can supply a special maintenance product called Solarian Floor Finish, which can be used from time to time to keep your floor shining the way you like it.

How can I learn more about "the sunny floors that shine without waxing"?
Just mail the coupon on this page. You'll receive color brochures showing all the designs and colors with the special Mirabond wear surface plus the new booklet *How to Keep Your Armstrong Floor Looking Its Best,* with the latest proven-in-use methods for maintaining both vinyl and Mirabond floors.

Armstrong
7504 Elm Street
Lancaster, PA 17604

Please send me the booklet *How to Keep Your Armstrong Floor Looking Its Best* and color brochures of all the "sunny floors that shine without waxing."

Name_____

Street_____

City_____

State_____ Zip_____

Floors, ceilings, carpets and furniture all from the Indoor World of Armstrong.

Let the sunshine in! Armstrong Solarian.

The sunny floor that shines without waxing.

Every side of your kitchen is the sunny side . . . when you have an Armstrong Solarian floor. This is Royal Villa—just one of the many sunny Solarian patterns. Just look how it shines!

What keeps Solarian shining so bright? The special Mirabond wear surface that keeps its high gloss, without waxing or buffing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines. Find out why and how on the opposite page.

Want to see Solarian in person? You'll find your nearest Armstrong retailer in the Yellow Pages under "Floor Materials." Many are authorized "Floor Fashion Center®" retailers, offering a complete selection of Armstrong floors, color-coordination assistance, and professional installation. Look for the blue sign.

For free color brochures showing all the "sunny Armstrong floors that shine without waxing," clip the coupon across the page. Or write to Armstrong, 7504 Elm Street, Lancaster, Pa. 17604.

Armstrong floor fashion center

Armstrong

CREATORS OF THE INDOOR WORLD®

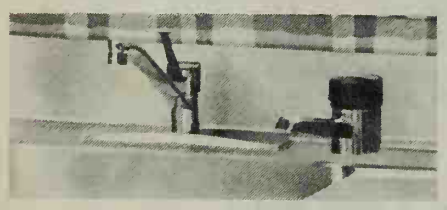
Floor design copyrighted by Armstrong

GET HALF A NEW KITCHEN WITH ONE KITCHENAID APPLIANCE.

It's a KitchenAid dishwasher that comes with its own sink cabinet, stainless steel sink and counter top.

The whole unit's only 48" wide. But there's plenty of room in the storage cabinet.

Enough space to add a KitchenAid stainless steel disposer under the sink.



And to add a KitchenAid hot-water dispenser on top. For steaming hot water. Instantly.

Altogether, it can be a one-piece kitchen clean-up center.

For details on models and colors, talk to your KitchenAid dealer. (He's listed in the Yellow Pages under "Dishwashers.") Or just mail us the coupon.

KitchenAid®
Built better. Not cheaper.

KitchenAid Division, Dept. 5DC-4
Hobart Corporation
Troy, Ohio 45374

Tell me about your Dishwasher-Sink.

Name_____

Address_____

City_____

County_____

State_____

Zip_____

Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — APRIL, 1975; VOL. 53, NO. 4

BUILDING
16 Can you save with a heat pump?
68 How to get the house you want

PROJECTS
54 A do-it-yourself storehouse/greenhouse or what have you
56 Projects: build your own seating

FOOD
32 He cooks: Mayetta's chili
84 Fresh food
92 Win money for your recipes
97 Prize tested recipes: Fancy roasts/Frozen salads
107 Country dinner
108 How to read nutrition labels

EQUIPMENT
14 Kitchen collections
46 Party pointers
74 Sunny-side up kitchens
112 Four good kitchen desks

PETS
116 How to housebreak your pup

FAMILY TRAVEL
119 Alaska: a family travel adventure in the pioneer spirit

FAMILY HEALTH
20 Medical tests: what do they tell you?

GARDEN
40 Houseplant how-to
76 Small-scale gardening
114 Gardening in April

FAMILY MONEY MANAGEMENT
6 Are there pitfalls in condominiums?
6 Some professional tips on how to find a job

CARS IN YOUR FAMILY
36 Will a thief peddle your bike?
44 A new switch in tire rotation
50 How safe is that motorcycle?

DECORATING
24 Upholstery how-to: redoing a simple chair
52 Changing the scene with carpets and rugs

CRAFTS
42 Sewing with elastic
58 No-sew window treatments
90 April sewing special: dirndl dresses

FAMILY GROOMING
26 Hair removal: facts you should know

NEWS AND SHOPPING
60 Good news
115 How to order material from the magazine
125 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 106

Cover photograph: de Gennaro

CUSTOMER SERVICE: For service on your magazine subscription or book club membership, write Customer Service Director Michae K. Curtis, 1716 Locust Street, Des Moines, Iowa 50336.

Editor JAMES A. AUTRY
Managing Editor MYLES CALLUM Art Director BILL YATES
Administrative Editor DUANE L. GREGG Editor-at-Large GEORGE BUSH

Foods and Equipment Editor DORIS EBY
Kitchens, Appliances, Home Management Editor JOAN McCLOSKEY *Senior Associate Food Editor* NANCY BYAL
Associate Food Editors SALLY P. TORPEY NANCY HOPKINS

Building and Outdoor Living Editor NOEL SENEY
Garden Editor HAMILTON MASON *Associate Editor* BEVERLY GARRETT *Architectural Editor* STEPHEN MEAD
Remodeling and Home Maintenance Editor DAVID R. HAUPERT *Improvement Ideas Editor* RUSSELL O'HARRA

Interiors and Design Editor RICHARD W. JONES
Table Settings and Home Entertaining Editor ELIZABETH CRASTER *Home Furnishings Editor* SHIRLEY VAN ZANTE
Associate Designer ROBERT E. DITTMER *Projects Designer* DAVID ASHE
Associate Editor PAMELA WILSON CULLISON *Christmas Ideas Editor* MARGO GARRITY

Health and Family Life Editor GERALD KNOX
Money Management Editor MARGARET DALY *Leisure Products and Pets Editor* DOUGLAS M. LIDSTER

Travel and Transportation Editor GORDON GREER
Automotive Editor TONY SWAN *Regional Travel Editor* KATE KEATING

Crafts and 100's of Ideas Editor NANCY LINDEMEYER
Crafts Editor CIBA VAUGHAN *Associate Editor* REBECCA JOHNSTON

Special Interest Publications
Editor NEIL KUEHNL *Managing Editor* RICHARD W. ROYER *Associate Editor* ROBERT A. DICKELMAN

Copy Editor MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS *Editorial Research Associate* C. RAY DEATON

Associate Art Director GERALD PREATOR Assistant Art Director ERNEST SHELTON
Graphics Designers ROBERT C. FURSTENAU JOHN CASWELL BRYAN E. McCAY *Art Production Manager* RAY WOODS

New York—Eastern Editor MARGARET McMAHON *Senior Design Editor—East* CAROL BASSIN HELMS
Associate Editor LESLIE COLCORD *Shopping Editor* ANN LIVELY
Los Angeles—Senior Associate Editor, Western States ELIZABETH GILRAIN *Chicago—Contributing Editor* JESSIE WALKER

Test Kitchen Director MARION VIALL *Reader Service Director* TERRY WADLE *Photo Studio Manager* LUE CALKINS
Properties and Location Manager JIM HIRSHEIMER

PRESIDENT/PUBLISHING GROUP AND MAGAZINE DIVISION GENERAL MANAGER **WAYNE A. MILLER**
Division Vice-Presidents Group Publishing Director JACK D. REHM FRED STINES
Editorial Director JAMES A. AUTRY
Operations Director JAMES R. NARBER Controller ROBERT E. GERHARDT

Publisher JACK D. REHM Advertising Director J. WESLEY SILK

CORPORATE OFFICERS **Chairman and Chief Executive Officer E. T. MEREDITH III President ROBERT A. BURNETT**
Senior Vice-President H. Y. ENGELDINGER
Group Presidents WAYNE A. MILLER, Publishing JOHN GREGG, Printing JAMES CONLEY, Broadcasting
Vice-Presidents FRANK FURBUSH DONALD L. ARNOLD JACK BARLASS WALTER VOSS JAMES A. RIGGS
Vice-President, Finance and Treasurer WILLIAM H. STRAW Controller Wm. DEAN ANKRUM
Vice-President, General Counsel, and Secretary GERALD D. THORNTON Assistant Secretary THOMAS G. FISHER

Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. Manuscripts and photographs: They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

Subscription Inquiries and Changes of Address: Write to Subscription Information De Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336 and be sure enclose an address label from a recent copy. Please give us five weeks notice prior to y change of address. **Subscription Prices:** $6 per year to the United States and its poss sions. Canada, add $2 per year. Other countries, add $4 per year.

© Meredith Corporation, 1975. All rights reserved. Printed in U.S.A.

Announcing the end of the dirt trail from job to sink.

Clean your hands on the spot with Wet Ones®...

and you won't have a dirt trail to clean up later.

No matter what job you're doing, keep WET ONES handy for instant clean-up.

Just pop one up. Nothing to unwrap or unfold. Softer than paper towelettes. Strong because they're cloth.

Always ready when you need them.

Are there pitfalls in condominiums?

More and more people are buying condominium units these days—most with great success.

The market has grown so rapidly, however, that buyer protections have not always kept pace, and you may run up against some real snags. Whether you want a condominium unit for your family, retirement, or vacation home—or for property that you may rent out—it's important to know what you are getting into before you sign up.

What is a condominium?

Although all condominiums are some form of attached housing, the term actually refers to a kind of ownership, rather than a type of building. There are high-rise condominiums, town house condominiums, garden apartment condominiums, even detached units grouped in twos or fours. A condominium complex also can be created from scratch, by a builder/developer. Or it can be formed by converting an existing rental facility into a new mode of home ownership.

What condominiums have in common is that you own your own unit, so you may enjoy many of the advantages of individual home ownership. Most significant is the right to deduct property taxes and mortgage interest costs on your own tax return. Also, you are likely to build up considerable equity over the years which could have good value on the housing market.

In addition to owning your own unit, you are a co-owner of the property around you—the hallways, elevators, bushes, parking lots, recreational facilities, and basement, for example. You share in the use of this common property, as well as in the costs of upkeep. That way, you may have access to luxuries such as a swimming pool or tennis courts that you might not have been able to afford on your own. And you spread out the costs by sharing them with other owners.

Don't confuse condominiums with cooperatives; they are not the same thing. With a cooperative, all the property is owned by a corporation which is owned and operated by its shareholders. Each owner receives stock in the corporation, plus a proprietary lease giving him the right to occupy a specific apartment within the cooperative complex. And each member pays a proportionate share of the cooperative's operating expenses.

Despite these somewhat different modes of ownership, you'll find that many of the same questions arise with cooperatives as with condominiums.

What is condominium life like?

It could vary considerably, depending on where and what you buy. Certainly you should examine your own life-style preferences. Although many condominium complexes are well designed in terms of land use and privacy, you will still have more people around than you may be used to. On the other hand, you may enjoy the convenience of having upkeep and maintenance handled by the condominium organization. And it's possible to choose a development with easy access to a variety of facilities, such as a swimming pool or game room. That kind of convenience may be exactly what you want.

As you look at condominiums, be sure to consider what age and interest groups will be attracted to the particular condominium complexes. Also ask about specific rulings and practices: Are children allowed? What about pets? Will you be expected to take an active part in community affairs? Many condominium dwellers feel that the looks of the property reflects on all the owners, so they all should have a say in its upkeep. Would you mind having someone dictate what you can or cannot plant in your front yard?

In addition to sizing up how well a condominium fits your life-style, you should think about potential pitfalls. Ask yourself these questions:

● *Will the net tax advantages make sense for me?* It's true that you can deduct the interest, real estate taxes, and perhaps some maintenance expenses (if you itemize deductions on your tax return). But these deductions might not sufficiently offset other costs—what your down payment money could have been earning for you if you had rented instead of purchased, for example. Some careful arithmetic will reveal the actual advantages, if any. Do comparison figuring before, not after, you've committed yourself in writing. Get an accountant, lawyer, or banker to help.

● *Are all matters of ownership clear?* What about parts of the complex not specifically owned by individuals, such as the

continued on page 8

Some professional tips on how to find a job

Nobody is saying that it's easy to find a job these days. In fact, the work market is so tight that it's imperative to plan your strategy as carefully as possible. Here are some time-tested tips from a variety of professionals in the job-finding business.

Where can you get information?

There are several sources—and it's probably smart to try a number of them. Here's what to expect:

● *Private employment agencies.* You contact one either by applying for a job it advertises, or by registering with the agency and waiting to be called for a job.

You may be asked to sign a contract which obligates you to pay a fee to the agency if it places you. Read the contract carefully before signing it. It may state that the fee is payable if you accept the job and then don't report for work, or if you are fired or quit after a short time. Ask questions about anything you don't understand. You might even have a lawyer check the contract. His small fee could save you plenty.

Agency fees run from five to 15 percent of the annual starting salary, and go as high as 20 to 30 percent on upper-bracket jobs. In some states, the fees are regulated by law. Make sure you know exactly what the financial arrangement is.

An increasing number of agencies are now offering some or all of their jobs on a fee-paid basis, with the employer picking up the tab. Or the fee may be refundable; that is, the employee pays it and, after a short trial period on the job, he is reimbursed by the employer.

Some agencies now specialize in such fields as accounting or engineering. For guidance on agencies that concentrate on your field, order *"Employment Directions 1975,"* a new directory that lists agencies by specialty in 49 states and five foreign countries. The cost is $3.60 prepaid, but the 1975 edition won't be ready until the

Drawings: Hellman Design Assoc.

continued on page 10

"Speed Queen packed a 'free Tide' coupon in my new washer. But that's not why I use Tide.

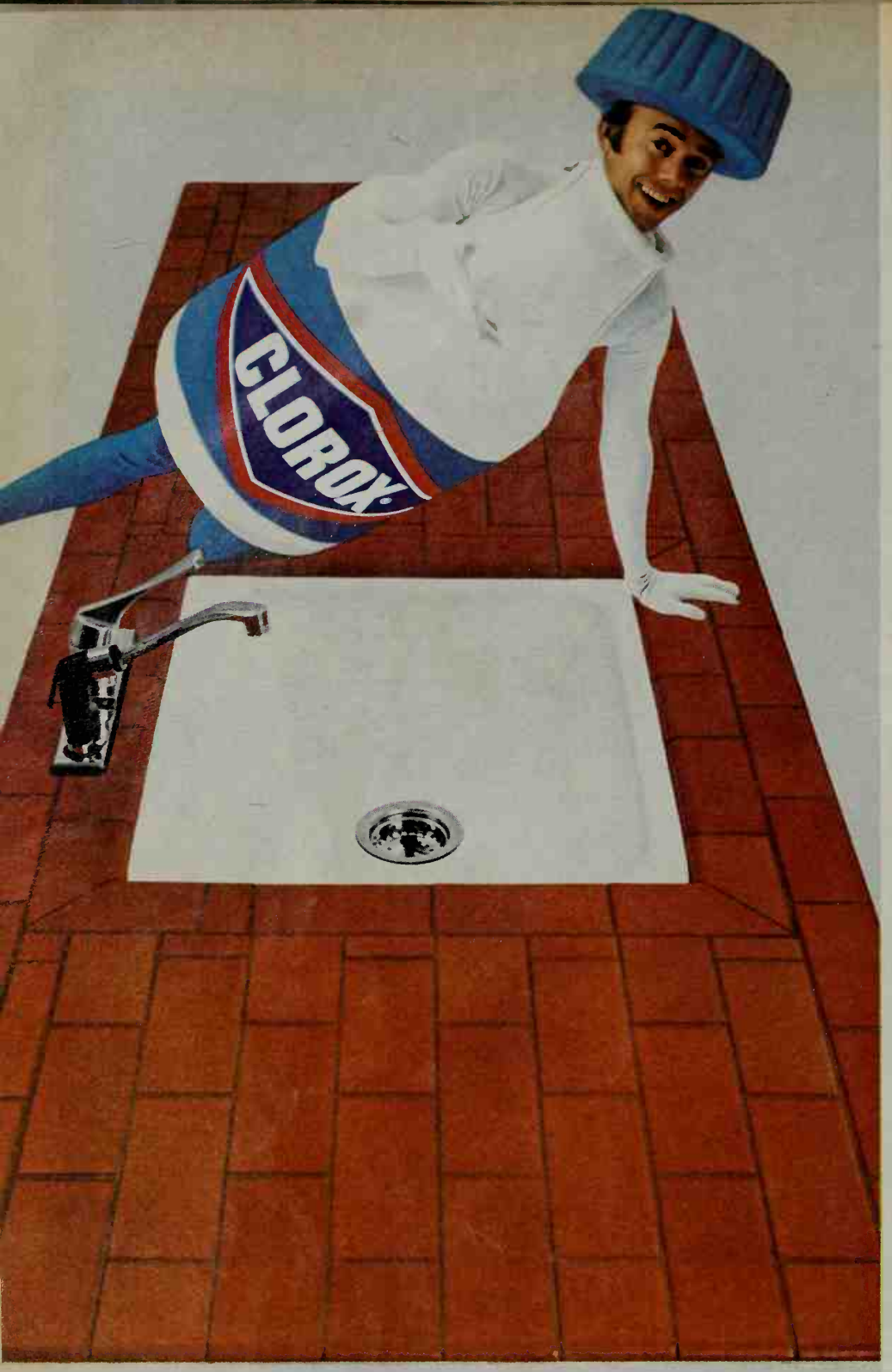
Jill and Eddie are. That coupon is a good reason to try Tide, but I use Tide because it works. My kids, Jill and Eddie, really get their clothes filthy pushing trucks around in the dirt. They sit in it, they roll in it, they really grind it in. But Tide gets the dirt out of their clothes. Tide gets my whole wash clean."

Shirley Sharpe, Reading, Pa.

This multi-cycle automatic washer features Speed Queen's extra capacity stainless steel tub. Made of rust-proof, chip-proof, and corrosion-proof stainless steel, this special tub is warranted for the life of the washer.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 18 leading washers pack Tide coupons in every top-loading automatic.



Clorox. If you thought your sink was sunk.

Clorox gets out stubborn stains without scrubbing or scratching! Just run two inches warm water into sink, pour in ¾ cup Clorox® liquid bleach. Swish solution around, let stand 5 minutes. Then simply drain away many stubborn food stains—even tea and grape juice—as well as germs and odors.

Remove coffee and tea stains from coffee pots, tea pots and cups. Just soak 5-10 min. in solution of 3 tbs. Clorox to quart of hot water. Rinse. (Not for metal pots.)

Clorox. It does more than the wash.

©1974 The Clorox Company.

continued

Condominiums

underlying ground, parking lots, recreation facilities, and the like? There are two possibilities:

1. The original developer may retain ownership, leasing some of these facilities back to the individual over a long period, at a rent which may (or may not) be regulated by the agreement. This practice of retaining ownership of certain facilities and leasing them back is currently under attack by the government. Nevertheless, if such a leasing arrangement is the case with the property you're considering, find out what limits (if any) there are on how much the individual owners can be charged for this use. And to what extent will these lease-back arrangements impair the desirability of your unit's sale in the future?

2. Owners may retain ownership. In this case, there may be an ownership association that votes, in accordance with its by-laws, about such group matters as maintenance, improvements, and so forth.

In either case, you are likely to be directly affected by the results of agreements which will control the use of the common premises, and how much you'll have to spend on them. Knowing in advance precisely what these agreements contain can help you avoid many of the potential problem areas found with condominium ownership.

• *What about resale value?* As with any single property ownership, your potential gain on a resale could be erased if there's a slump in the housing market; if you must pay a real estate commission when you sell, which can lop from six to ten percent off the top; or if you have to pay income taxes on any gain you realize (a sale at a loss is not deductible). For more details, ask your nearest I.R.S. office for a copy of their pamphlet, "Tax Information on Selling Your Home." Also remember that with a condominium you face the possibility of deteriorating conditions in the building itself, due to negligent management, through no fault of yours.

Furthermore, some condominium markets have been "overbuilt," in the eyes of the experts. The laws of supply and demand in such areas could mean you would have to sell at a low price.

• *Will you be completely free to sell your unit to whomever you want, whenever you want?* The original owner, or the association of owners, may have a right of first refusal, or some other form of control over the sale of units. You also may be restricted in your right to lease out your unit. (By leasing your condominium unit, you could obtain depreciation deductions on it—a decided tax advantage.) Thus, the waiver of your freedom to sell or to lease could be costly.

• *Is the developer hiding serious structural or mechanical defects?* If so, the cost of repairing such flaws may be unloaded on the unsuspecting buyers.

Even if structural defects are obvious and known to all, the developer/landlord may not have set aside adequate reserves to pay for the repairs. The building's financial statement might indicate adequate funds, but in reality the new owners could find that they must deplete the basic operating kitty in order to cover the repair costs. A property lacking adequate reserves for replacements is headed for trouble.

Finally, unscrupulous builders may construct top-notch apartments, knowing that they'll have to maintain them, but cut corners with condominiums, knowing that the individual owners will have to maintain them, and that defects won't show up until after the unit has been sold.

• *Are there fraudulent or misleading inducements to would-be buyers?* Chief among these could be:

1. Understating the maintenance and other costs. Protect yourself by checking the master management budget thoroughly, and making sure it has been verified by a professional company. Also talk with the local tax assessor about present and potential levies.
2. Promising improvements, such as swimming pools or athletic facilities, which are never delivered to the owner.
3. Promising completion and occupancy dates that aren't met.
4. Overestimating the number of units to be built, thereby leaving buyers responsible for a higher percentage of costs.

• *Are the warranties clear?* Even though a normal one-year warranty may be placed on the unit from the actual date it starts to run, the warranty's terms may be unclear. If the unit has been on the market for a number of months, the warranty may have started to run upon the completion date, not on the day you buy or move in. Thus, you would be getting a warranty of a few months, or none at all. This can also happen with appliances within the unit, such as dishwasher, disposal, and laundry equipment.

• *What arrangements exist for internal repairs?* Unlike a regular tenant—who can expect the

continued

3 menu-making cheese ideas that start with Real Mayonnaise.

And that's the other name for Best Foods®.

Fresh, creamy-smooth Real Mayonnaise blends deliciously with cheese in so many different ways. And Real Mayonnaise means whole-egg Best Foods.

1-STEP CHEESE SAUCE
Start with creamy Best Foods instead of white sauce, then add your favorite cheese.

1/2 cup BEST FOODS Real Mayonnaise
1/2 cup milk
1/2 cup shredded Cheddar or American cheese or grated Parmesan or crumbled blue cheese

Stir together all ingredients in small saucepan. Heat over medium low heat about 5 minutes or until heated. Serve over hot vegetables or fish. Try Cheddar or American on asparagus, blue cheese on fried flounder, Parmesan on zucchini. Makes about 1 cup.

PUFFY CHEDDAR OMELET
Whole-egg Best Foods helps keep the mixture smooth and creamy.

4 eggs, separated
1/2 cup BEST FOODS Real Mayonnaise
3 tablespoons water
2 tablespoons margarine
1 cup finely shredded Cheddar cheese

Beat egg whites until soft peaks form. In small bowl beat together egg yolks, Real Mayonnaise and water. Fold yolk mixture into whites. Melt margarine in 10-inch skillet. Add egg mixture. Cook over low heat 10 minutes or until lightly brown on bottom but still moist on top. Bake in 350°F oven 5 minutes. Sprinkle on cheese; bake 1 to 2 minutes more, until cheese melts. Remove from oven. Loosen edges, make a shallow cut through the center. Fold omelet in half. Serve on warm plate. Serves 3 or 4.
NOTE: For variety add your choice of chives, basil or tarragon.

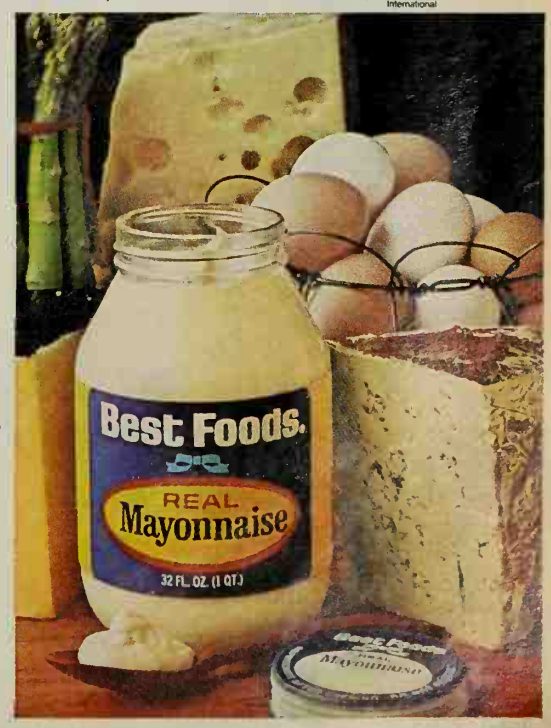
FAMILY FOOD IDEAS

SWISS SANDWICH LOAF
Delicate Best Foods adds a light taste and creaminess.

3 cups shredded Swiss cheese
2/3 cup chopped tomato
1/2 cup chopped green onion
2/3 cup BEST FOODS Real Mayonnaise
1 (7-inch) round loaf pumpernickel bread, unsliced

Mix together first 4 ingredients. Slice bread, almost completely through, 11 times. Fill every other slit with cheese mixture. Wrap loaf in foil. Bake in 325°F oven about 30 minutes or until cheese melts. Separate into 6 sandwiches.

Best Foods, a Division of CPC International Inc. cpc® International



BRING OUT THE BEST FOODS AND BRING OUT THE BEST

continued

Condominiums

landlord to handle certain repairs such as plumbing, heat, and electricity—the condominium owner may have to assume these repair responsibilities.

What precautions can you take?

Your lawyer is your best ally, and he should be consulted *before* you sign any papers. He could save you a lot of money. Laws regarding real estate differ from state to state, and in many areas the condominium developer currently is free from much specific regulation.

Another reason for the use of an attorney: there are a lot of strings attached to condominiums. A careful perusal of all documents should reveal any potential trouble spots, and once you know what you might be faced with, you can decide whether or not to take the risks.

Also be sure to make a thorough physical review of the premises. For a reasonable fee, a contractor, an architect, a Realtor, or a property appraiser can give you a report on the structural and mechanical condition of the individual unit you're considering. In addition, it would be wise for your owners association to have the entire premises checked before you make a commitment.

Sometimes condominiums are formed by converting an apartment complex to condominium ownership. In such cases, be sure to arrange for some professional exploration of the building or buildings. How old is the wiring and plumbing? What must be done to modernize them? How much will the landlord do before the conversion?

Plan a detailed session on finances with your banker, lawyer, or accountant. Make sure you understand the tax picture in terms of your specific finances. Try to ferret out any hidden costs.

If you are buying into a new unit, carefully check the developer's reputation. How has he performed on other projects? What does his financial track record look like? Your banker and lawyer should be able to help you get details. On a more personal level, does the developer fulfill his promises, and does he settle disputes amicably and fairly? Take time to interview people who have purchased units from him.

Consider obtaining owner's title insurance. After all, when you buy a condominium unit, you are making a real estate investment that you should protect against land title hazards, just as if you were buying a singly owned, freestanding house. ■

begins on page 6

Tips on jobs

end of June. Order from National Employment Association, 2000 K Street, N.W., Washington D.C. 20006.

Before doing business with any agency, check its reliability with the Better Business Bureau or consumer protection agency.

• *State employment offices.* This is a network of over 1,800 offices operating in all 50 states in conjunction with the U.S. Employment Service of the Department of Labor. These offices charge no fee and make placements in all types of jobs—administrative, engineering, industrial, clerical, professional, and so on. Often they can provide computer job-matching, too.

State employment offices also will give aptitude tests and career guidance, without charge. And they may provide special assistance to recent college graduates and women with skills who are returning to the labor market.

• *Executive recruiters.* These people are hired by employers to help them fill jobs at middle management or higher levels. They will consider candidates who approach them, but generally concentrate on finding their own prospects. Since recruiters are paid by the employer, ethical recruiters do not accept fees from those they place in jobs.

• *Career consultants—vocational guidance counselors.* They give psychological and aptitude tests—which you may not need—and then advise you of the work you're best suited for. They are not employment agents, but some may offer to conduct a job search for you—prepare résumés, write letters, send them to prospective employers. Fees are high, and results are not guaranteed. Check carefully before buying such services. While there are many reliable guidance counselors around, a large number of quacks have moved into the field.

• *Miscellaneous job sources and information.* Look into employment services run by schools, colleges, and alumni associations for their graduates. Your local library or chamber of commerce may have information about job-finding exchanges sponsored by civic organizations. Many trade associations and professional societies offer employment information or services. Some religious groups, including YMCAs and YWCAs also supply job leads and information, even if you're not affiliated.

And, business and industry news in newspapers and trade periodicals can furnish good leads, such as news of openings of new plants or offices, enlargement of present facilities, development of new products, personnel changes, promotions, transfers, resignations, etc.

• *"Help wanted" ads in newspapers and trade or professional journals.* The ad usually asks you to apply by mail. Since there will be plenty of other applicants, your letter must get the employer's attention immediately and then proceed to sell him your talents. For example, you might open with something like this for a business position: "I saved my boss at least $25,000 in salaries. Here's how: During the three years I was supervisor of an office of eight people, the business expanded by 50 percent but, because of office procedures I instituted, we were able to handle it with no increase in staff."

If you have not worked before, try to dramatize your scholastic or extracurricular achievements in a similar way. Make your letter as short as possible—no longer than one typewritten page. Request, but do not plead for, an interview.

And be sure to check the help wanted ads in out-of-town newspapers. Every city of reasonable size has at least one newsstand that specializes in newspapers from other cities (and some libraries receive them, too). Buy the Sunday editions of out-of-town papers you're interested in.

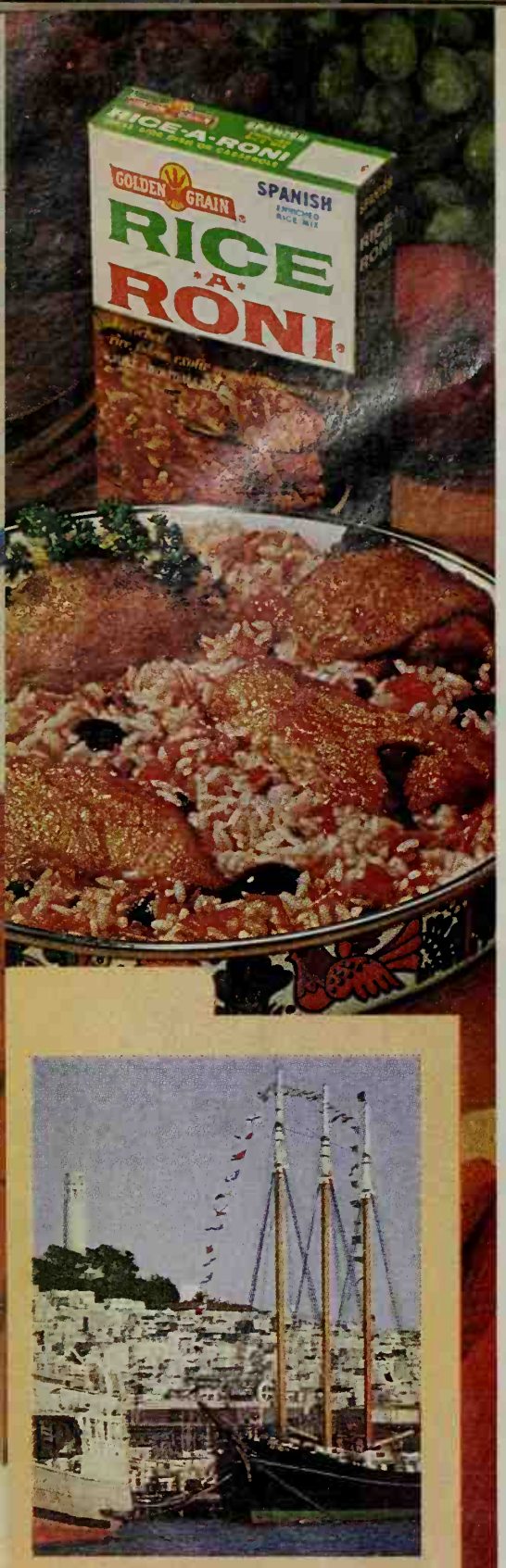
• *Your own direct mail campaign.* It can land you a good job. Work up a strong selling letter like the one suggested earlier. Put together your own mailing list from such directories as Poor's Register of Corporations and Executives, Dun and Bradstreet's Million Dollar Directory (and its Middle Market Directory), Thomas Register of American Manufacturers, Moody's Industrial Manual, city, regional, and state directories, and others you will find in most public libraries.

Address the letter to the president of the company. Have a professional lettershop prepare and mail it for you. Often a good shop can make suggestions about physical makeup that will increase the letter's pulling power. The cost: probably less than most agency fees.

• *Special job opportunity aids for women.* Thanks to recent legislation banning sex discrimination in employment, many employers are seeking qualified women for fields formerly closed to them.

To help both employers seeking women and women seeking jobs, several organizations maintain talent banks, rosters, and so forth. These include: *Catalyst*

continued



Chicken Dolores starts with San Francisco's Rice-A-Roni

Brown 1 cut-up frying chicken in 4 Tbsp. oil. Cook slowly until tender, about 45 min. Set aside. Brown 1 pkg. Spanish Rice-A-Roni. Stir in 2 cups hot water, contents of Spanish Seasoning envelope, 1 (1 lb.) can tomatoes, 1 (3¼ oz.) can pitted ripe olives, drained, and a dash Tabasco. Arrange chicken on top. Cover and simmer 15 min.

TRY THIS WINNER FOR DINNER—
GOLDEN GRAIN MACARONI & CHEDDAR

Can you afford to buy a Gorham Original? Nowadays, you can't afford not to.

The craftsmanship of the Gorham Original you buy is one of the many distinct qualities that will safeguard your investment over the years. It means your Gorham Sterling will be as precious to you years from now as it is today.

The investment in your Gorham Sterling endures partly because silver is a rare metal that's becoming scarcer and because each Gorham Original is more than just a beautiful pattern. Each design is a true work of art in Sterling.

Look closely at a Gorham Original. Look at every surface, every curve, every scroll or flower. Each is magnificently sculptured, deeply and crisply carved, to echo the delicate or bold motif...on the front and back. This is beauty, detail and craftsmanship at its finest.

The world famous Gorham Hallmark has represented the pride of the silversmiths' art since 1831. It says your Sterling is the ultimate in beauty and craftsmanship that endures time and change. Craftsmanship that is unmistakably Gorham.

Chantilly GORHAM DIVISION OF textron PROVIDENCE, R.I. Strasbourg Medici Fairfax King Edward

Unmistakably Gorham

ORIGINALS IN STERLING, CHINA, CRYSTAL AND PEWTER

continued

Tips on jobs

National Network, 14 East 60th Street, New York, N.Y. 10022, which provides a listing and résumés of managerial and professional applicants; *National Federation of Business and Professional Women's Clubs, Inc.*, 2012 Massachusetts Avenue N.W., Washington, D.C. 20036, which operates a talent bank to help qualified women find positions in government, educational institutes, and private industry; the *Talent Search Skills Bank, Office of Voluntary Program Equal Opportunity Commissio* 1800 G Street, N.W., Washin ton, D.C. 20506, which mai tains a file on minority fema applicants with skills, and c refer any qualified individuals employers.

In addition, certain cities ha agencies that specialize in fillin part-time positions. For exampl *Washington Opportunities f Women* (WOW), 1111 20 Street, N.W., Washington, D.C 20036 was established in cooper tion with the U.S. Employme Service and helped set up s programs in other eastern s board cities—Atlanta, Georg Baltimore, Maryland; Richmo Virginia; Providence, Rhode I land; Boston, Massachusetts; a White River Junction, Vermo

What should your résumé be lik

Prepare your own résumé inst of having a "professional" résu writer do it for you. It sho include biographical data, but emphasis should be on your wo record (if none, your school a extracurricular record—and s cial talents, like knowledge o foreign language).

Make the résumé concis probably no more than t pages. Arrange it by subheadi —personal data, education, e ployment record. Make sure résumé is mechanically perf and easy to read, and have it p fessionally duplicated.

During an interview, hav résumé ready, but try to withh it until the end of the intervi so that the interviewer can c centrate on listening to you.

For a guideline on résu write, *Public Information Off New York State Department Labor*, State Office Buildi Campus, Albany, N.Y. 122 Single copies of the book "Guide to Preparing a Résu are available.

How should you handle the interview?

Prepare for any job interv carefully. Learn as much as y can about the company. Be re for detailed questions about y work or scholastic record, a if possible, line up examples your other achievements.

Try to put your best foot f ward. Your grooming does co so dress carefully and appro ately. Try to arrive promptly even a little early for the in view. And watch your mann

Finally, let the intervie bring up salary. You can dis your financial objectives in vance with your agency or o guidance counselors. Ask t what's reasonable within the you seek, so you don't price y self out of the job unwittingl

Why are so many mothers of cavity-prone children switching to Aim?

Aim® toothpaste has the precise amount of stannous fluoride that dental authorities consider effective against decay—and children prefer it nearly 2 to 1.

"It was a struggle with both my children to get them to brush."

That's Mrs. Sandra Balken talking. But it probably sounds all too familiar.

Children, on average, brush *less than 30 seconds* at a time.

When they get more cavities than they should, improper brushing could be the reason.

That's why we made Aim—the first fluoride in a *gel*.

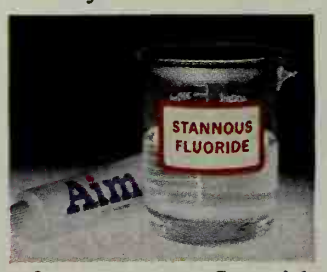
"Getting a child to brush longer is half the battle."

Mrs. Balken, a native of New Fairfield, Connecticut, is one of the millions of people who recently switched to Aim. She noticed the difference right away.

"When I tell my children to brush their teeth, they go in willingly. And they really brush a long time."

Aim's secret weapon is its taste. It actually took more than 30 different flavoring elements in a unique combination to make Aim taste especially pleasing to children.

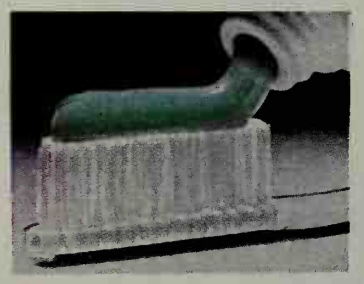
When we tested Aim against the leading fluorides with more than 1300 children, the results were astonishing. Aim was preferred nearly *2 to 1*.



Aim's fluoride is stannous fluoride.

Stannous fluoride is the most widely researched ingredient there is to fight cavities. And Aim has the precise amount of stannous fluoride that dental authorities consider effective against decay.

Unique gel is low in abrasion.



Because Aim is a *gel*, it has an unusually high "dispersal rate." That means, when your child brushes with Aim, it spreads the good taste *faster* in the normal brushing time.

Our gel is also unusually low in abrasion. All of this means that Aim is a true advance.

If you have a cavity-prone child, ask your dentist about Aim.

Mrs. Sandra Balken is glad she switched. So are millions of others.

Like any dentifrice, Aim can be of significant value only if used conscientiously in a program of good dental care. So see the dentist regularly, brush often, and take Aim against cavities.

Take Aim against cavities!

BACK UP YOUR BACK

Back up your back with the Serta Perfect Sleeper®

Why does sleeping on a Perfect Sleeper mattress help you wake up feeling great in the morning?

Serta's Back-Up® System does it.

It backs up your back with four levels of comfort and support. Quilted damask cover, Sertaliner® bands, TwinEdge® design and extra support of the matching foundation make Perfect Sleeper your best value in sleeping comfort.

So back up your back with a Perfect Sleeper by Serta. And look forward to a great night's sleep, night after night, year after year.

You'll love it! *Joey Heatherton*

Serta®

SERTA, INC. Chicago, Ill.

Be a perfect sleeper. Buy a Perfect Sleeper.®

Can you save with a heat pump?

With the continuing emphasis on energy conservation, manufacturers have been vigorously promoting the efficiency and economy of the heat pump. Is this new wave of advertising just another gimmick? Maybe not.

Under ideal conditions (45 degrees F.), the heat pump is two to 2½ times more efficient than an electric resistance furnace. That is, the heat pump produces more than twice as many BTUs of thermal energy from a given unit of electricity (measured in kilowatt hours). For example, let's say the hypothetical electric resistance coil furnace produces 34,130 BTUs of thermal energy from 10 kwhs of electricity. Under optimum conditions, a heat pump could produce the same amount of heat from just four to five kwhs.

How does it do this? Like a refrigerator or an air conditioner, the heat pump transfers heat from one area to another rather than producing heat the way conventional heating systems do. While the actual physical phenomenon of heat transfer is difficult to understand, the important point to keep in mind is that it takes less energy to move existing heat from one point to another than it does to produce heat. And, because "heat" exists to −460 degrees, the heat pump can always move the warmth from outside air into your home even when it is relatively cold. Another strong selling point—the heat pump is also an air conditioner. During the summer months, refrigerant flow is reversed, removing the warmth from inside your home to make it cool.

Although the heat pump has made a comeback in sales over the last few years, two problems are still holding it back: (1) its past history and (2) its loss of efficiency at not-so-ideal temperatures during midwinter.

In the 1950s salesmen made a big push for the heat pump but many of the units failed under extreme temperature conditions. Designers went back to their drawing boards and came up with an almost completely new product. The new heat pump is far better designed to handle cold weather climates than was the 1950 version.

The second problem, loss of efficiency, is related to the first problem. As the temperature begins to hover around freezing, the old heat pumps lost their efficiency and strained until they finally broke down. With the newer heat pumps, the problem has been averted in two ways. At least one manufacturer has created a heat pump that can be added to an existing heating unit. When the temperature drops to freezing, a sophisticated sensor detects its loss of efficiency and turns on the secondary heating source. (This may be gas, oil, or electric.) By the same token, when the temperature rises again, the same mechanism activates the heat pump while turning off the secondary source. In other units, the system is designed so that when efficiency falls off as temperatures drop, a provision is made for a backup heating capability with electric resistance heat strips.

What do these sophisticated systems mean to you? While the weather is not too extreme, you can heat your home for less money than you could with other systems. When the weather does become extreme, it will cost you about the same as you would ordinarily spend—but never more.

Will a heat pump save you money in the long run?

If you already have a furnace and air conditioning system in good operating condition, no. No matter how high your present heat bills might be, the eventual savings you'd realize with a heat pump system would never make up for the cost of replacing your present system.

If you are considering adding a central air conditioning system to your present forced air heating system, chances are good you'll save money. At least one manufacturer already has a heat pump system designed to be used in conjunction with your existing forced air system. (Refer to "Good News" on page 12 of the January, 1975 issue of Better Homes and Gardens.) Its cost installed is just ten to 30 percent more than a central air conditioning system.

If you are building a new home or replacing a worn-out system, the answer is yes—you'll save with a heat pump.

Snapper is fast.

This means Snapper mowers combine outstanding design features that help you get through with the work of caring for your lawn faster, and easier.

Whatever size lawn you've got, we've got a Snapper to match it. With a Snapper you'll finish it beautifully. And fast.

SNAPPER®

McDonough Power Equipment, Inc. Dept. BHG2, McDonough, Georgia 30253
A Fuqua Industry. See your Yellow Pages or write for a free brochure.
All Snapper mowers meet A.N.S.I. safety specifications.

Snapper is fast.

This means Snapper mowers combine outstanding design features that help you get through with the work of caring for your lawn faster, and easier.

Whatever size lawn you've got, we've got a Snapper to match it. With a Snapper you'll finish it beautifully. And fast.

SNAPPER®

McDonough Power Equipment, Inc. Dept. BHG3, McDonough, Georgia 30253
A Fuqua Industry. See your Yellow Pages or write for a free brochure.
All Snapper mowers meet A.N.S.I. safety specifications.

NEW FROM MUTUAL OF OMAHA... **MONEY BACK** DISABILITY INCOME INSURANCE

Sure, we have a plan that can provide up to $1,200.00 a month ...as much as $40.00 a day both IN and OUT of the hospital...

but suppose you never get sick or hurt?

In that case, we'll return *all* your premiums when your policy matures at age 65.

New MONEY BACK plans offer first-class protection for working men and women. There's a Homemaker's plan for housewives, too.

With most disability income plans, you buy security, and that's all. With this new Mutual of Omaha Money Back plan, you buy security plus the guarantee that if you keep your policy in force to age 65 you *must* get back *at least* as much as you pay in premiums.

Meanwhile, you're covered for up to $1,200.00 a month... as much as $40.00 a day disability income benefits when a covered sickness or injury keeps you from working. These benefits are payable both IN and OUT of the hospital. They are yours to spend as you please for any purpose you choose.

Moreover, they are payable *in addition* to any hospital-surgical-medical benefits you may receive. They are payable both *during* and *after* hospitalization. They are payable even if you never go to the hospital.

If the benefits you receive total *less* than the premiums you've paid in at age 65, you will receive the difference in a lump-sum payment. If you have never been sick —never collect disability income benefits, you receive a 100% refund... all the premiums you've paid in are returned to you.

THERE ARE SEVEN REASONS WHY YOU SHOULD CONSIDER THIS MUTUAL OF OMAHA PLAN:

1. You may qualify for a plan that can provide up to $1,200.00 monthly income benefits (up to $40.00 a day) to spend as you see fit if you're sick or hurt and can't work, or refund all your premiums when your policy matures at age 65 if you stay well.

2. These disability benefits are provided both IN and OUT of the hospital.

3. Your coverage becomes effective immediately for new sickness contracted or injury received after your policy is in force. Pre-existing conditions (old health problems) will not be covered for 12 months. This applies to such conditions shown on your application and not excluded from coverage.

4. Mental disorders are covered the same as any other sickness

5. Your policy protects you as a passenger in any kind of aircraft—even a private plane.

6. Benefits are provided for disabilities incurred both on and off the job. They are available in addition to any Workmen's Compensation and Employer's Liability coverage.

7. You have this renewal agreement: no matter how often you may receive benefits, Mutual of Omaha guarantees to renew your policy as long as premiums are paid on time. Your premium can be changed only when changed for all policies of the same form and class in your state.

Please note that the amount of the benefit, the premium and the deductible period vary with the plan you qualify for. And that these disability income benefits are not payable for losses caused by war or military service, narcotics, unless prescribed by a physician; childbirth, pregnancy, or resulting complications. Coverage terminates at retirement or age 65, whichever comes first.

Get the full facts about the disability income plan your work, health, income, age, etc., now qualify you for. Mutual of Omaha will provide personal service in furnishing this information without cost or obligation. You will also receive facts about the fine plans to meet your life insurance needs available from Mutual's affiliate, United of Omaha. Write to Reader's Service, Dept. 2641, Mutual of Omaha, Omaha, Nebraska 68131. Or even better, use the post-free reply card provided for your convenience.

Mutual of Omaha®

People you can count on...

Life Insurance Affiliate: United of Omaha

65 or over? Get full facts about new Mutual Care hospital plans that can work hand-in-hand with Medicare to help pay most hospital-surgical-medical bills Medicare doesn't cover. Mail postage free reply card today.

NEW FREE BOOK

helps you fight inflation... shows you how to stretch health care dollars... get more for your money... and plan NOW for a better, more secure future.

See "Mutual of Omaha's Wild Kingdom" on TV, every week. Check local listing for time and channel.

You liked your furniture enough to pay a lot for it. So what are you doing to get your money's worth? A blob of ice cream, a dribble of pop, and suddenly that new sofa or your favorite chair starts looking its age.

But an occasional, generous spray of "Scotchgard" Brand Fabric Protector on clean furniture, and watery and oily spills just bead up. And you can blot them away.

It pays to invest a little in your furniture's future. "Scotchgard" Fabric Protector helps keep your furniture looking newer a lot longer.

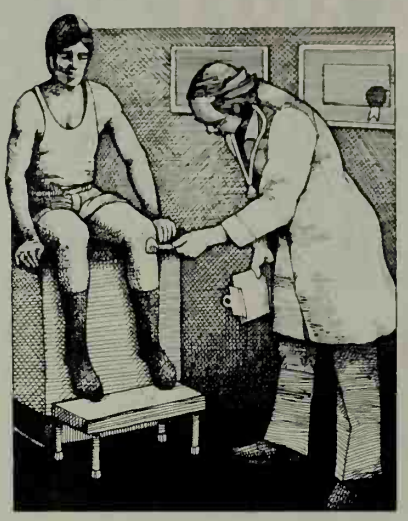
Scotchgard® BRAND FABRIC PROTECTOR

3M COMPANY

"Scotchgard" is a registered trademark of the 3M Company, St. Paul, MN 55101. ©1975 3M Company

FAMILY HEALTH Gerald M. Knox

Medical tests: What do they tell you?



Around the turn of the century the best a doctor could do for an ailing patient was to make an "educated" guess about what was causing the trouble—and then treat him accordingly. There were few medical tests available to help him in making a diagnosis, and what tests existed then were shockingly inaccurate.

It's a different story today. As the practice of medicine has grown to be more of a science than an art, diagnostic medical tests have grown tremendously in number and accuracy. Today, there are hundreds of medical tests that can be done very quickly and with great precision.

And as the idea of preventive medicine grows, more and more Americans are visiting doctors, not only when they are sick, but when they feel perfectly well. According to a Gallup survey conducted for the American Cancer Society (ACS), the number of persons who have had a complete physical examination within the preceding 12 months—"even though they were feeling all right"—has increased dramatically within the past decade, from 11 percent of the population in 1963 to 40 percent today.

How much does a "complete physical" cost? It varies quite widely. At the Life Extension Institute of New York, for example, the charge is about $100 for a "basic" health survey for most persons under the age of 35, yet the cost could range up to $190 for a "master" examination for persons over that age.

Many physicians also charge about $100 for a complete physical given in their offices, but the final tab could be less, depending upon your age, physical condition, and the number of tests deemed necessary. And, of course, many medical tests are given singly in specialized clinics or hospitals.

Various tests that are a part of a complete physical may be obtained free. The ACS, for example, gives free breast cancer examinations in its demonstration centers (more on that later), and the American Heart Association (AHA) has projects that provide free blood-pressure readings.

Here are the most common life-saving and health-maintaining tests—and what you should know about them.

The electrocardiogram is one of the most familiar, yet one of the most misunderstood, of all medical tests. Many laymen believe that this charting of electrical impulses within the heart can reveal whether that vital organ is sound or whether a "heart attack" is imminent. Alas, no test yet devised can unerringly foretell the heart's future—even for the next minute.

Nevertheless, says Dr. Richard Hurley of the AHA, the "ECG" remains the "most important diagnostic tool" against the nation's No. 1 killer, and should be a yearly event for all men over 35 and career women over 40.

An ECG is usually given in a doctor's office. Wire leads from the ECG machine are attached to the patient's chest, upper arm, and calf while he lies on an examination table. The leads pick up the minute burst of electricity released each time the heart muscle pumps blood, and the resting interval as it fills for the next "beat." The rhythmic pattern of impulses is traced by an electric pen on a moving drum of graph paper, producing a series of spikes and troughs unique to each person.

By studying an ECG a physician can detect changes within the heart, especially if he can compare readings over several years when the heart was healthy. The pattern will show, for instance, if there has been

continued

Congoleum

The most no-wax cushioned floors in your color. Like 38 in Brown.

You want color, comfort and easy maintenance in a new floor. Congoleum has all three. The most patterns in your color. The comfort of cushioning. The ease of a no-wax, Shinyl Vinyl® floor. In dramatic designs like this new *Highlight*®.* A no-wax, Shinyl Vinyl floor stays fresher looking longer, usually with just sponge mopping. In time, a reduction in gloss will occur on areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred.

Find us in the Yellow Pages under "Flooring". Come in soon for your color.

*Pattern #40001 shown.

THOSE HORRID AGE SPOTS.

"I was so embarrassed, I played bridge with my gloves on."

"Then I found Esoterica. The medicated cream that works below the skin's surface, in the pigment-forming cells, to help lighten and fade age spots and other darkened skin discolorations on hands and face.

In a matter of weeks, my skin looked clearer."

Esoterica®

HELPS FADE EMBARRASSING AGE SPOTS.

Colonial Williamsburg has revised its 232-page guide to shining brass and gleaming silver, paint chips and Chippendale, Federal furnishings and figurines. It's a catalogue of reproductions from the Craft House. It's a decorating manual. It's a reference book. And it's ready now, for $2.95.

®Identifies Registered Trademark of Colonial Williamsburg

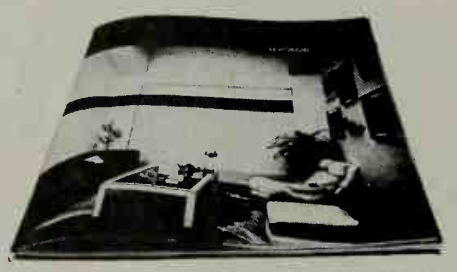
Please send _____ "Williamsburg Reproductions" Reference Book(s) at $2.95 each. My check is enclosed for $ _____.

Name _____

Address _____

City/State/Zip _____

Craft House, Dept. B-4
Colonial Williamsburg
Williamsburg, Virginia 23185



How to make beautiful happen to your window treatments with Levolor Rivieras.

We have a brand new book for you—full of beautiful (and helpful) ideas on what to do with windows. Here are dozens of examples in full color from the files of top decorators. And you get a special section that tells all about measuring, laminating, painting, etc. From the people who bring you the spectacular tape-less Riviera blinds... unsuccessfully imitated the world over.

(SEND FOR YOUR COPY TODAY.)

Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030
Please send me a copy of your idea book, "Window Magic."
I enclose 50¢ for handling and mailing.

Name _____

Address _____

City _____

State _____ Zip _____

continued

Medical tests:

a "silent" heart attack—a small seizure which might have seemed insignificant at the time or been passed off as a mild episode of indigestion. It will also disclose structural defects or abnormalities, the pathways and speed of the impulse—clues to weakening of the heart muscle; and rhythm disturbances—flutterings, palpitations, and premature beats that seem to make people slightly more vulnerable than average to heart attack.

After an attack, an ECG can reveal how much the heart has been damaged and help the doctor prescribe treatment.

One form of electrocardiogram may help identify persons who are high risks for attack. In a stress ECG, the heartbeat is monitored while the patient exercises by running on a treadmill or pedaling a stationary bicycle. By forcing the heart to work hard during the test, a stress ECG may disclose abnormalities of rhythm or blood flow which do not typically show up on a "resting" ECG. The test is said to more closely reproduce the conditions that often bring on heart attack.

Dr. Bernard Lown of the Harvard School of Public Health has recommended that all persons in a vulnerable age group undergo a stress ECG—especially before taking up jogging, tennis, bicycling, or other vigorous activity.

The chest X ray once was the first line of defense against tuberculosis, the "white plague" that had long been one of mankind's great scourages. Today TB is largely controlled through "miracle" drugs, improved treatment methods, and better living conditions. The program of mass chest X rays has been supplanted by a simpler and cheaper screening technique, the tuberculin test, in which protein derivatives of TB bacilli are injected under the skin of the arm and examined 36 to 48 hours later for a telltale welt indicating prior infection. Such a positive result is then followed by X ray and sputum examinations to decide whether tuberculosis is present.

Nor is the chest X ray any longer considered a reliable screening method for lung cancer; as Dr. Sidney Arje of the ACS says, "By the time a lesion shows up on an X ray, the problem is pretty well advanced."

However, chest X rays are still used to check for TB exposure in persons over 50, and in certain population groups with a high incidence of the disease, like the American Indian. And, according to Dr. Lewis J. Clayton of the American Lung Association (ALA), chest X rays still help to detect the ravages of fungus respiratory diseases, such as "San Joaquin Valley fever," histoplasmosis and occupational diseases like silicosis and the coal miner's "black lung." The X ray may also reveal heart enlargement, the course of pneumonia, and may uncover unrecognized spread of cancer to the lung from sites elsewhere in the body.

A specialized low-voltage X ray called mammography can detect the very beginnings of breast cancer—often before it can be discovered by touch. This quick and painless procedure photographs the soft tissues of the breast from both vertical and horizontal angles and can disclose cancerous growths and precancerous changes as tiny as a pinprick.

A mammographic examination may be preceded by thermography, which records the heat patterns on the surface of the breast. An elevated temperature at one spot indicates an increased blood supply there, showing an interior condition bearing investigation—though not necessarily cancerous. It is felt thermography can be used to screen large numbers of women to identify those who should be given mammography. Like mammography, it is quick and painless, although sometimes a woman must wait a few minutes to allow her skin temperature to adjust to that of the room before the test is given.

The ACS and the National Cancer Institute have recently opened a network of breast cancer demonstration projects across the nation, where a complete breast examination (including mammography or thermography) is available, free, to women 35 and over. The project is limited only to women who have no symptoms or signs

continued on page 47

"After what we spent for this house, we'd be foolish to pinch pennies on the paint."

—Stuart A. Cowan, Wilton, Connecticut.

"Our house is the best investment we've got," says Stuart Cowan. "So when it comes to buying some paint to protect that investment, it doesn't make sense to pinch pennies.

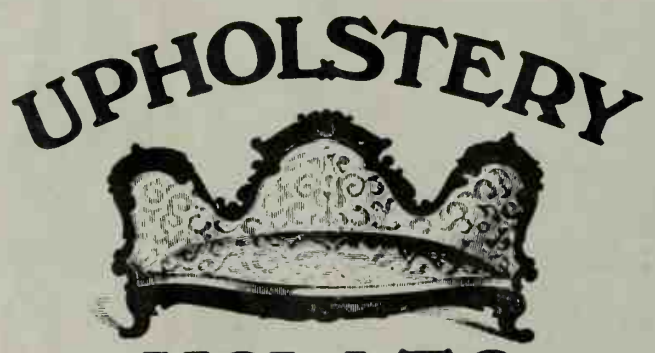
"This time we bought the good stuff. Du Pont Lucite®. Our house is worth it. Besides, Lucite lasts a long time, so we won't have to buy paint often."

For your nearest Lucite retailer, call this special number free anytime. 800-243-6100. Dial as you normally dial long distance. (In Connecticut call 1-800-882-6500).

Du Pont Paints. The good stuff.

Purina knows what cats love most

©Ralston Purina Company 1974



REDOING A SIMPLE CHAIR

Tired of looking at that shabby armchair? Then why not re-upholster it yourself? To guide you, here are step-by-step instructions for refurbishing a fully upholstered armchair.

First remove the old cover and stuffing, carefully noting how they are attached. Save all pieces to use as pattern guides.

If the tops of the springs need to be retied, use six-ply number 60 tying twine. The springs below the lower arm and back stretchers, and the top of the seat should be flat.

First tie the springs from front to back. Measure the length of twine you need by holding the twine over a row of springs. Add about two inches per spring for knots and allow about an extra 24 inches at each end for the return tie.

Place two slip-tacks, ½ inch apart, in line with each row of springs. On the front of the frame, fasten each length of twine around the tacks at the proper place to allow for the return ties and drive down the tacks.

Knot the longer twine around the top coils of each spring, omitting the outer coils at each end. Then fasten the twine to the back of the frame by looping it around one of the tacks, pull down to the desired height, and hammer the tack down. Loop the twine around the second tack and hammer it in. Follow with the return twine from each end. Knot the twine around the end coil, drawing it down even with the middle spring. Loop it over the inner coil of the end spring, then tie it to the second spring.

Repeat the whole procedure from side to side. For extra stability, you can make an eight-way tie by knotting twine over each diagonal row of springs.

Cover the springs with burlap by measuring and cutting a piece of fabric large enough to cover the entire opening, reaching over the springs and down to the frame. Allow for a ¾-inch turn-under. After making sure the burlap is centered on the seat, place a tack at the middle of each side. Tack from the middle toward the corners, smoothing out wrinkles as you work. Pull the burlap firm but not so tight that it depresses the springs. Repeat on the back. Tack the burlap tightly over the webbing on the inside arms.

Now sew the burlap to the tops of the springs. Using a four- to six-inch curved needle and sewing twine, make three or four stitches to each spring. Locate the stitches so you can move easily from one spring to the next. Knot the first and last stitch.

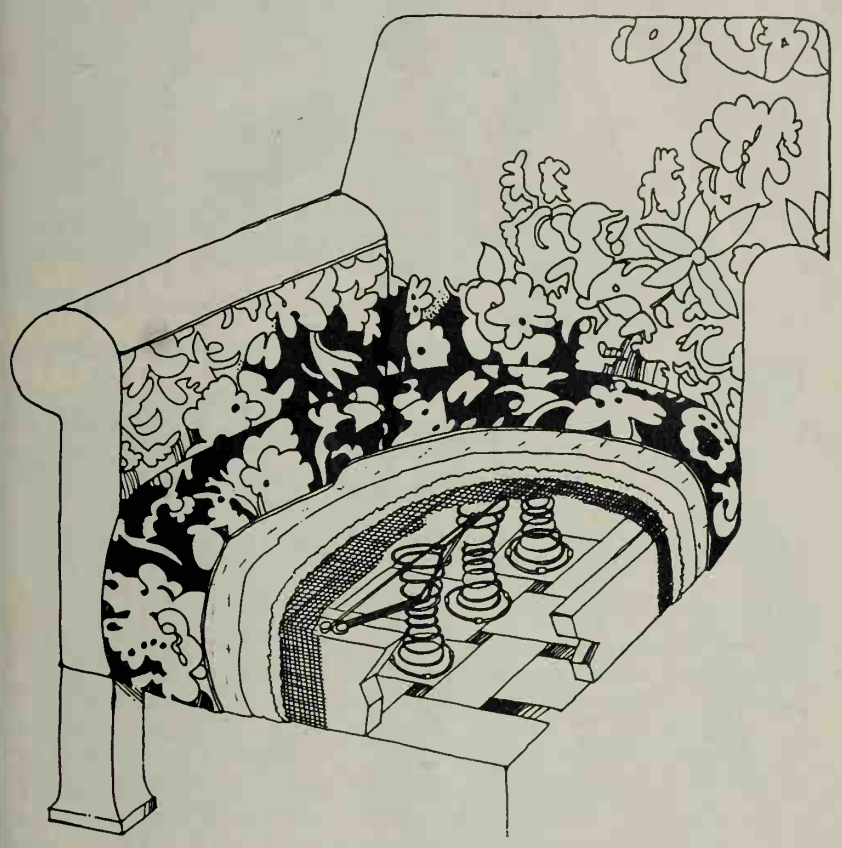
The next step is the stuffing. If you have removed the old edge roll, tack a new one to the edges of the frame as it was before. Replace the old stuffing with rubberized hair padding. For an even, flat layer of padding, simply cut the rubberized hair to the desired size and sew or tack it in place, hair side up. You can bevel the edges by trimming with scissors. In places where you want thicker padding, add extra pieces of rubberized hair under the top layer. Cover the padding with a layer of Dacron or cotton batting, cut to fit just to the edges of the frame.

Use the old undercover as a guide to cutting the muslin undercover. Allow a one-inch turn-under all around. Baste-tack the undercover to the seat frame, as it was tacked before. Make sure it is centered, then hammer a tack halfway in at the middle of each corner. Pull the muslin evenly,

smoothing out the wrinkles as you tack. Miter the corners to fit neatly. When the undercover is taut and smooth, hammer the tacks all the way in.

Repeat the same procedure on the back. Tack it in place exactly as the old undercover was put on. Cut the material to fit around the bottom corner posts and arm posts. Pull the muslin through to the back and tack down.

Tuck the bottom of the inside arm cover under the arm tacking rail and baste-tack. Pull up and over to the underside of the top arm rail, again baste-tacking. Smooth out and tack to the front facing and the back upright. Study the shape of both arms, make any needed adjustments, then tack down.



Planning and cutting the cover require care and forethought. Remember when you are laying out the pattern pieces that striped or patterned materials must match where joined, and that stripes and large designs must be centered on the seat and back and paired on the arms. On fabrics with a nap, the pile should lie from back to front on the seat, from top to bottom on the back and arms.

Using your old cover as a pattern guide, block out the main pieces on the covering material and then fit the smaller pieces around them. Allow ½ inch for seam allowances, one inch for a tacking allowance, and an extra inch or two all around as a margin of safety. Cut bias cording strips, 1½ inches wide, from the waste. Mark the pattern on the new material with tailor's chalk and cut it out. Then mark the middle of the front and back of the cover and of the seat and back frame. Lining up the marks on the fabric with the marks on the frame will make sure the cover goes on straight.

Now make up your cording. Machine-sew strips of fabric together with a 45-degree angle seam. Press the seams open. Use a zipper foot to stitch the strip over a cotton welt cord, sewing just as close to the cording as possible.

To attach the cover, follow the same basic procedure as for the undercover. Draw the cover smooth and firm, working out any wrinkles before tacking it down. Make the corner pleats clean and definite.

Start with the seat cover, tucking it under the back and side rails. After lining up the marks on the cover and the frame, drive a tack halfway in at the middle of the back and side rails. Do not turn the raw edges under. Continue baste-tacking from the middle out to each corner. To eliminate wrinkles, draw the material down toward the corner as you work. Work on the two opposite sides at the same time, then move to the back. Pull the front of the cover over the roll edge and pin it to the muslin close to

continued on page 66

and it comes in a little blue can.

Cats fall in love, too, you know. With what's inside those little blue cans. All tuna. All liver. All whatever it says on the outside... except for 5% vitamins and Purina nutrients that make it all the better (because Purina® knows).

8¢ STORE COUPON 8¢ OFF ANY TWO CANS

8¢ off any 2 cans

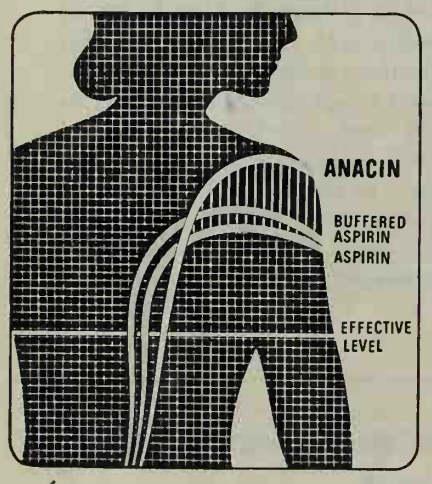
Mr. Dealer: For your convenience in obtaining prompt, accurate payment for this coupon, send it to Ralston Purina Co., P O Box 1107, St Louis, Missouri 63188. We will reimburse you for the face value of this coupon plus 3¢ handling. If the coupon calls for free goods we will reimburse you for your regular retail price of the free goods plus 3¢ for handling. Coupons will be honored only if submitted by a retailer of our merchandise or a clearing house approved by us and acting for, and at the risk of such a retailer. Any other application constitutes fraud. Ralston Purina's obligation to redeem this coupon is expressly conditioned on the retailer showing on request invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption. This coupon is nontransferable, nonassignable and redemption is limited to one coupon per specified product and size. Any sales tax must be paid by customer. Offer void where prohibited, taxed, or otherwise restricted. Cash redemption 1/20 of 1¢.

Limit one coupon per purchase of Purina Variety Menu. 8¢

Better Homes & Gardens 109 VM 109 OFF ANY TWO CANS

Arthritis sufferers get a higher level of pain reliever. Enjoy effective relief from both minor pain and inflammation.

Compared with plain or even buffered aspirin, tablet for tablet, Anaein® builds higher levels of pain reliever in your bloodstream in the first few hours. And then,



taken as direeted, Anacin maintains a level of medieation whieh not only relieves pain but also helps reduee inflammation that causes pain and stiffness. This reduetion of inflammation is important to arthrities.

Anaein eontains more of this anti-inflammatory medication doetors reeommend most than the leading aspirin or buffered aspirin tablet. In minutes, Anacin speeds its relief for inflammation, pain and stiffness throughout your body to give you effeetive relief, long-lasting relief.

Remember, get Anacin and get effeetive relief. You will find Anaein is gentle to the stomach and you will enjoy more freedom of movement without pain.

ORIGINAL SELF-STICKING
magic mounts®
FOR ALL YOUR HANG-UPS
FROM 29¢
"KIDOY KADDIES" BROOM HOLDERS
HANGERS CUP HOOKS
HOOKS TIE BARS
KEY RACKS MINI-HOOKS
PROTECTOR PADS TOOTHBRUSH HOLDERS
Good Housekeeping
MILLER STUDIO, INC., NEW PHILADELPHIA, OHIO 44663

MORE COLOR
For your home. Decorate kitchen, bath and nursery with bright Meyercord decals. Easier to use for decoupage and craft projects. Sold at your local hardware, variety, paint and dept. store.

My-Ro Seal-A-Crack.
No-mess bathtub caulk in self-adhering vinyl strips. Six bath-coordinated colors, at hardware stores everywhere.

MAKES HOUSEHOLD OIL OLD-FASHIONED
- Stops squeaks
- Protects metal
- Loosens rusted parts
- Frees sticky mechanisms

Aerosol WD-40 lubricates as it cleans to protect metal

TRY A FREE SAMPLE
Send 25¢ to cover handling to:
WD-40, Dept. BH4
1061 Cudahy Place,
San Diego, CA 92110

Hair removal: facts you should know

Hair may be beautiful to many Americans (especially young Americans), but when it grows where it's not wanted most adults elect to strike back at Mother Nature.

Shaving is the most popular eradication method, and three out of four shavers prefer a razor and blade. Women, however, often use a combination of many methods to remove hair.

Contrary to popular belief, shaving will not make hair grow thicker, faster, or darker. The hair root is below the surface of the skin and is unaffected by any above-the-surface trimming.

Shaving how-to

A good shave depends on proper preparation. If you shave with a blade and razor, wet the hair first. Hair can absorb about 35 percent of its weight in added water. It takes about two minutes for hair to become thoroughly wet and thus soft, pliable, and easier to cut. Hot water will speed this process somewhat, but there are at present no preparations which will soften hair instantaneously.

The principle behind the new hot lathers is that heat helps soften hairs. Basically, the purpose of all shaving creams and lathers is to help keep water from evaporating while you shave.

You will find the most lubrication in a brushless cream. For those with oily skin, the higher soap content in a lather worked up with a brush or an aerosol foam will help flush away oils. A cautionary note: Some people experience skin irritation from "lime" or hot lathers.

Dr. Paul Lazar, a Chicago dermatologist and chairman of the American Medical Association's (AMA) Committee on Cutaneous Health and Cosmetics, advi "Men who have dry skin or w will be spending a great dea time outdoors—policemen skiers, for example—should r the beard area [after shav only briefly and, after dr completely, apply an emollie counteract dryness. Men oily skin will benefit from t ough washing and an alcoh after-shave lotion."

Women often prefer to s while bathing and find that t soap makes the job easier. S ing when the skin is dry scra the skin and shortens the life the blade. (Some women, course, prefer an electric raz

After shaving, loosen the zor, give it a hot water ri shake it, and let it drain; wip will dull the blade. Some new zors don't even need this cle ing process.

Dr. Lazar adds a caut "While shaving against the g gives a closer shave, it incre the risk of ingrown hairs." C ping below the surface of skin may make the hair—part larly if it is curly—turn in and act as a foreign body, ducing inflammation. If yo troubled with this problem, s with the grain, try an elec razor, or use a depilatory. (M on depilatories later.)

Electric shaving is gaining popularity and is thought t less irritating to the skin. T are pre-shave preparations electric shaving, too, designe de-fat and dry the hair and m it stand out from the skin.

Nicks and scrapes can r from both methods of sha Applying pressure with a t or dry cloth, or using a st pencil, should stop the blee

continued

No dishwasher detergent can prevent water spots.

Jet-Dry can, because it works in the rinse cycle.

This glass was washed with a leading automatic dishwasher detergent.

Any detergent, even the best, can leave water spots, because spots form in the rinse cycle, after your detergent has gone down the drain.

This glass was washed with the same detergent and Jet-Dry Water Spot Preventer.

Jet-Dry works in the rinse cycle, making rinse water sheet off without leaving drops behind.

No drops. No spots.

Jet-Dry comes in Liquid form for machines with dispensers and Solid for machines without. Either way, it lasts over two months in normal use. Get Jet-Dry

True Value HARDWARE STORES

Make your

A real powerhouse. 8 hp Lawn Chief pulls a 36,000 pound loaded semi-trailer truck from a standing start.

A rugged workhorse for the toughest mowing job. This 10 hp Lawn Chief makes short work of weeds 4-5 ft. tall.

Extra dependable braking power holds on steep inclines . . . exceeds industry safety standards by 30%.

A **Lawn Chief 8 hp Tractor.** Brig & Stratton synchro-balanced engi starts with a key, 4-speed transax drive, quiet lo-tone muffler, disc-ty brake. 32″ floating deck, adjustab cutting height . . . . . 769.

B **Tru-Test 5 hp Rear-Engine Rid** Compact power to cut a 25″ swat Recoil starter, 4-speed drive, ha lever clutch, safety key shut 360° baffled deck, austempered st blade. 1⅝″-3¼″ cutting ht. . . . 369.

C **Tru-Test 20″ Rotary Mower.** 3 engine has easy-lift starter. 36 baffled deck, spring-loaded ch deflector. Remote throttle on foldi handle, fully assembled . . . . . 109.

D **Tru-Test 21″ Self-Propelled** tak the strain out of mowing. 3½ engine with recoil starter, adjusta cutting height. Throttle and clu on folding handle . . . . . 139.

TRU-TEST 18″ Electric

Cuts clean and smooth. Heavy-duty amp motor starts with switch on folding handle. 3-wire connector, baffle, radial disc wheels. Fully assembled. **59.9**

DISSTON Trim Cordless

Lightweight, easy to maneuver. Both run 30-40 min. on overnight charge. Shrub Trimmer, 10″double blades shape up shrubs, bushes, hedge fast . . . **21.99**
Grass Shear, 3″ non-stick blade . . **12.99**

REMINGTON Limb 'n Trim

Lightweight electric chain saw. Easy to handle, perfect for homeowners. Double-insulated and well-balanced for safety. 8″ blade cuts up to 16″ dia. 1¾ hp. **29.99**

Rockwell International Garden Sprayer

Cordless, lightweight. Adjustable for wide-area pest control or spot treatment of weeds. Sprays a full gallon on overnight charge. 1-qt. unbreakable container. **19.99**

JACOBSEN 21″ Power-Propell

Turbo-Vent deck cuts smoother, b better, reduces clogging. Varia speed drive lets you set walking blade speed to fit the job. Twist-g clutch control on handle 24

Black & Decker® Electric Lawn Care Saves Time

Deluxe 18″ Mower. Lightweight compact twin-blade design, double insulated for safety. Instant height adjusters, flip-over handle, grass catcher. 8021 **129.99**

13″ Shrub and Hedge Trimmer. Double edge, double-action blade cuts fast and clean. 2 handles for easy maneuverability. Double-insulated, no vibration. Incl. cord. 8114 **19.99**

ORTHO New Garden Care

Lawn & Garden Sprayer accurately mixes water and chemicals to apply fertilizer, insecticide, weed killer. Runs on water pressure low as 25 lbs. . . **9.98**
Pt. Isotox insect spray. Save $1 . . **3.69**

HUDSON Cordless Electri

Sprays at a touch! MiniMax no controls pattern, direction, amoun spray. With rechargeable batte ½-gal. polyethylene container . . **2**
Tru-Test 3-gal. galv. pump sprayer. **1**

COTTER & COMPANY, Warehouse Distributors, 100% Member-Owned; Chicago; Cleveland; Philadelphia; Los Angeles; Portland, Ore.; Manchester, N.H.; Kansas
and are subject to change without notice. Space may prevent some participating True Value Hardware Stores from stocking all items. Most famous name br

lawnwork 'yawnwork'

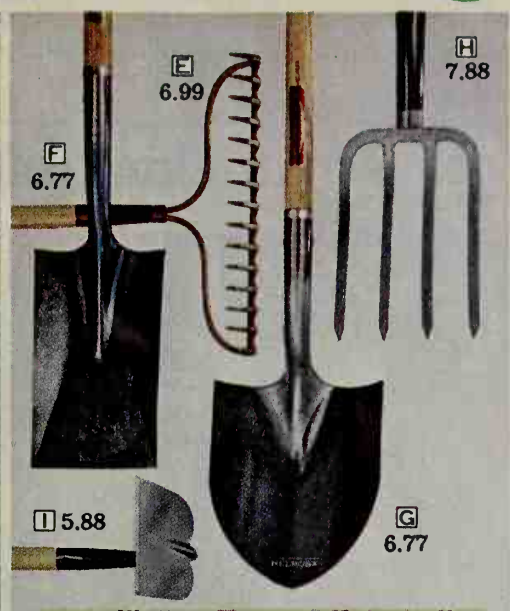
TRU-TEST DELUXE

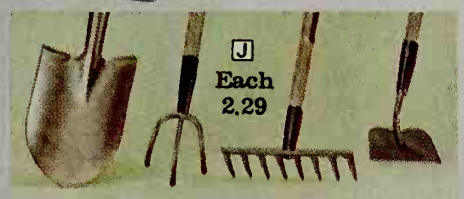
20" Rotary

: 3½ hp engine has automatic choke, tant easy-lift starter, remote throt- on handle. 360° baffle with safety lector, grass catcher 129.99
4 hp rotary, like above 139.99

19" Rotary Mower Value

Great buy in power and performance! Features 3 hp 2-cycle engine with recoil starter. Rugged steel housing, chrome-plated foldaway handle. Assembled. **74.99**





TRUE TEMPER. Gardeners

E Bow rake, forged steel head . . **6.99**
F Tru-Test garden spade **6.77**
G Tru-Test roundpoint shovel . . . **6.77**
H Tru-Test spading fork **7.88**
I Tru-Test garden hoe **5.88**
J Floral Tools, sized and balanced for light work, limited access areas. Shovel, cultivator, rake and hoe. Your choice, each **2.29**

There are over 4800 True Value Hardware Stores in 50 states. For one near you look under "Hardware" in the classified Yellow Pages phone directory.

Watch the mail for the new 1975 Spring & Summer Catalog. It's loaded with values from your participating True Value Hardware Store.

NK Fast & Fine Seed

Fine textured, fast starting grass seed. Special blend rebuilds old lawns, grows in compact soil. 2 lbs. Save 50¢ now! **3.45**
Flower & vegetable seeds, from . . **39¢**

sterling Colorful Surroundings

lded furnace steel wire, galvanized, permanently ded in plastic. Smart, long-lasting border fence garden, yard, play area. Color Guard, 14"x25', te or green. Flat or scroll top **3.98**
n Guard, decorative scroll design in white or en. 36"x50' . . . **17.69** 48"x50' **22.88**
and Lot, 2½"x2" mesh ideal for children or s. White or green. 36"x50'. 14.98 48"x50'. 19.88

TRU-TEST Supreme Protects Metal

X-O Rust prevents rust and gives lasting new beauty to lawn furniture, tools, toys, anything metal. **Most colors:** Pt. **2.45** Qt. **4.15** Gal. **12.48** 16-oz. spray . . **1.89** 8 oz. spray . . **1.19**

Jobe's Tree Food Spikes

Just drive Jobe's Spikes into soil to feed trees a full year! Slow-release, high analysis (16-8-8) fertilizer dissolves in soil moisture. Easy to use. Box of 5 spikes. **2.77**

BIRD Lawn Sprinkler

s impulse head mounted to rug- metal sled base. Adjusts to water r part circle, up to 80' dia. Dif- pin adjustment for spray. No back-splash. **10.99**

TRU-TEST 60' Water Hoses

Durable rubber cover resists heat, abrasion. Reinforced with rugged tire cord for premium burst strength. Solid brass couplings. ⅝" ID **12.99**
Nylon-reinforced vinyl. ⅝" ID . . **8.99**

NELSON Dial-A-Rain

Dial a choice of 4 watering patterns to cover up to 3,000 sq. ft. 19 brass jet nozzles assure uniform coverage, no waste. Efficient even at low water pressure. **16.99**

Scotts Grow Fine Foods

New vegetable garden fertilizer (18-24-6) gives prolonged feeding, easy to use on all garden vegetables, apply only once per crop. No danger of burning. 5 lbs. **3.95**

ta; and Dallas serving over 4800 True Value Hardware Members who own their stores, set their prices and reserve the right to limit quantities. Prices may vary ated are also available at many other hardware stores. For honest values and better service . . . shop at a hardware store. Prices expire May 10, 1975.

continued

Hair removal

Men with acne will have to experiment to find the least irritating shaving method for them. Some will do better with a blade and razor, others with an electric shaver—some will be more comfortable not shaving at all.

Shaving over moles in the beard area isn't dangerous unless the moles enlarge or become irritated. A man with warts in the beard area should, however, see a doctor; warts are caused by a virus and may be transmitted to other areas by the razor.

Women sometimes experience underarm skin irritation after applying certain antiperspirants immediately after shaving. A wait of a few hours generally will prevent any discomfort. And next time you shop, check the labels. Antiperspirants are now available that can be used safely right after shaving.

Other ways to remove hair

Many women are troubled by the perfectly normal growth of hair on the face, chest, neck, or abdomen. There is no medical reason why women with normal facial hair, for example, should not shave it off; yet few do. Most women seek other methods. For example:

• *Electrolysis:* Electrolysis is the only safe way to remove hair permanently. In this process, the hair root is destroyed by an electric current passing down a very fine needle which has been inserted into the opening of the hair follicle. Since each root must be treated individually, and a site such as the upper lip may have hundreds of hairs, the process can be time-consuming and expensive. It is also uncomfortable.

A skilled operator is essential since improper treatment may cause scarring or infection. Many states have no training or licensing requirements for electrolysis. Few doctors undertake this procedure, but some doctors employ a technician to do this work, or they can refer you to a trained technician.

About a 15 to 20 percent re growth of hair treated this way i typical: even a skilled operato cannot tell if a curving follicle ha kept the needle from reaching th root, or if the needle actually de stroyed the root.

Except for cost, home electrol ysis devices have, according t the AMA "all the disadvantage of professional electrolysis, plu others." The obvious drawback that self-treatment is awkwar Additionally, the inexperience user of a home device probabl will require several minutes t treat a single hair, whereas skilled professional can wor much faster.

• *Plucking:* Plucking or tweezin is the preferred method for thi ning the eyebrows or removir scattered hairs, since it is the lea dangerous. Tweezing hair fro a mole may cause irritation; trin ming the hair close to the su face is better.

• *Depilatories:* Depilatories a chemical agents which bre down the structure of the hair that it detaches easily from t skin at the surface. Because h and the outermost parts of t skin are similar in compositio compounds destructive to h

relax like the Europeans by drinking coffee like the Europeans."

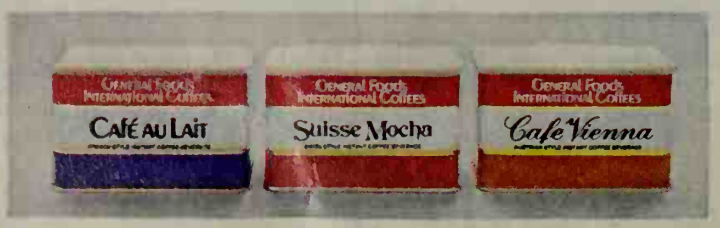
Carol Lawrence

"There's nothing quite so relaxing as sitting leisurely in a European coffeehouse and enjoying delicious cup of coffee.

Now, with General Foods International Coffees, I do the same kind of thing in my own home.

There's Café au Lait. It's smooth and light, with a deep French roast flavor. Or Suisse Mocha, with a subtle, chocolate taste that warms you all over. And Cafe Vienna: a fragrant, full-flavored coffee with a touch of cinnamon.

All three coffees can be made in a hurry, but they're too satisfying to drink in a hurry. So, I just sit back and relax."



GF
NERAL FOODS

General Foods International Coffees. We brought the flavor home.

etimes irritate the skin.
Depilatories are available in
m or liquid form; they usual-
equire about ten to 15 min-
to work. Products designed
the arms and legs may be too
h for the face, underarms,
elsewhere; milder depilato-
for these areas are available.
ead and follow the instruc-
s carefully, and never apply
ilatory near the eyes, or on in-
ed, chapped, broken, sun-
ed, newly tweezed areas, or
vaginal area; discontinue use
ritation occurs. After depila-
s have been used, new hair
vth becomes obvious at the
e rate as it does after shaving.
axing: In this process a thin
r of wax is applied to the skin
allowed to set. Then the wax
ripped off quickly in the di-
on of hair growth, pulling
he hairs embedded in it. New
vth may not become appar-
or several weeks.
he procedure is, however, ob-
sly painful and even danger-
if the wax is too hot when ap-
l. Further, a stubble will
v from the time new hair ap-
s until it's long enough for
procedure to be repeated.
ing should be performed by
one trained in the technique.
process can be used for leg
arm hair but is more fre-
tly applied to facial hair.
rasives: Abrasives, such as
ice, can be used to rub off
hairs at the skin surface.
sives are inexpensive, easy
e, and are unlikely to irri-
unless used too vigorously.
do, however, take a good
of time to apply and rub off
thus, are impractical for
areas. And use of an abra-
should be followed by the
ication of a mild cream to
n any skin irritation.
aches: Strictly speaking,
hes conceal rather than re-
superfluous hair. You can
prepared bleaches or you can
one using the formula of
ounce of six percent hydro-
peroxide (known as 20 vol-
peroxide) plus 20 drops of
onia (household ammonia
mmonia water found in drug-
s) plus enough baking soda
ap flakes to make a paste.
a small amount first and
it to a test area on your
for a half hour to see if irri-
occurs. If not, mix a new
and use the preparation im-
ately; the bleaching action
as soon as mixing occurs.
off after a half hour; if the
are not bleached thorough-
e procedure may be repeated
later. One effect of repeat-
leaching—in this case, an
ntage—is that the hair be-
s damaged and breaks off. ■
e Lamberg

Authentic imported full length embroidered DAHARA Kaftan

The most seductive garments for on the town or on the beach swingers

From the land of intrigue imported directly to you for every swinging occasion. Our shirt style has been quite the rage. Now our full length Kaftan is setting the full fashion pace. Great for home, entertaining, on the beach or at the pool, these Dahara fashions are seductive, dramatic and extremely comfortable. Graceful, silky, snow white cotton with delicate embroidery front and back, full length has zipper back, shirt style has plunging 3 button neckline. Flattering for every figure.

FOR MEN AND WOMEN
AUTHENTIC DAHARA SHIRT
STILL ONLY $8.98

SPECIAL INTRODUCTORY DIRECT IMPORT PRICE ONLY
$14.98

Mail No Risk Coupon Today

American Consumer, Inc. Dept. EKC-37
Caroline Road
Philadelphia, PA. 19176

Please rush me the following quantity of Daharas (specify quantity after each size).

Dahara Shirt	Dahara full length
Small (DSS) _____	Small (EKS) _____
Medium (DSM) _____	Medium (EKM) _____
Large (DSL) _____	Large (EKL) _____

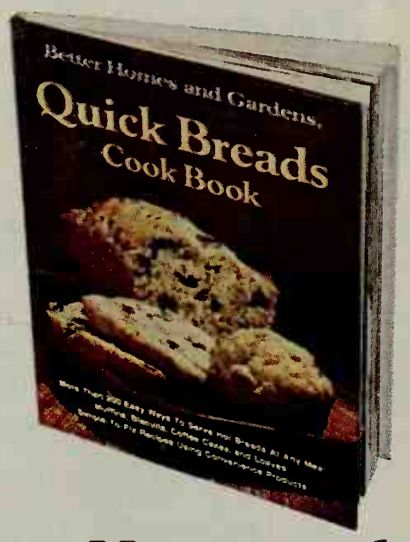
TOTAL DAHARA **SHIRTS** ORDERED _____ at $8.98 each TWO for $8.50 each
TOTAL DAHARA **FULL LENGTHS** ORDERED _____ at $14.98 each TWO for $13.98 each

Add 75¢ per order for postage and handling.
Specify number of each; small, medium or large. If I'm not completely satisfied I may return for full money back (except postage and handling).
I enclose _____ check _____ money order, no COD's, please.
Amount enclosed $_____ (Add Sales Tax Where Applicable)
Name _____
Street _____ Apt. _____
City _____ State _____ Zip _____

AMERICAN CONSUMER
Caroline Road, Philadelphia, PA. 19176

NEW

234 quick bread recipes, just $2.49



from Better Homes and Gardens®

This colorful new cook book is loaded with recipes for great-tasting breads that bake up in a hurry. These fast, no-yeast breads include coffee cakes, coffee loaves, sugar-and-spice muffins of all kinds, muffins that go with meals, scones, biscuits, doughnuts and fritters, pancakes and waffles, cornmeal specialties, dumplings, popovers, even graham crackers. Also included: cooking and preparation tips, plus a basic Quick Bread Mix recipe you can use in over a dozen recipes in the book.

For you, for someone on your gift list, ideas that make a difference from Better Homes and Gardens. **Hard cover. Just $2.49 at your bookseller's now.**

Ideas that make a difference

Better Homes and Gardens® Books

WHEREVER BOOKS ARE SOLD

Prices slightly higher in Canada

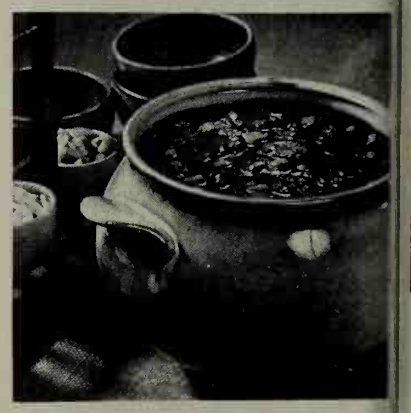
Mayetta's Chili

After reading some recipes from a Texas chili contest, Richard Mayetta of New Rochelle, New York, decided he could concoct a chili that was even better. Eight years of adding and subtracting ingredients finally paid off in what Dick calls the ultimate chili. "But," he adds, "it's not for the faint of heart (or stomach)."

Most chili starts with ground beef, but Mayetta's Chili begins with diced beef, Italian sausage, and bacon. Dick adds hot peppers and oregano to the more traditional ingredients—beans, tomato, and chili powder. To save time and blend flavors as well, he prefers to make the chili several days ahead and reheat it. Often he doubles the recipe and freezes portions for quick "pull out and reheat" dinners.

Dick and his wife Marilou serve the chili frequently when they entertain. In fact, it's become a New Year's Day tradition for family and friends alike. The Mayettas round out the menu with rice, a tossed salad, hot herbed or black bread, and beer.

Photographs: Helms, Diet



MAYETTA'S CHILI

Pass small condiment dishes of chopped onion, shredded cheese, and chopped jalapeño peppers—

- **5 slices bacon**
- **8 ounces Italian-style sausage links, sliced**
- **1½ pounds beef chuck, diced**
- **2 medium onions, chopped (1 cup)**
- **1 small green pepper, chopped (½ cup)**
- **1 clove garlic, crushed**
- **2 dried red chili peppers, seeded and crumbled**
- **2 jalapeño peppers, seeded and chopped**
- **1 to 1½ tablespoons chili powder**
- **½ teaspoon salt**
- **¼ teaspoon dried oregano, crushed**
- **2½ cups water**
- **1 12-ounce can tomato paste**
- **1 16-ounce can pinto beans, drained**

In large saucepan or Dutch oven, cook bacon till crisp; drain and crumble. Set bacon aside. Brown sausage in same saucepan. Drain sausage, reserving 2 tablespoons drippings; set sausage aside. In reserved drippings, brown diced beef, onion, green pepper, and garlic. Add bacon, sausage, chili peppers, jalapeño peppers, chili powder, salt, and oregano. Stir in water and tomato paste. Bring to boiling; simmer, covered, 1½ hours, stirring occasionally. Stir in beans; simmer, covered, 30 minutes more. Makes 8 servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become the property of Meredith Corporation.

NEW FROM GENERAL FOODS
CREATIVE VILLAGE® STITCHERY!

637 exciting needlecraft ideas

Crewel...Needlepoint...Embroidery...Tapestry...Toy-Making...Quilting...
Appliqués...Macramé...and more, all in this STITCHERY SHOWCASE™
to shop from at home! Plus a mini sample kit to get you started right away!

See hundreds of exciting needlecraft projects in full color...all available in handy kit form at low members' prices...all ready for you to order, make and enjoy! GENERAL FOODS invites you to preview this new needlecraft collection in your own home as a member of their convenient shop-at-home "boutique" service, Creative Village STITCHERY. Just fill out and mail the card to get the big, new 64-page STITCHERY SHOWCASE.™

Some of the exciting things coming to you...

A vast selection of fun-to-do projects! 637 kits in 12 different needlecrafts and other fascinating crafts, such as decoupage and candle making! Plus dozens of additional supplies and accessories!

Dozens of exclusive kits – from needlepoint and crewel to knit and crochet – available only from Creative Village STITCHERY. Be among the first with the latest creations by ordering projects that appear in your STITCHERY SHOWCASE!

Personal, prompt service. You get handy postpaid order forms...your own needlecraft expert to call COLLECT...and your satisfaction guaranteed or money back.

PLUS you get a mini sample kit that lets you try your hand at toy-making. The Teddy Bear is yours to make, keep or give!

Enjoy a full year of continuing service for just $5.00 (plus postage and handling). As a member of Creative Village STITCHERY, you'll get a new STITCHERY SHOWCASE and a mini sample kit for each season of the year, featuring an exciting new assortment of the latest projects, as well as the popular favorites – more exclusives, too! And every SHOWCASE offers surprise package projects up to 50% off, plus other money-saving SPECIAL VALUES! It's a great way to shop and save! So send for your new STITCHERY SHOWCASE today. It's quite an experience!

GENERAL FOODS GUARANTEE
You may order from your STITCHERY SHOWCASE with complete confidence. If for any reason you are not fully satisfied with anything you purchase through Creative Village STITCHERY, GENERAL FOODS guarantees that you may return it for a complete refund of your money.

GENERAL FOODS

PREVIEW

- Designer exclusives! • First-time-available projects!
- 12 different needlecrafts in all...plus other crafts!
- Crewel and Fingerloom Crewel • Needlepoint • Embroidery
- Tapestry • Toy-making • Afghans • Quilting • Appliqués
- Knitting and Crocheting • String Art • Macramé • Rug-making

...plus separate sections on accessories and other crafts (including decoupage, candle making, stained-glassing).

FILL OUT AND MAIL TODAY – SEND NO MONEY

Creative Village STITCHERY AMR
Shop-At-Home Services by GENERAL FOODS
1112 Seventh Avenue, Monroe, Wisconsin 53566

YES! I want to join Creative Village STITCHERY. Please send me my STITCHERY SHOWCASE and mini sample kit. I will receive three additional editions and three more mini sample kits throughout the year, as a member – all for only $5.00 plus postage and handling.

I understand that you'll bill me later for the membership fee, and that GENERAL FOODS guarantees my full satisfaction, or my money will be refunded.

Name_____

Address_____ Apt. #_____

City_____

State_____ Zip_____

New York and Indiana residents only: add 4% state sales tax and local sales tax. Offer available in United States only.

ST-296

Will a thief peddle your bike?

This summer, an estimated 67 million cyclists will take to the road, and thousands of them will lose their bikes to thieves.

Accompanying the bike boom, particularly among adults, bicycle thefts in the 1970s have reached astounding proportions in major cities and their suburbs. Since most bicycle thefts go unreported and are virtually untraceable, there are no reliable statistics on annual losses. However, bicycle enthusiast organizations peg thefts at about one million per year nationally, or one bike in 50. And the rate is climbing.

Hard experience shows that more than 50 percent of stolen bikes will be recovered, and more than half of these will be sold at police auctions because the owners can't be located.

Most thefts are by boys in the early teens, and ten-speed bikes, which accounted for about one-third of last year's 14.3 million sales (at $70 to $500 per copy) are their prime targets. The old police dictum—nothing and nobody can stop the truly persistent thief—applies to bikes. The trick is to use enough precautions to deter, delay, and discourage him. As one League of American Wheelmen official dourly concludes, the ultimate protection is to lock your bike to your desk at work and to your bed at night.

Short of that extreme measure, the best and most practical protection is a thick aircraft-type cable or a heavy chain that is case-hardened, and a substantial lock with a hardened shackle. Many bicyclists who are debiked, police say, use a "200-pound elephant chain with a six-cent lock."

Unfortunately, it is not all that easy to determine just what is adequate. One commonly sold security device—a plastic-wrapped chain with an attached cylindrical combination lock—looks useful and convenient, but the chain can be easily snipped and the lock pried apart with a screwdriver.

It's next to impossible for you to know if a chain is hardened just by looking at it. And a chain may be hardened so much that while it resists cutting, it can be shattered. To make things even more confusing, the inscription "hardened" on the shackles of some locks is nothing more than a trademark—they are not hardened at all and can be easily cut.

Making the right selection may require the expert advice of a locksmith, since he's more likely to know his product than is a retail store clerk. Still, there are some basic rules of thumb to follow when buying security devices.

An aircraft-type cable should be at least 7/16 inch thick, and a chain should have links at least ¼ inch thick. It's best to get one kind with a plastic wrapper, to avoid scratching your bike. Both types can still be severed, but it takes a bolt cutter, a snipper with two-foot handles, to do the job, and a thief may be reluctant to display such a jumbo tool in public. A "motorcycle chain" with ⅜-inch links defeats even a bolt cutter, but in the pro-

FIVE TO GROW ON.

More gardening help from ORTHO, the people who know it best.

Following the fantastic success of **All About Vegetables**, nearly three-quarter million copies sold to date, ORTHO® has created a special new Book Division. Four new volumes have already been added to the ORTHO Gardening Book Series with many more to come.

This new series of gardening books provides information in a practical manner, from first hand trials and tests in home gardens and experiment stations. The books are liberally and beautifully illustrated in full color with drawings, charts and marvelously precise instructions. Where localized information is critical, the books are regionalized to deal with problems of a particular area. Certain volumes include cooking instructions and exotic recipes.

The four *new* additions to the series include:

❀ **House Plants Indoors/ Outdoors:**
All about the mobility of container plants. Terrariums. Bottle Gardens. Green Houses. Fluorescent-light Gardens. Trees, shrubs, ever blooming flowers, bulbs, citrus and miniatures.

❀ **When the Good Cook Gardens:**
How to enjoy vegetables, especially the unusual. Join the good cooks as they grow, harvest, prepare and serve their favorite dishes. Discover different ways of canning, freezing, drying and storing.

❀ **Weather-Wise Gardening:**
How to manage sun, wind, rain and shade for: a lush landscape, bigger vegetable crops, saving energy, colorful flowers, summer comfort and winter protection, *plus* the newest in mulching techniques. (Regionalized)

❀ **Gardening Shortcuts:**
How to really enjoy gardening. Removing gardening stumbling blocks before you stumble, shortcuts in growing vegetables, flowers, shrubs, herbs, cacti and succulents. Growing in containers, hanging baskets, vertical gardens. Ideas for gardeners in townhouses, high rises or a suburban backyard. (Regionalized)

This extraordinary collection of gardening information is prepared in a manner to serve both the beginning gardener and the seasoned professional. $3.98 each. Look for them wherever ORTHO lawn and garden products are sold.

Chevron **ORTHO** Chevron Chemical Company

TM'S: ORTHO, CHEVRON AND DESIGN—REG. U.S. PAT. OFF.

gth it may weigh up to 30
nds. And, after all, expensive
es are bought partly for their
t weight.

n adequate lock, key or com-
ation type, should have a
ckle ⅜ inch in diameter, and
cost at least $3. Cheaper im-
t types may be just as sturdy,
you'll have great difficulty
ing a duplicate key should
lose the original. The lock
s the proper chain will cost
ut $10 and be well worth it.

More elaborate security de-
s are on the market, including
that sprays skunk oil when
tampered with, but most of
n have limited practicality.
lightweight $17 siren alarm
s promising, but it can be
t-wired" or simply pried off
bike without making a peep.
$14 metal strap, 1½ inches
e with a shielded lock, would
st everything except time-con-
ing cutting with a hacksaw,
it's not big enough to wrap
nd such logical anchors as
s or lampposts.

Many bikes are lost to thieves
use, as Simon-simple as it
nds, the chain or cable wasn't
pped around the bike and a
stantial stationary object in
proper way. The chain may
e been looped around a park-
meter so that bike and all
d be merely lifted up and
y, or ineffectually draped
the bike seat, enabling a
to slip off the chain.

chain should be at least four
long so it can be threaded
nd both wheels, the bike
e, and a suitable permanent
nor—a mature tree, heavy
wire, or metal fence. Some
s have quick-release skewers
e front wheels can be easily
oved, then secured to the
wheel with the chain. Never
chain the wheels to the
e; the thief can carry the
away and remove the chain
rivacy at his leisure.

lace the chain as high up on
bike as possible. That way,
thief won't be able to apply
English in wrestling with
olt cutter.

here are a number of other
nonsense precautions that
can take to discourage theft,
ailing that, ensure the bike's
rn if it is recovered, or cover
cost of its loss.

rst, never leave your bike un-
ed and unattended, even in
own backyard or driveway.
even if your bike is locked,
r leave it on a dark and de-
d street.

ep a record of the bike's
ription—color, manufactur-
name, and, most important,
serial number (not model
ber). Depending on where and when the bike was made, the serial number is located on the bottom of the pedal-crank housing, on the left horizontal bar that holds the rear axle, or on the frame tube that's just below the handlebars. Without this information, as one police chief points out, "Every purple Schwinn looks like every other purple Schwinn."

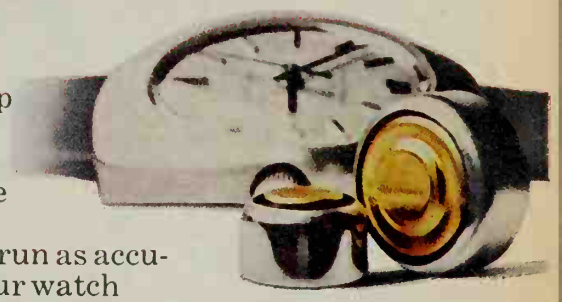
It's also a good idea to engrave some personal identification—say, your social security number—somewhere on your bike. Some police departments now loan out engraving tools for this purpose. Or, you might follow

continued

Do transistor radios need more than ordinary flashlight batteries?

Yes. Because of the way you use them. Unlike a flashlight or toy, you probably play your transistor radio for hours at a time. So, instead of needing power in spurts, you need power that lasts. That's why "Eveready" created its Transistor Battery. Unlike ordinary flashlight batteries, it delivers dependable low-level power over long periods of time. The kind of power your transistor radio needs. And the "Eveready" Transistor Battery costs about the same as ordinary flashlight batteries.

Why most of the world's leading watch companies use our watch batteries.



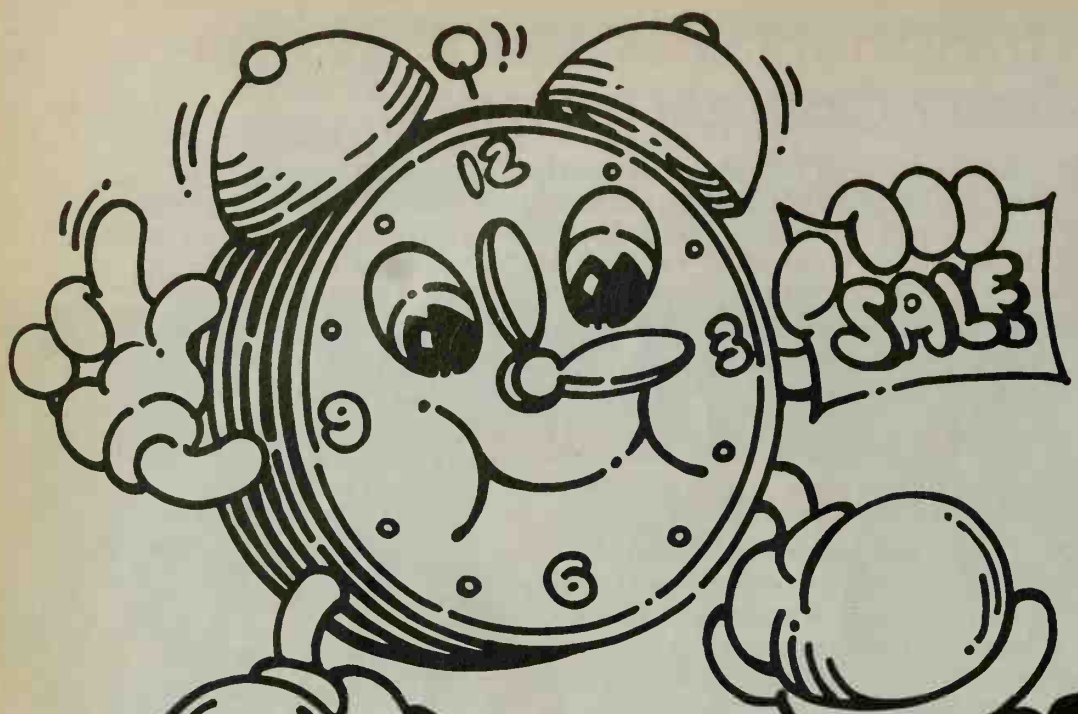
We believe it's because of our patented Radial Seal* – the most effective seal ever developed to help prevent battery leakage which can cause internal watch damage. What's more, engineers for "Eveready" watch batteries work closely with these companies to develop exactly the right energy requirements to fit almost every watch and make it run as accurately as it was built to. When it's time to replace your watch battery, ask for "Eveready". *U.S. Patent 3,069,489

Here's a flashlight that floats– the "Eveready" "Skipper".

Sportsmen have been using our big floating *lanterns* for years. So we thought they'd like a *flashlight* that floats, too. That's why we designed the "Eveready" "Skipper". It not only floats. It's waterproof. Rust-resistant. And has a tough, high-impact plastic case. So don't worry about dropping it in the water or on the ground. What's more, there's a highly reliable, long-lasting push-button switch that's self cleaning. The "Eveready" "Skipper" is one of the toughest flashlights we've ever made. And probably the best looking you'll ever see.

Eveready wants you to know

UNION CARBIDE



"SAMSONITE SAVINGS TIME"

Here's your chance to save big money on furniture! Not just any furniture, but fine Samsonite furniture– so versatile and pretty, you'll use it everywhere, every day! Now during Samsonite's nationwide Savings Time sale, you'll find big price reductions on Samsonite folding tables and chairs...and Samsonite CounterMates® kitchen/rec room bar stools. And they're all yours in a great selection of timeless styles and colors! See your Samsonite dealer soon for big values during the Samsonite Savings Time sale. But hurry—you know how quickly time flies!

Samsonite®

Creators of fine casual furniture for over 30 years
Available at better stores everywhere

continued

Will a thief peddle your bike?

the example of one cyclist leaves this note, along with name, address, and phone ber, inside both tires, to catch eye of a repairman: "I never this bike to anyone. Please identification of whoever br it in to have the flat tire Five bucks reward if it's not

• Register your bike with local police department, u at a nominal fee. If your to city doesn't have such a prog the Bicycle Manufacturers ciation of America, 1101 Street, Washington, D.C. 2 can supply guidance on ho start one. It will send a free let, "Bike Ordinances in the munity," if the request is ma the letterhead of a comm organization.

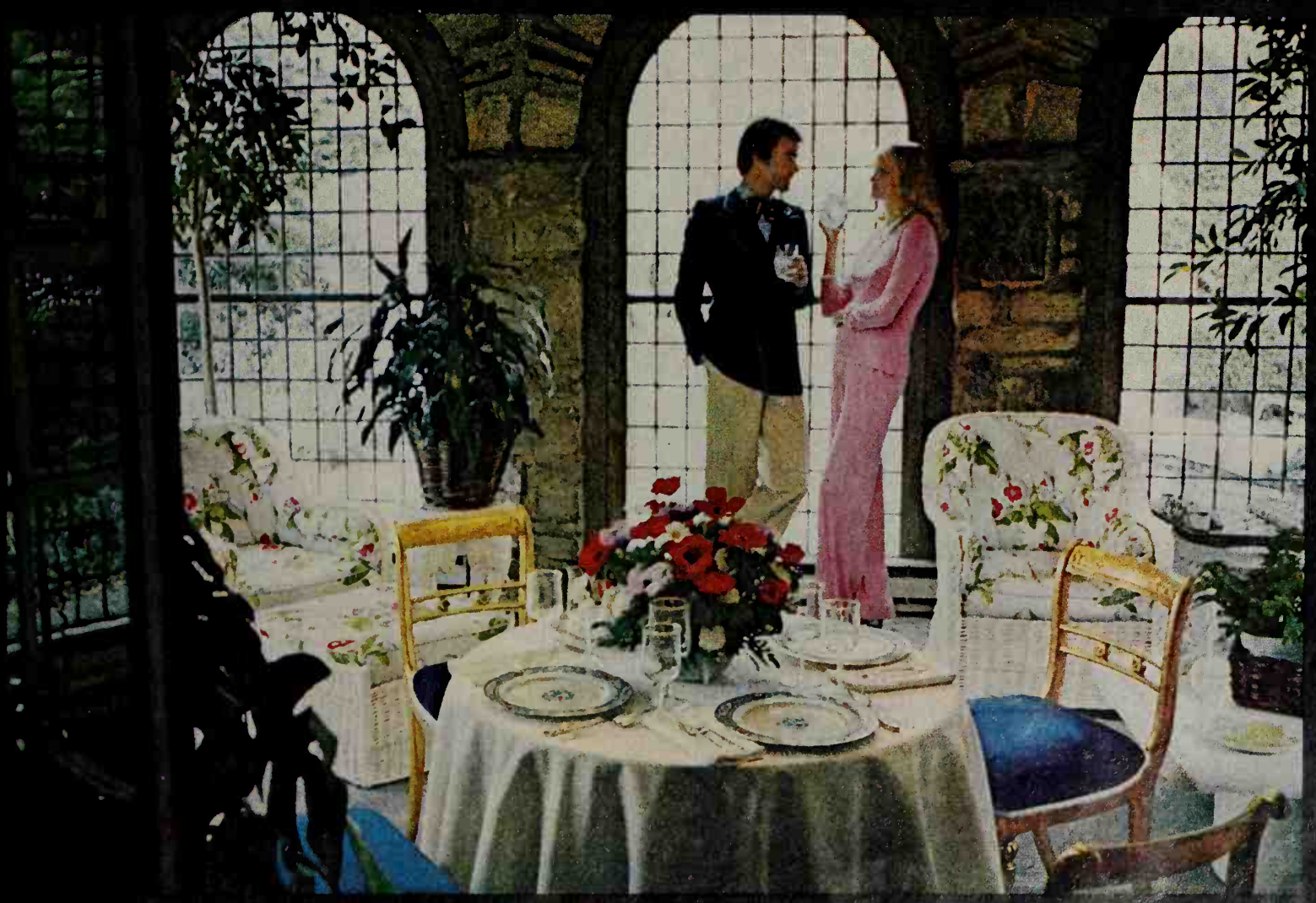
The fact is, however, that registration programs aren tirely effective because th may do their stealing in one and their selling or bicycli another. One ring of adult th used to steal bikes in Gaine Florida, and sell them 140 away in Tallahassee, and versa. Statewide regist would be much better, and fornia is currently workin such a system, using comput trace stolen bikes, much done with stolen autos.

• Insure your bike. A sta homeowner's policy and it sonal property section ma may not provide coverag pending on whether it has or $100 deductible clause. National Bicycle Dealers ciation, 29025 Euclid Av Wickliffe, Ohio 44092, is of a new policy (currently ava in only 34 states) covering l to purchase price. Premiun gin at $16 for bikes up to and increase in $4 incre with each additional $50 in

• When and if your bike is s report the theft to police pr ly. Unless the thief empl panel truck in making hi away—and that's not unus he may still be in the neig hood when police start sear

Although today's bicycle has by no means threaten automobile, the two-wheel become more popular now it was during the 1890s cra those days about two n bikes a year were sold, pron many theaters, saloons, and stables to close down in li the competition. Today, bik a retreat to that simpler t but don't make it simple thief to peddle yours. ■

YOUR OWN RACER TO GET AWAY FROM IT ALL.



LENOX. TO KEEP YOU HOME.

LENOX CHINA · CRYSTAL

A 3-piece Buffet place setting of china is $24.95 to $61.00. A 5-piece Complete place setting is $37.50 to $91.50. A 3-piece place setting of crystal is $21.00 to $54.00. Send for our free color brochure. Lenox, Inc., Dept. 2, Trenton, N.J. 08605. The prices shown here are Lenox fair trade prices in those jurisdictions where fair trade is permitted by local law and in all others are suggested retail prices only.

Crafts for the Spring Season

Denim Iron-On Patches Add a little pizzazz to a plain old pair of jeans! Give a new look to a favorite tote bag! You can be right in step with the latest fashion the easy, inexpensive way with our iron-on denim patches. Just stitch the designs on the patches, cut the patches out and iron them on anything. You get a set of six patches with designs stamped on, (non-ravel, permanently adhesive backed), embroidery floss, and complete instructions in our kit. Patches bond easily with just a touch of a hot iron. Fast and fun, you can give your casual wardrobe a whole new look.

God Bless Our Home Ask the Almighty to keep your home safe with this timeless prayer. Done in classic cross-stitch, you'll enjoy this lovely sampler for years to come. Perfect as a family heirloom. Quick and easy to do, kit comes with design-stamped 100% Belgian linen, embroidery thread, and complete diagrammed instructions. Fits our 10"x22" walnut finish wood frame.

Please send me the following:

Quantity

_____No. 00587 God Bless Our Home $3.99, 2/$7.48
_____No. 00095 Frame 10"x22" $7.49
_____No. 00588 Kit and Frame $10.49, 2/$19.98
_____No. 00570 Denim Patches $1.99, 2/$3.49

Total of Merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

Include payment for postage and handling: For orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

If you use your charge card, fill out boxes below:

your BANKAMERICARD

Expiration Date Month/Year

Master Charge Interbank No.

master charge

Credit Card No.

Send order and remittance to:
Reader Service, Dept. 2R5
Box 374, Des Moines, Iowa 50336

Name_____

Address_____

City_____

State_____ Zip_____

OUR GUARANTEE: Your satisfaction, or return your purchase in 10 days for a full refund.

HOUSEPLANT HOW-TO

A plant to dazzle you

Persian shield is a real jewel. The toothed leaves are iridescent green, blue, and amethyst; undersides are purplish red. It all adds up to a luminous effect that would be hard to beat.

Besides being beautiful, Persian shield is easy to grow—as easy as coleus. Provide bright light, but not full sun, to maintain the brilliant coloring. Water when soil starts to dry out.

Go easy on feeding. These plants are most attractive when they're small. Grow they will, of course—to three feet, in fact—but that's not what you want. The leggy specimen has smaller leaves and less glamorous color than its smaller counterparts. As with coleus, simply take tip cuttings for a constant supply of new compact plants.

To locate Persian shield, you may need its botanical name: *Strobilanthes dyerianus.*

Longer life for azaleas

There's no guarantee you can carry over your gift azalea indefinitely, but with little effort you can make it last as a nice foliage plant—and with chances of repeat bloom next year.

Provide plenty of water if your plant is still flowering, and even after it finishes flowering. There are two reasons for this high-moisture requirement. The azalea is a woody plant with an extensive network of fine roots, all demanding copious water. Then, too, your plant is very likely growing in little more than peat moss, which dries out rapidly.

You can avoid the frequent watering by repotting the azalea in a mixture that's two-thirds rich potting soil and one-third perlite or sand. This is porous and allows good drainage. Even with this heavier growing medium you still have to water two or three times a week. After all, the plant is woody and there's no way to get around that.

When flowers fade, feed with an acid plant food and again in midsummer. Provide bright light and as cool a location as possible. If you can set the azalea outdoors in the filtered light of a tree, so much the better. Just don't forget to bring the plant in before a frost hits and your efforts go for nought.

A surprise flower

Nobody expects a sansevieria to do much except stand around and take neglect. Undemanding as it is, it can surprise you by producing a stalk of white flowers.

Flowering can occur at most any time of year, but usually only when a plant is mercilessly crowded in its pot. All you have to do is hold back on dividing your plant. The delicate flower stem is a good foil for the unyielding stiff leaves.

Odds and ends for water

About this time of year you feel you've had it with some plants in your collection. They've grown too long or too tall and scrawny.

If pothos, grape ivy, philodendron, or wandering Jew have wandered too far, they've probably dropped a lot of leaves in the process, leaving unsightly stems. Hoping won't make new

continued on page 66

New. An easier, better way to feed even the fussiest roses.

PRECISE.® The Timed Release Rose Food that you use just once every four months, yet feeds your roses every day.

One of the chores is gone from rose gardening . . . the mixing and working of rose food, and guessing which combination is right for your rose bed.

"Precise" Timed Release beads do it all and do it better. Simply spoon-feed each rose plant its ration of "Precise" and work gently into the topsoil. That's it! You've fed your roses for four months.

Once in the soil, moisture activates the timed release beads and a sure, steady stream of liquid nutrients (8-12-4), plus essential micronutrients, is released to your roses every day.

"Precise" produces visible results in your roses. Well-developed roots, strong stems and lush, bright flowers. Look for this remarkable, new rose food wherever you buy plant supplies. It's a better way to feed.

Also! "Precise" Timed Release Flower Food
Another great new garden product with a special formulation (6-12-6) for most outdoor flowers (petunias, impatiens, daisies, snapdragons, etc.).

LIGHT, WATER AND
Precise®
BRAND
Timed Release Plant Foods

3M COMPANY ®Precise is a registered trademark of 3M Company.

For the rugged good looks of the great Northwest, discover Oregon Trail.™ It's just one of our new Great American Look panels. At your G-P Registered Dealer.

Georgia-Pacific

REGISTERED DEALER

Sewing with elastic

With the popularity of knit and lingerie fabrics, it's almost essential for every home sewer to know how to handle elastic.

When you select elastic, be sure to match its weight to your fabric and choose the exact width and type specified on the pattern envelope. Check the package for fiber content, also.

Nylon and polyester elastic are appropriate for virtually any kind of fabric. Polyester is ideal for swimsuits since it resists salt water and chlorine and doesn't retain moisture. You can use rayon elastic with lightweight fabrics, but it requires hand washing and must never be used in swimwear. Cotton is absorbent, easy to wash, and comfortable to wear.

Elastic is made in two ways: woven and braided. The woven type is firmer and retains its shape in washing. Since the rubber fibers are individually wrapped, the rubber won't "pop" in sewing. Braided elastic tends to shrink when washed and may expand with heat and moisture.

Always fit elastic to your body before cutting. Preshrink it before cutting and fitting. When applying it to a waistline, measure your waist, subtract three to four inches, and add an inch for lapping ends.

Stitching: When you sew, insert a ball point needle (size 9-11). This needle will separate elastic fibers instead of piercing them. Use polyester thread, which has the necessary "give."

You can use a straight stitch on elastic, but a zigzag stitch will ensure greater stretch. If your machine has a stretch stitch, you'll want to use that. To avoid cutting rubber fibers, try to sew on either side of them. When you end a row of stitching, do not backstitch, but tie thread ends or stitch ½ inch past the starting point.

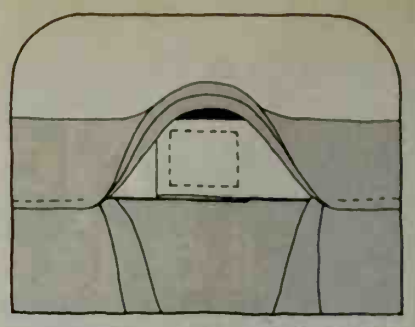
Test your machine tension before stitching to prevent broken stitches. Cut a strip of fabric, then a strip of elastic two inches shorter. Pin elastic to fabric ends and stitch (elastic side up), stretching elastic and thread. When finished, tie thread ends and stretch elastic and fabric by pulling both ends. If stitches break, adjust tension.

Care: Garments made with elastic should be laundered after wearing to prolong elastic life. Wash in warm water, as hot deteriorates rubber. Dilute any bleach used and rinse thoroughly. Machine-dry at warm temperature only if package specifies it. Otherwise, dry at room temperature away from direct heat and light.

Application: One of the most common ways to attach elastic to a waistline is called *tunneling* or *self-casing*. Turn under garment edge ¼ inch and press. Fold to form a tunnel wide enough to carry elastic and stitch, leaving a one-inch opening.

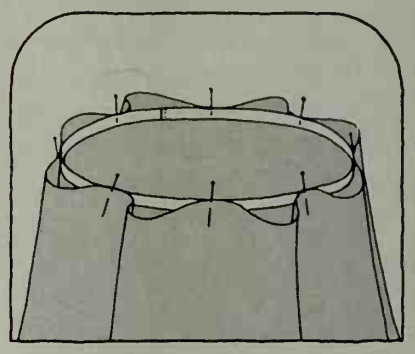
Measure and adjust elastic to waist, allowing for one-inch seam. Insert elastic, using a bodkin, and pin ends together. Try on garment and adjust to fit. Overlap elastic ends ½ inch and stitch securely, using a box closure. Sew opening, making sure you don't catch in elastic.

To edgestitch a casing like this, apply as described but add an extra ¼ inch in the fold. Stitch along the top, ¼ inch from



fold, and again along the casing's bottom edge.

Topstitching application is often used on lingerie elastic. Measure elastic and cut to desired length. Stitch ends together in ½-inch seam, open seam, and stitch ends flat in a box closure. Divide edge of garment and elastic into four to eight equal parts and mark with pins. Pin elastic frill side up to right side of fabric, matching edges and marks. Stitch



lower, then upper edge of elastic, pulling so marks match, starting

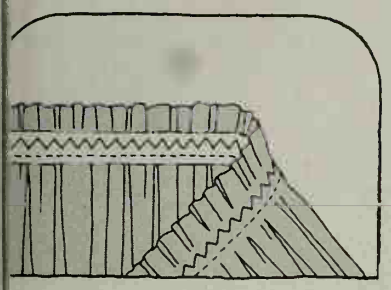
Renaissance® paneling: the rich, elegant look of old New Orleans. Just call, free, to find *your* G-P Registered Dealer: 800/447-4700; in Illinois, 800/322-4400.

Georgia-Pacific

REGISTERED DEALER

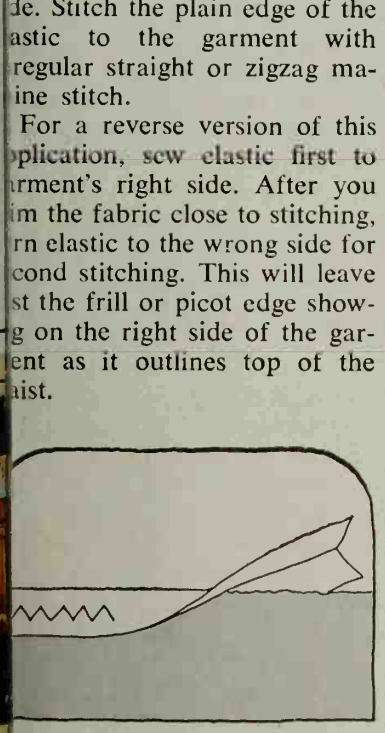
nd finishing at center back. Trim ll the raw edges of the garment ose to stitching.

Stitch-and-turn application is ke the topstitching's except that ll cut edges are enclosed. Follow bove steps for fitting and mark- ıg. With frill edge down, place astic on garment's wrong side plain edge of elastic will be ven with fabric's raw edge. titch next to frill edge, using a raight stitch and stretching astic slightly. Trim seam under astic close to stitching and fold ıe elastic to the garment's right



de. Stitch the plain edge of the astic to the garment with regular straight or zigzag ma- ine stitch.

For a reverse version of this plication, sew elastic first to rment's right side. After you m the fabric close to stitching, rn elastic to the wrong side for cond stitching. This will leave st the frill or picot edge show- g on the right side of the gar- ent as it outlines top of the aist.



Fold-over application is an sy way to finish a waistline or ge a swimsuit. Fold-over elastic th a lengthwise groove in the nter makes it even simpler. You ply this elastic like fold-over aid or bias tape. Place over ric edge and straight stitch or zag stitch through all the cknesses.

Loop closures of elastic are ex- lent for some types of blouses d easier to apply than fabric ps. Cut loops slightly shorter n usual because of the stretch. p one loop over a button to ermine exact size. To hold ps in place, tape them to fabric h cellophane tape. Stitch loops l remove tape.

Legband application requires asuring around top of leg and ting elastic same length. Join stic ends by overlapping and ipstitching by hand, or secure with machine satin stitch. Use less elastic in back than in front to ensure a good fit. With frill edge down, pin elastic to right side of fabric and straight stitch near the top and bottom edges, stretching as you go. If you use a zigzag stitch, sew with the elastic almost relaxed and apply *one* row of stitching. Then trim the excess fabric of the garment close to the stitching. ■

The You'll Love Our L'eggs® Guarantee.

We know you've been disappointed by pantyhose before. But that won't happen when you buy L'eggs.® Honest—we really mean it. We even guarantee it.

Because if your L'eggs Pantyhose don't fit exactly the way you like, if they don't last long enough, or if you're unhappy with them for any reason—we'll refund your money or send you a certificate good for a free pair of L'eggs, whichever you prefer. We really mean it. We even guarantee it.

Obviously, we're very confident about our product. Now you can feel the same way.

Keep this address handy just in case

If you buy a pair of L'eggs and you're unhappy with them, for any reason, just return them to:

L'eggs Guarantee, Box 56
Winston-Salem, N.C. 27102

We'll refund your money or send you a certificate good for a free pair of L'eggs, whichever you prefer. We really mean it. We even guarantee it.

In Canada, write to L'eggs Guarantee, 1775 Sismet Rd., Mississauga, Ontario L4W 1P9

IT'S SO EASY TO DECORATE WITH FABRIC AND THE EASY SQUEEZE DECORATOR 101™ STAPLE GUN.

Even if you can't sew—even if you're all thumbs—even if you don't think you're a creative wonder. Now you can perform decorating miracles fast in your own home.

You'll come up with hundreds of ideas. The Swingline Easy-Squeeze Staple Gun is designed for a woman's use. Fits your hand perfectly. Squeezes easily. Let's you do the kind of jobs decorators charge hundreds of dollars to do for you. Best of all—you can do it! Send for the Swingline "how-to-do-it" Staple Gun Decorating booklet. Lots of full color illustrations and how-to-do-it sketches. Beautiful ideas! Send only 25¢ to Swingline, L.I.C., N.Y. 11101. Offer expires December 31, 1975.

Swingline®

Division of Swingline Inc., 32-00 Skillman Avenue, Long Island City, N.Y. 11101

CARS Tony Swan

A new switch in tire rotation

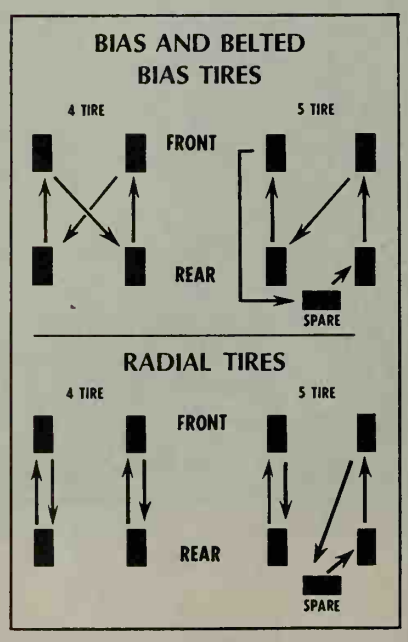
Whether you rotate the tires on your car every 6,000 miles, as tire makers recommend, or wait until signs of uneven tread wear appear, you should follow the new switching pattern developed by tire engineers. The old practice was to move the front tires straight back, and cross-switch the rear tires to the front. It seemed to work all right, but advances in tire design and construction over the past few years have necessitated a new system of tire rotation, with a separate pattern for radials.

Rotating bias and belted-bias ply tires

The five-tire rotation endorsed by the Rubber Manufacturers Association calls for moving the right front to the left rear and bringing the left rear up to the left front. The left front then replaces the spare which moves to the right rear spot. If you don't want to include the spare in the rotation, just crisscross the front tires as they move to the rear and bring the rear tires straight ahead to the front. If tires of bias and belted-bias ply construction are mixed on the car, with the latter tires on the rear, for instance, check with the owner's manual or the tire manufacturer to be sure that rotation is permissible. In some cases rotation may be possible only on the same axle.

Rotating radial tires

Because of their unique ride and handling characteristics, radials should not be crossed from



one side of the car to the other; doing so may seriously alter their performance. The radial five-tire rotation plan calls for moving the right front tire to the spare, and the spare to the right rear. That rear tire then takes the place of the right front. The two tires on the left side simply change positions. If you don't include the spare, then just switch the front and rear radials and leave the right and left side tires on the same side of the car.

If this all seems somewhat confusing, refer to the drawings to determine the correct procedure. (In fact, you might want to clip them out and tape them to the inside of your car's trunk lid.)

More tire tips:

After you rotate your tires, you should adjust their air pressure to the car manufacturer's recommendations for front and rear positions.

Increasing tire inflation pressure two to four pounds over the recommended cold pressure for normal service will give you more gasoline mileage and a better tire wear pattern for extended tread life. But be careful not to exceed the *maximum* cold inflation pressure for the load range of your tire; this is indicated by the letter molded into the sidewall. For Load Range B it's 32 pounds per square inch; 36 psi for Load Range C; and 40 psi for Load Range D tires. Never add air to tires after they have become warm from driving.

Studded snow tires, of any construction, should never be cross-switched so that they roll in a different direction from that of their original position. Changing the direction loosens the studs. When you remove your studded tires, mark an arrow pointing in the direction of rotation on each sidewall; then you'll have a handy reference when you put the tires on again next winter.

Always check the air pressure of your car's tires with a hand gauge—the air towers in service stations are seldom accurate. An inexpensive Tire Safety and Mileage Kit, containing an accurate hand gauge, is available from the Rubber Manufacturers Association, 444 Madison Avenue, New York, New York 10022. The kit, at $1.50, also contains a tread depth gauge, tire valve caps, and a "Consumer Tire Guide."

Bald and underinflated tires are a safety hazard, so check your tires' condition regularly. If they need replacement, remember that new tires require a break-in of under 50 miles per hour for the first 50 miles.

The elegant design for this beautiful floor comes from Holland. The quality, softness and easy care come from GAF.

Take an old European design, add some new American know-how and you end up with the most beautifully practical floor you've ever seen. (Or the most practical beautiful floor you've ever seen.)

This GAF GAFSTAR pattern looks like delicate Dutch porcelain, but it's so easy to take care of. It keeps shiny without waxing. Just damp mop and occasionally buff.

And this beautiful floor's not only nice to your eyes, it's also nice to your feet because it has a soft, built-in foam padding.

Whatever GAF GAFSTAR pattern you end up choosing, they all look the same.

Beautiful.

For your nearest GAF Flooring Dealer, call this TOLL FREE number any time; 800-243-6100. Dial as you normally dial long distance. In Conn. call 1-800-882-6500.

GAF® GAFSTAR™
Sheet Vinyl Flooring

The pattern shown is Dutch Royale. Available in Canada.

Party pointers

What with tighter purse strings and more relaxed life-styles, parties have taken a swing to the more casual—such as Sunday night supper with homemade bread and a hearty soup. The scene of the action has shifted from the living room to the kitchen. Even at larger parties the most interesting conversations often take place around the kitchen table or center island, or on either side of the peninsula.

If you're the host or hostess for

these get-togethers, you mi
feel that you're running an
stacle course when you prep
and serve the food. How
you make your way from ref
erator to oven to hors d'oeu
table without tripping over y
guests, or spilling or dropp
the refreshments?

To help you keep your
when everyone seems to be
derfoot, try these tactics at
next party.

• Do as much as you can al
of time. That means you sh
choose the kind of food that
be made ahead. If you must s
hot nibbles, make sure th
ones you can prepare early i
day or the night before, refr
ate, and reheat at party time.

Have the food ready on ba
sheets or broiler pans, so all
need do is whip off the fo
plastic wrap and pop them
the oven.

• Wash up dirty food pre
tion dishes ahead of time or
them in the dishwasher.

• Have a drawer or cabinet
able for stacking dishes tha
used during the party. (Yo
tackle them after your
leave.)

• Keep a dishpan under th
for cocktail plates; later ad
and water and wash them.

• Hide the clutter anywh
give yourself space when
runs short. (Just remember
you stashed the goodies wh
party is over.)

• Place an ample supply o
trays where your guests w
culate—including the kitch

• To avoid a party-poopi
cube shortage, store as mu
as possible in your refri
freezer or freezer chest. Ic
expensive and keeps indef
You can store the ice ba
outside the back door at a
party. If it's summer, park
the family cars on the str
in the garage or drivew
someone can dash to the a
grocery store for more ice

• Set your party table a
time. Have spreaders,
toothpicks, etc. ready al
platters or bowls.

• Select music ahead o
Will it be records, the
tion, or tapes?

This condiment set from International Silver is a great value at $13. At $6, it's practically a giveaway!

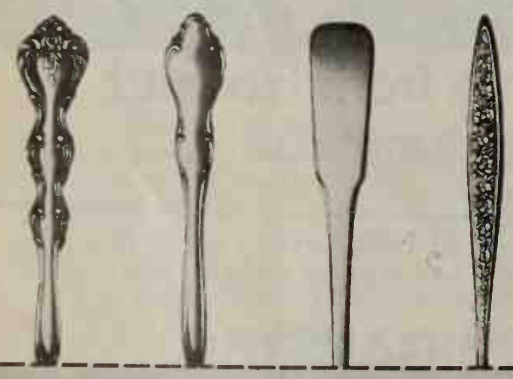
An International Silverplate spoon in the pattern of your choice. And a Fostoria lead crystal jar with fitted silverplated top. A beautiful way to serve cinnamon sugar, preserves, grated cheese, chutney or what-have-you.

When available in stores, the set will cost $13. But we're offering it, exclusively by mail, for just $6. Because we think once you've lived with a little International Silverplate, you won't want to live without more of it.

And you can get more, in place settings or complete services, at your favorite fine store.

International® Silverplate

A. Interlude _____(Qty.)
B. Coventry _____(Qty.)
C. Beacon Hill _____(Qty.)
D. Charmaine _____(Qty.)



Fill in and mail this coupon to:
Fosdick Corporation/Condiment Dept. CS3, Box 200
Meriden, Ct. 06450

Please send me _____ Condiment set(s) in pattern(s) and quantity I have indicated. I enclose my check or M.O. for $_____.
($6 each)

Connecticut residents add sales tax.

Name _____

Address _____

City _____ State _____ Zip _____

Offer good in U.S.A. except where restricted, taxed or prohibited by law. Allow 28 days for delivery. Offer expires September 30, 1975. International Silverplate is a product of International Silver Co., Meriden, Ct. Fosdick Corp. is located at 141 Charles St., Meriden, Ct.

begins on page 20

Medical tests

years. Thanks to the efficiency of the Pap test in providing early detection of cervical cancer, it now ranks fourth, and fatalities would

Thematics® Stand-Out Insert™ is a trademark of **Synergistic Marketing, Inc.**, 477 Madison Ave., N.Y., N.Y. 10022

Which cookie bars were made from start to finish in one pan?

The scrumptious cookie bars on the left required 13 different ingredients, a sauce pan, two mixing bowls, mixer and baking pan. The scrumptious cookie bars on the right required only six ingredients and a baking pan. The trick? Eagle Brand Sweetened Condensed Milk. A smooth, creamy blend of pure whole milk and cane sugar, Eagle Brand is a natural shortcut. See recipe upper right.

Eagle Brand. The shortcut to cooking from scratch.

The Great Grocery Giveaway-from the makers of Taster's Choice

All the makings for a happy and hearty meal! Eggs, Bread, Milk, Butter, Cream and Bacon. You pick out the item you want and get your money refunded (with the required proofs of purchase). **Look for details on the "Taster's Choice Breakfast Refund" at your grocer's coffee section in April.** Clip this 25¢ coupon, good on Taster's Choice 100% freeze-dried coffee, regular or decaffeinated, and take it to the store with you. S-2

Springtime Decorating Ideas

. . . easy, fun and inexpensive from Better Homes and Gardens

ok with these charming driftwood with its own hen, bath, family room, want. Each plaque is a 1" to 12" high. Made of cluding hanger — easy value for your money?

s, handbags, afghans, this loom — even your l satisfying hobby! And self. This professional l like fine furniture, it's l 20" widths; kit comes rdware, and compiete

3 (H) Mice Cavorting
5 All seven plaques
5 Loom 15" $17.99
8 Loom 20" $19.99
each; 3 for $4.00; 5 for $6.00;

dd 60¢; from
25 add $1.70;

rge card,

your BANKAMERICARD welcome

master charge

ip

0 days for a full refund.

Party pointers

What with
and more

ties have taken a swing to the more casual—such as Sunday night supper with homemade bread and a hearty soup. The

en. Even at larger parties the most interesting conversations often take place around the kitchen table or center island, or on

Thematics® Stand-Out Insert™ is a trademark of **Synergistic Marketing, Inc.**, 477 Madison Ave., N.Y., N.Y. 10022

Borden captures the taste of farm fresh mashed potat at down to earth savings.

Country Store Mashed Potatoes have the heartiest homemade flavor around. The secret? Farm fresh potatoes, of course. They make Country Store Mashed Potatoes taste so delicious, no one will believe they take only minutes to fix. So capture your family's smiles. Serve the potatoes that capture that farm fresh flavor.

April is Cupcake Month.

Stouffer's, the cupcake people, makes everyone's favorite cupcakes. Iced Yellow, Devil's Fudge, Filled. And t newest member of the family, Stouffer's Spice Cupcakes. Perfect for dessert or any time of day. You can sa 7¢ on them all during cupcake month.

This con

At

An International S
of your choice. And a
fitted silverplated to
cinnamon sugar, pres
or what-have-you.
When available in

A. Interlude ——(Qty.)

B. Coventry ——(Qty.)

begins on page 20

Medical tests

of breast disease. For more information on this free service, contact your local ACS unit, or write the American Cancer Society, Inc., 219 East 42nd Street, New York, N.Y. 10017.

A "procto" exam—the tongue-twisting technical name is proctosigmoidoscopy—is a test for early indications of cancer of the colon and rectum, the most common non-skin cancer in both men and women and the second greatest killer. An annual "procto" is generally recommended for persons over 40, especially those with a family history of the disease. Although the examination requires an enema, it is not uncomfortable when conducted by a skilled examiner.

The examination is conducted with a thin, illuminated instrument equipped with a magnifying eyepiece—the "proctoscope." It is inserted into the lower bowel via the rectum, while the patient rests on his knees and chest. The lighted scope enables the physician to inspect clearly the lower ten inches of the intestine, the danger area where two-thirds of colon-rectal cancers develop. Magnification makes it possible not only to detect cancerous growths, but ulcerations and polyps which could cause trouble later.

A similar instrument, the colonscope, can be used to examine other parts of the intestine. A more complicated procedure, it is used only when there is suspicion of disease. The colonscope is flexible rather than rigid, following the curves of the bowel and covering six times as much area.

Some doctors prefer a simpler test called the "Hemoccult" to screen patients before a procto, according to Dr. Arje of the Cancer Society. In the Hemoccult test the patient collects a small sample of stool with a swab, wipes it on chemically treated paper, and places the paper in a folder. The physician treats the paper with a fluid that causes it to turn blue if blood is present. The blood—which could result from a number of conditions—indicates further testing is needed.

The "Pap smear" can only be defined as a lifesaver. Before this simple test to discover cellular changes in the reproductive organs was devised by Dr. George N. Papanicolau in 1928, uterine cancer was the leading cancer killer of women, striking particularly hard in the child-bearing years. Thanks to the efficiency of the Pap test in providing early detection of cervical cancer, it now ranks fourth, and fatalities would drop even lower if every woman over 20 took the ACS advice and had a test annually. As it is, there are 46,000 new cases a year, but three out of four can be saved.

The "smear" is done quickly in a doctor's office during the standard pelvic examination. Using a small paddle or swab, the doctor obtains samples of the cells coating the surface of the cervix, and of the vaginal fluids. These substances, which contain cells discarded by the body in the growth process, are then "smeared" on a laboratory slide and examined under a microscope. By studying the shapes of the cells, a cytologist (an expert in cell structure) can detect early precancerous changes called dysplasia; cancer *in situ,* another potential precursor; and the very early stages of invasive cancer itself—and the test can do this long before the more ominous signs such as abnormal bleeding or discharge make themselves evident.

The "smear" gives clues to developing cancers in about 95 percent of those cases of cervical cancer, and in about 60 percent of cases of cancer in the body of the uterus or the endometrium. As Dr. Arje says, "It is the kind of simple—yet revealing—test that we wish we could conduct anywhere in the body."

The "GI series," an X ray of the digestive and gastroenterological systems, is not generally given routinely. However, Dr. Donald C. Kent, medical director of the Life Extension Institute of New York, suggests it for middle-aged executives in what he calls "the high-risk group."

The comprehensive test looks for—or seeks to confirm the presence of—peptic or duodenal ulcers, hiatus hernia, or other internal conditions that might be related to tension or stress, according to Dr. Kent. (It can also be used to confirm or locate tumor masses.)

To take the test, the patient swallows a small cupful of barium sulfate, a radiopaque substance whose course through the digestive system can be pictured on film. The chemical collects at the site of an ulcer in the intestinal wall, allowing the physician to study its location. Such disclosures require further tests.

The blood-pressure reading is one of the most familiar of all tests—and one of the most important. Hypertension — seriously elevated blood pressure—is associated with stroke and heart attack

continued

Springtime Decorating Ideas

. . . **easy, fun and inexpensive** from Better Homes and Gardens

Nifty Drifty® Wall Plaques. Give your home a fresh, new look with these charming low cost decorator plaques. Each one looks just like driftwood with its own art design. You can hang them anywhere — hallways, kitchen, bath, family room, childrens room. And, you can arrange them any way you want. Each plaque is a full ¼" deep and measures between 3½" to 7" wide and 4" to 12" high. Made of lightweight fibreboard, each one is completely finished, including hanger — easy to put up in just minutes. Where else can you get so much value for your money?

Weaving Loom. Make pillows, placemats, wall hangings, handbags, afghans, shawls — and more! You can create almost anything with this loom — even your own family plaid. Weaving is fast and easy — a useful and satisfying hobby! And you'll save lots of money when you make things yourself. This professional quality loom will last for years. Handcrafted and finished like fine furniture, it's also a great decorator piece. Available in 2 sizes, 15" and 20" widths; kit comes complete with loom, heddle, shuttle, all necessary hardware, and complete easy-to-follow instructions.

Quantity **Please send me the following:**

___ No. 13814 (A) Li'l Girl Sunbathing
___ No. 13815 (B) Li'l Girl Baking
___ No. 13818 (C) Li'l Girl Cleaning
___ No. 13818 (E) Li'l Fisherman
___ No. 13861 (F) Hippo on Scale
___ No. 13882 (G) Mouse Wife
___ No. 13863 (H) Mice Cavorting
___ No. 13835 All seven plaques
___ No. 11035 Loom 15" $17.99
___ No. 11036 Loom 20" $19.99

Pleques are $1.50 eech; 3 for $4.00; 5 for $6.00; All 7 for $8.00.

Pleese include payment for postege end handling: For orders up to $5 edd 60¢; from $5.01 to $10 edd $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 edd $1.70: over $25 edd $2.00.

Total of Merchendise $ _____
Postege end Hendling $ _____
Residents of CA, IA, and NY, pleese include sales tex here. $ _____
Totel Enclosed $ _____

If you use your charge card, fill out boxes below:
Expiration Dete Month/Year
Master Cherge Interbank No.
Credit Cerd No.

your BANKAMERICARD welcome
master charge

Send order end remittance to:
Better Homes and Gardens, Dept. 2R2,
Box 374, Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ Zip _____

OUR GUARANTEE: Your satisfaction, or return your purchese in 10 days for a full refund.

continued

Medical tests

and claims 60,000 lives a year.

Recent studies have shown that 23 million Americans are hypertensive, but that only half of them know it, and only half of that half are receiving adequate treatment —even though most cases of high blood pressure can be effectively controlled by drugs. A national drive is under way, directed by the National Heart and Lung Institute and the AHA, to identify and treat all hypertension cases.

Blood pressure refers to the amount of force with which the heart pumps blood against the arterial walls; its chief danger to health is that excessive pressure will damage delicate vessels in the kidneys, brain, and even the heart itself. There are actually two types of pressure—systolic, recorded while the heart is pumping, and diastolic, when the heart rests and refills for the next stroke.

The doctor reads them with a device called a sphygmomanometer, consisting of an inflatable cuff attached to a mercury meter. He wraps the cuff around the upper arm and pumps air into the cuff until it shuts off the arterial blood flow and the mercury rises to the top of the gauge. He then places a stethoscope over the artery just below the cuff. The air pressure in the cuff is allowed to fall, and as the pressure in the artery overcomes the air pressure in the cuff, blood flow resumes, producing a thud in the stethoscope. The doctor records the reading at that point as the systolic pressure. The mercury is allowed to fall until the sound can no longer be heard. The reading at the time of the last thud is the diastolic pressure. In a relaxed, resting subject, the normal systolic pressure will be about 120 millimeters of mercury, the normal diastolic about 80—usually written as 120/80.

Doctors disagree on when blood pressure should be considered dangerously high; many doctors use the figure 150/90 as top for normalcy; some make the danger point 140/90, others 160/95. Moreover, high blood pressure is seldom diagnosed on the basis of a single reading, since fatigue, emotional stress, or other conditions may affect it.

The "Big E" test of visual acuity is the most familiar eye examination, important to both children and adults. Using the chart topped by a giant capital E with gradually diminishing sizes of type below it, this test can check for distance vision and, in children, for amblyopia (or lazy-eye blindness).

Briefly, the test measures what a person can read at a specified distance, usually 20 feet. A 20/20 reading shows that he sees at 20 feet what most people see at that distance; 20/30, that he can only perceive at 20 feet what others see at 30 feet. Usually, there is a rating for each eye, and then the two are examined binocularly to see how they work together.

According to the National Society for the Prevention of Blindness, a child's eyes should be checked at birth, and he should receive his first visual acuity test at age three or four, with annual tests through the early school years and at regular intervals thereafter. After age 40, eyes should be checked for a variety of conditions every 12 to 18 months, according to Dr. John Matthews of the American Academy of Ophthalmology and Otolaryngology.

Of special importance for those persons over 40 is a one-minute, painless test called tonometry, which measures changing fluid pressures within the eyeball—the first clue to glaucoma, a degenerative eye disease that, if not checked early, can lead to rigidity of the eyeball, tunnel vision, patchy blank spots, and eventual blindness.

Two percent of middle-aged Americans are estimated to have glaucoma, an insidious condition that does not become evident until damage has been done. Testing for glaucoma usually is done with the patient lying on his back, focusing his eyes on the ceiling. Each eyeball is anesthetized and a miniature pressure gauge is placed directly on the lens. The gauge gives an instant reading of the condition of the eye, and if glaucoma is discovered, it can generally be controlled with eyedrops.

Spirometry measures lung efficency, and whether or not breathing has been impaired by emphysema, chronic bronchitis, or other chronic obstructive pulmonary diseases. The person being examined takes a deep breath, then exhales into a flexible tube attached to a measuring device

called a spirometer. The airflow activates an automatic pen, as in the ECG, which records the length of time required for the lungs to empty and the volume of air exhaled.

The figures are automatically matched against "normal" readings for the person's age, sex, and size. Anything below 80 percent of normal may be considered a warning sign of respiratory impairment. Usually the vital capacity is measured on three separate breaths.

An abnormal reading may be followed by "blood gas" analysis, which measures the content of oxygen and carbon dioxide and the pH (acid-alkali) balance in a sample of arterial blood. Other blood tests check for lowered amounts of substance known as $alpha_1$ antitrypsin, which predisposes some people to a particularly damaging form of emphysema. This deficiency is inherited, and explains why a small number of nonsmokers get emphysema.

Blood tests vary in number and type from examination to examination, but basically their objective is to discover ongoing conditions within a body. Just a thimbleful of blood, for example, can often disclose the operating state of the heart, liver, kidneys, and digestive system.

Usually the tests are classified either as hematology tests or blood chemistries. A hematology test analyzes the composition of the blood itself; it usually consists of a measurement for hemoglobin, a complete blood count, and a differential screening. Hemoglobin provides the blood's ability to transport oxygen; when its concentration is low, it may indicate either a nutritional deficiency of iron, or unsuspected blood loss somewhere within the body (such as from an undiscovered ulcer). A blood count actually calculates the number of red and white cells in a blood sample; a low red-cell count can indicate the presence of anemia, while a preponderance of white cells may disclose an infection or the presence of leukemia. The differential screening includes a microscopic examination of white blood cells to reveal any evidence of cellular change.

Blood chemistries measure substances being transported in the blood. At the Life Extension Institute, for instance, where 130 corporate executives are examined a day, men in the high-risk coronary group are given a "lipid profile," which measures the amount of cholesterol, the fatty substance which clogs the coronary arteries and may be related to heart attacks.

A normal "cholesterol level" in an adult male is generally considered to be anything below 250 milligrams of cholesterol per cubic centimeter of blood. Part of a profile also is a measurement of blood triglycerides, another fat with heart attack implications, and lipoprotein electrophoresis, which deals with the way the fats are transported. Another test can also measure the levels of certain enzymes related to coronary disease.

Other components in the blood provide clues to conditions elsewhere in the body. Uric acid levels are measured for evidence of gout; blood sugar is checked to detect diabetes; bilirubin levels are examined for jaundice, and albumin gives a clue to liver function. In many laboratories, this analysis is done quickly and automatically, by a device called an electrospectrophotometer.

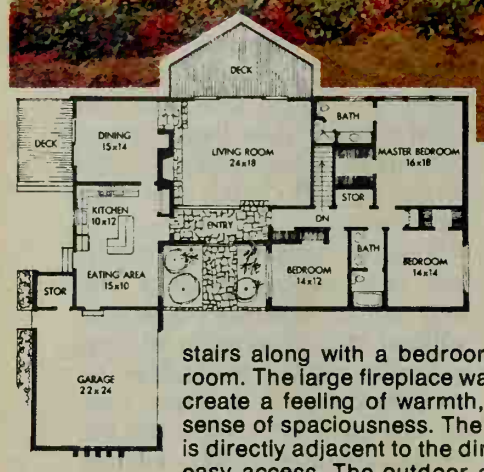
Urinalysis is also a valuable laboratory test, giving clues to various internal conditions. From a urine sample collected at the time of an examination, a laboratory can learn about diabetes, kidney function, presence of albumin, and internal infections. White blood cells in the urine may disclose an infection of the kidneys or urinary tract; red cells or a tea-colored tinge to the urine may indicate nephritis or nephrosis. An analysis also can provide information about the body's metabolism.

How confidential are the findings of a physical examination? It has been alleged before Congress that the results of some tests conducted for life-insurance purposes have found their way into computerized data banks. Some persons have been refused credit on the basis of confidential medical findings.

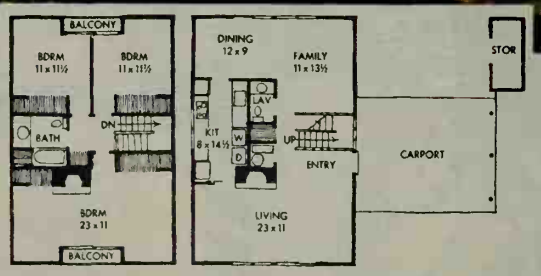
Legally, however, such results are your private concern and may not be disclosed to anyone without your consent in writing; indeed, according to Dr. Kent of the Life Extension Institute, even an employer who pays the bill for an examination is not entitled to a copy of the findings without the subject's approval. ■

(Written in cooperation with Edwin Kiester, Jr., a noted medical writer.)

Our Readers' Favorite House Plans



You'll enjoy peace and quiet with this outstanding home design. The excellent floor plan separates living and sleeping areas. The bedrooms are clustered together, yet none shares a wall with another room. The family room is downstairs along with a bedroom, bath, laundry, storage and playroom. The large fireplace wall in the living room and dining room create a feeling of warmth, while the cathedral ceiling gives a sense of spaciousness. The kitchen has its own eating area and is directly adjacent to the dining room, entry hall, and garage for easy access. The outdoor decks and pillared garage windows add even more gracious living and design. A beautiful home you'll be proud of! **House Plan No. 3709-A 2250 sq. ft. living area, 68'x36' excluding garage.**



French Country Charmer welcomes all with its character and warmth. A striking and practical house, the central utility core helps cut construction costs as does the bold mansard roof which also forms the walls of the upper level. The floor plan creates a feeling of spaciousness usually found in much larger homes. Covered carport protects the main entrance and doubles as a sheltered play area for the children. **House Plan No. 3503-A, 24'x36', 1,729 sq. ft.**

Each plan package includes a complete set of working drawings, a list of materials required for cost estimating, and an outline of specifications for workmanship and materials — including points to be considered in your contract with the builder. Each plan is priced as follows:

Home plans package is $35 for the first set, 4 sets $60.00. Add'l sets $10 each. Please include postage and handling — $1.50 for one set, $2.00 for four sets.

Please send plans indicated below: (No. of sets)

_____ No. 3709-A

_____ No. 3503-A

Total amount enclosed $_____

Name _____

Address _____

City _____ State _____ Zip _____

GUARANTEE: Money back if not completely satisfied.

master charge

your BANKAMERICARD welcome

If you use your charge card, fill out boxes below:

Expiration Date Month/Year

Master Charge Interbank No.

Credit Card No.

Send order and remittance to: **Better Homes and Gardens, Dept. 2R3 Box 374, Des Moines, Iowa 50336**

How safe is that motorcycle?

Any type of personal transportation offering up to ten times the gasoline mileage of the average V-8-engined auto means impressive economy. This fact helps explain the fast-rising sales of motorcycles, since even the biggest and fastest of them can travel nearly three times as far as a standard-sized automobile on a given amount of fuel.

Motorcycling has reached boom proportions, with sales annually quadrupling to the point where over two million were sold last year. And the industry expects a continuing rise in sales. (To meet demand, one Japanese manufacturer is assembling its motorcycles in Nebraska.)

But fuel economy alone isn't the primary reason for the mushrooming popularity of two-wheeled transportation. Motorcycles also represent a novel and low-cost way to put fun back into travel. And in this context, travel can mean anything from quiet, open-road touring of the nation's highways to bone-jarring but exhilarating trips across terrain fit for mountain goats—with many variations between the extremes. Of course, thousands of motorcycles are bought for utilitarian purposes, such as commuting to work or school. But most are purchased for recreation.

Yet no one will deny that motorcycles are potentially dangerous vehicles. Occupants are injured in a little over eight percent of all auto incidents, while with motorcycles the injury rate jumps to about 80 percent. Growth in motorcycle sales has had a grim corollary: road accidents involving motorcycles are on the upswing, too. And motorcyclists are obviously more vulnerable in accidents than are drivers of cars. Motorcycle riders are the victims in four percent of all motor vehicle fatalities but are involved in less than two percent of all reported highway accidents.

Much of the blame for these condemning accident figures can be placed on rider inexperience. One industry source points out that as many as 60 percent of motorcycle accidents involve riders with less than six weeks' experience. It appears that greater dexterity in handling the cycle and an ability to assess situations faster allow the seasoned motorcyclist to avoid what the neophyte can't.

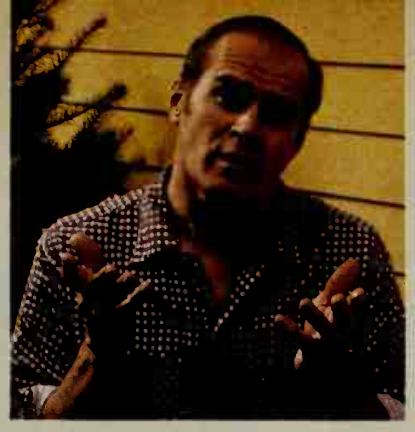
No matter where the blame falls, the motorcycle industry recognizes the seriousness of the problem and wants desperately to improve the safety record. The Motorcycle Industry Council Safety and Education Foundation, established by manufacturers, marketers, and dealers, is trying to do just that. A program to train secondary school teachers in motorcycle rider safety education is now under way. Another program, sponsored by a major motorcycle importer, budgeted over $2 million in 1973 for a traveling school for beginning riders. These efforts may help reduce the danger. And states that require a separate motorcycle driver's license offer still another incentive to learn safe handling.

If you decide to buy a motorcycle but don't really know much about them, there's another, quite different danger. You may end up paying a lot of money for a machine that won't really do what you expect it to. The following tips can help you buy wisely.

If you're a beginner, you have three types of motorcycles to choose from, differing as much in character as in purpose. And as with cars, the more complicated and specialized the machine, the higher the price. In almost all of the following categories, you can expect prices to range from around $300 to well over $2,000. Here are the basic types of motorcycles: 1) the street cycle that's designed primarily to travel only on paved surfaces; 2) the off-the-road bike built to absorb the punishment of trail and dirt riding; and 3) the cycle that can be used both off the road and on the street. Don't give more than a passing glance to competition class motorcycles — they're for experts.

Engine sizes are stated in cubic centimeters of displacement, whereas car engines are sized by cubic inches. The larger the "cc" number, of course, the larger the engine. Motorcycle engines range in displacement from 50 cc (about lawn mower size) to 1,200 cc (close to the displacement of some small imported cars); in all three types of motorcycles you'll find nearly the complete range. Another factor to consider is whether the engine is two-cycle (or two-stroke) or four-cycle (four-stroke). Most manufacturers concentrate on either one or the other. Since two-cycle engines have fewer parts, they require less attention than four-cycle types but are less economical.

t-timers should avoid
ycles with the larger dis-
ent engines, from 350 cc
ot just because those bikes
be dangerous, but also be-
hey weigh more. A heavy-
l beginner could not nego-
hem at low speed and
h traffic.
the other hand, your first
ycle needn't be the small-
ilable, either. Ideally, it
have enough power to
ace with the traffic flow
pect to be riding in; that
nean 55 mph and passing
ity for freeway driving.
pt for their engines, mo-
es are simple products,
re isn't a great deal of dif-
between one and the next.
rse, the bigger and costlier
ycles have features not of-
n smaller ones—such as
starting, hydraulic disc
or perhaps a tachometer.
ne models you'll have a
of color, on others none.
as with buying a new car,
sible to jack the price of a
ycle sky-high by letting
ingers do the walking
the option and accessory
he only difference is that
otorcycle add-ons tend to
tical—there's little room
erbread. On a street bike,
ance, you might want to
options that provide pro-
and utility: a windshield
tubular-steel leg guards
p) or a luggage carrier
ff-road bikes can, in addi-
se self-protection items
gine guards to fend off
bout $20). And all types
orcycles require a tough
device to prevent theft.
outfitting yourself for
cling, keep self-protec-
mind, too. A helmet, for
, is a must (and it's re-
y law in some states). A
lmet must meet federal
tion standard Z90.1 and
be paired with a visor or
ing goggles. To guard
flying stones and possible
gravel or slick surfaces,
a point to wear leather
nd ankle-shielding boots.
it comes to other cloth-
e well-dressed motor-
as something more than
in mind. After your first
a bike you'll realize that
nmer riding can be cool.
d is almost abrasive, and
insects can hit with the
f a blunt arrow. Wear at
heavy windbreaker and
heavy-weight fabric.
rcyclists aren't easily visi-
ther traffic, so it makes
nse to dress brightly.
ght, bright colors when-
u can, particularly at



"What's the best time of the year to paint my house?"

"Should I use a brush or roller?"

"Can I use a latex over an oil-base paint?"

"Will this shade of gray cover rose in one coat?"

Bring your paint problems to the Pro Shop. Your Fuller-O'Brien Dealer.

There's one place where you won't get a brush-off when you come in with a paint problem. The Pro Shop, your Fuller-O'Brien dealer.

Your problems are his problems. Because paint is his whole profession. And his professional reputation depends on the paint job *you* do.

That's why he features premium quality Fuller-O'Brien paint. For easy painting. Easy cleanup. And for a paint job you'll *both* be proud of. For years to come.

So why waste time with amateurs? When you have a paint problem, go right to the top. That's The Pro Shop, your Fuller-O'Brien dealer.

He's listed in the Yellow Pages.

"It takes more than good paint to do a good paint job. That's what I'm here for. To help you solve problems and avoid mistakes."

We've been solving paint problems for over 100 years.

CHANGING THE SCENE WITH CARPET AND RUGS

**Richard W. Jones,
Pamela W. Cullison,
Robert E. Dittmer**

Without buying a single stick of new furniture, you can give any room a new personality simply by changing the floor covering. The *kind* of personality your room exhibits—and whether it looks bigger or smaller after you're through—will depend not only on the color, pattern, and texture of the floor covering you choose, but also on whether you use wall-to-wall carpet, room-size rugs, area rugs, or a combination. To get an idea of the various effects you can achieve, check what happens to this living room when we covered the floor four different ways.

White or light-colored wall-to-wall carpet will make a small room look larger, give it a feeling of spaciousness and sophistication. Whether your furniture is traditional or contemporary, white on the floor will emphasize what you have (this can be good or bad depending on the condition of your furniture). This short shag all-wool carpet (top right) is lightly flecked with turquoise to pick up the color of the walls. The carpet blankets every inch of the floor with comfort and luxury.

Something quite different happens when wall-to-wall pattern is laid on the floor (right). First of all, instead of having an enlarging effect the way plain carpet does, pattern tends to make the room seem smaller and cozier. If your furniture and upholstery are simple and unadorned, a patterned floor covering will really perk things up. If you already have pattern in the room, take care to select carpet or rugs that won't clash or compete with what you have. As a rule, the bolder and brighter the pattern, the more it will dominate

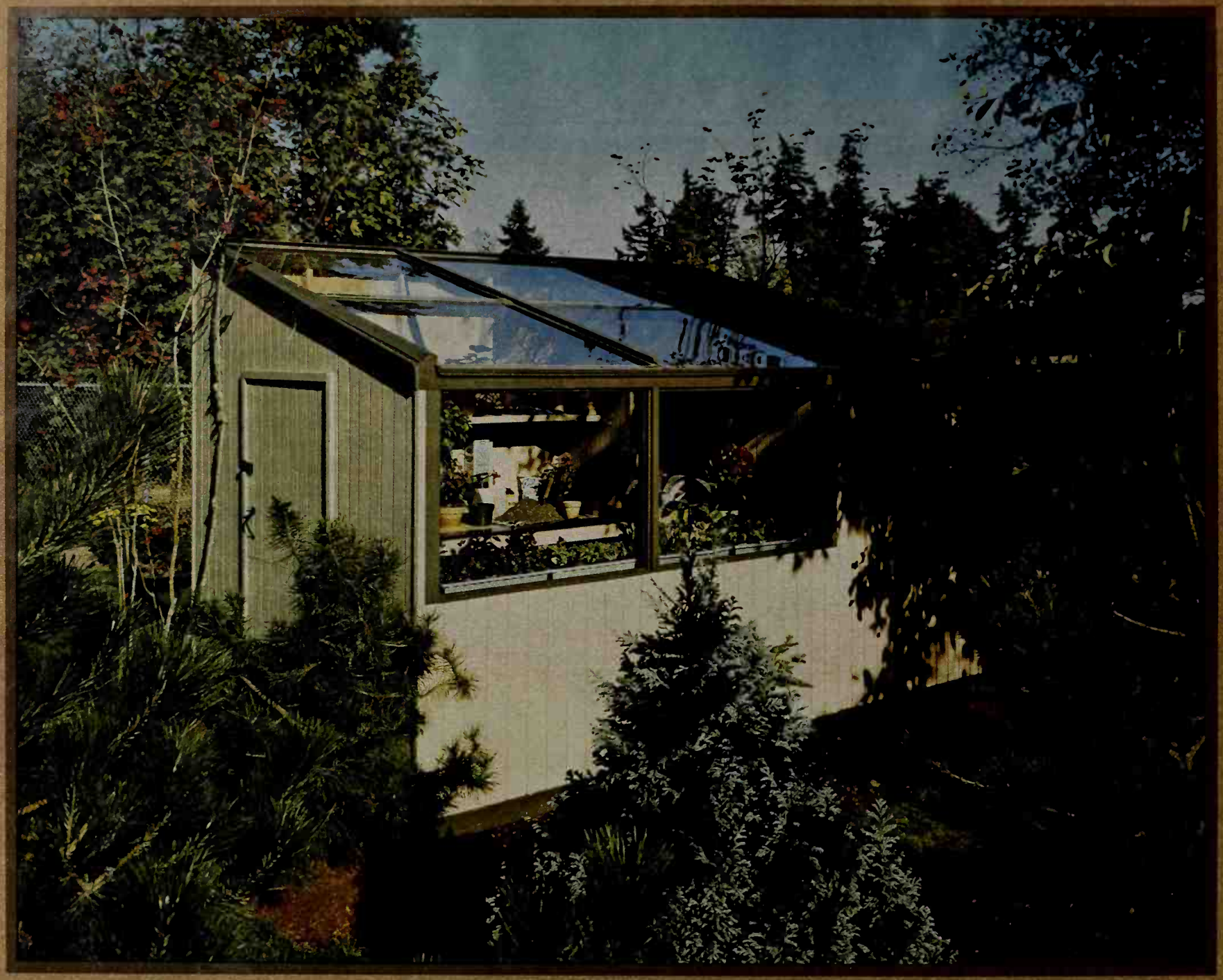
your decorating scheme. (This is fine if the pattern underfoot merits center stage.) The colors of this patterned carpet—gold, turquoise, and white—are subtle so they don't overshadow the beauty of the traditional furnishings. On the practical side, patterned carpet is great for camouflaging spills, footprints, and general wear and tear.

Perhaps you haven't heard of sisal matting before, but we'll bet you've seen it in many places. Airport lounges, restaurants, offices, and other high-traffic places make extensive use of sisal because of its long-wearing, extremely durable qualities. This bright yellow sisal carpet (top left) combines style with sturdiness, and gives our otherwise traditional room a smart contemporary feel. For an extra dash of color and excitement, we placed a Moroccan area rug in front of the sofa.

With their rich colors and complex designs, Oriental rugs can make most any floor an elegant focal point. The rugs are at home with any style of furniture, and they blend with all kinds of color schemes. Normally, you expect to see Oriental rugs on beautifully stained and polished hardwood floors, but if you don't have them, do as we did and paint your floor white (this one is pine), then cover with a protective coat of polyurethane. Against the white, the rugs stand out in splendor. Like all patterned rugs and carpet, Oriental rugs disguise footprints and spills.

Buying information, page 106

Photographs: Mike Dieter



A DO-IT-YOURSELF STOREHOUSE/GREENHOUSE OR WHAT HAVE YOU

Yesterday's rustic backyard storehouse—the springhouse, the toolshed, the smokehouse—handily sheltered a good share of our grandparents' daily chores. That same outbuilding concept, rejuvenated for the way we live now, can serve just as admirably today.

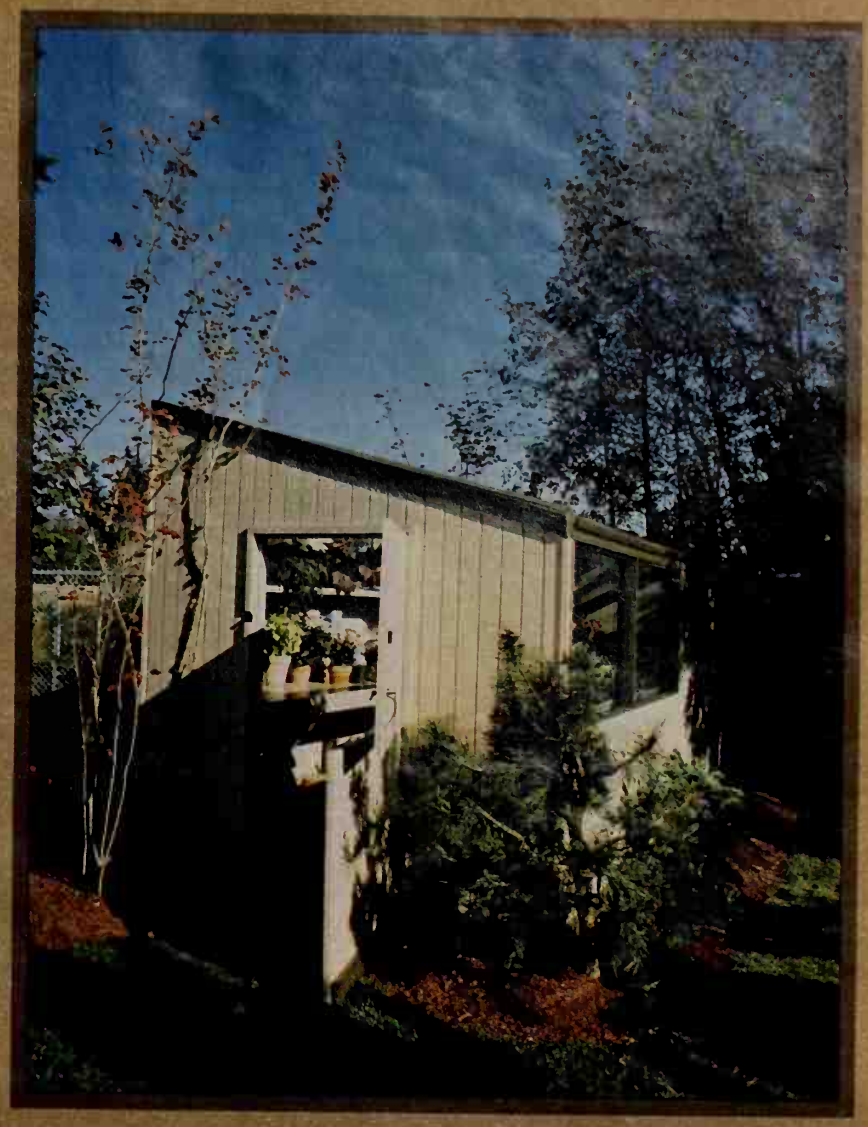
To prove the point, we designed and built this compact 8x12-foot structure that adapts to just about any family recreation or outdoor storage requirement. The basic plan can easily be customized with building materials that suit your needs and budget. You can even enlarge the plan in simple four-foot increments and subdivide however you wish. This little building is anything you make of it.

Our plan, shown here, puts the structure to double use—two-thirds a greenhouse and one-third a garden-equipment storehouse. It's built on a cement slab foundation with 2x4-inch studs and rafters, and sided with stained ⅝-inch Texture 1-11 plywood. Growing benches and storage shelves inside are cut from A-C grade plywood. Durable acrylic sheeting covers the greenhouse roof; glass is used in the walls. Rugged cedar shakes top the storage section.

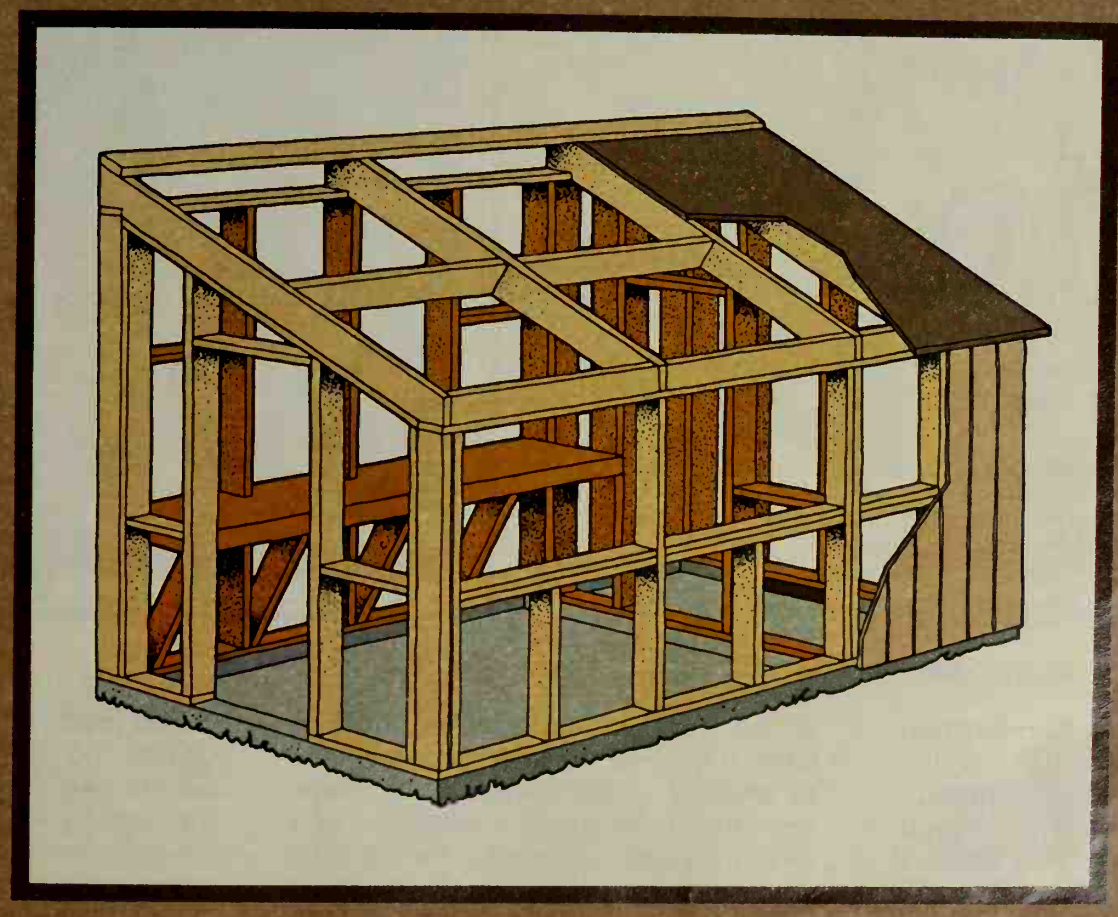
The Dutch doorway is functional as well as inviting, and can provide intermittent ventilation for plants. Acrylic-covered vents on the rear wall help exhaust hot air. (If your climate requires a more elaborate ventilation system, you might consider ridge-line vents or, better yet, a power ventilating fan can be mounted on the rear wall.

To prevent rotting from the high humidity most plants thrive on, we treated interior lumber and plywood with an effective wood preservative which won't harm plants. Excess interior moisture is channeled from the ceiling in ⅛-inch-wide, ⅛-inch-deep drip rails, cut into the rafters. (To protect expensive equipment in the storage section from greenhouse moisture, a door can be installed between the two areas.)

This versatile greenhouse tailors to any climate. If you're worried about too much sunshine and high temperatures, substitute tinted acrylic or opaque corrugated plastic for the clear acrylic we used. Roll-up screens, vinyl plastics, or paint-on materials also will shade your greenery from excessive sunlight. If you live in a region where winter temperatures dip too low for your plants, insulate between studs with polystyrene foam, sealed by a polyethylene vapor barrier. And if your part of the country gets heavy snowfalls, you'll want to insert extra rafters for stability and cut down the size of the



Photographs: Hedrich-Blessing. Design sponsor: American Plywood Association



acrylic roof panels.

If mechanical heating is necessary, be sure to select the right system for both climate and plants. Here's a simple formula to help you determine the capacity of the heater you should install:

—Find the difference between the lowest outside temperature and the temperature you want to maintain inside the greenhouse. (The latter depends on the types of plants you grow.) For example, if you want an inside temperature of 60 degrees, and the coldest nighttime temperature you anticipate is -10 degrees, the difference is 70 degrees.

—Next, compute the number of square feet of exposed glass or acrylic in the greenhouse. The square footage of acrylic and glass in the 8x8-foot greenhouse area we built is 88, including the 8x8-foot roof and the 3x4-foot windows.

—Then multiply the temperature difference (70 degrees in our example) by the square footage of exposed panels (88 square feet). In this case, the product is 6,160.

—Finally, multiply the last figure (6,160) by a constant, 1.2, to find the minimum number of British Thermal Units (BTUs) required to heat the greenhouse adequately. In our example, the heating system must have a minimum capacity of 7,392 BTUs.

In locating your greenhouse, strive for a southern exposure. If that's out of reach, next best is southeastern, followed by eastern. Remember that longer shadows of tall trees or buildings can shade the growing area during winter months when the sun is low on the horizon.

The materials in our design are available at most building supply outlets. Total cost: less than $600, depending on where you live. You can save by pouring piers or by using a perimeter foundation with a dirt or gravel floor. Also, less expensive roofing materials can stand in for our cedar shakes.

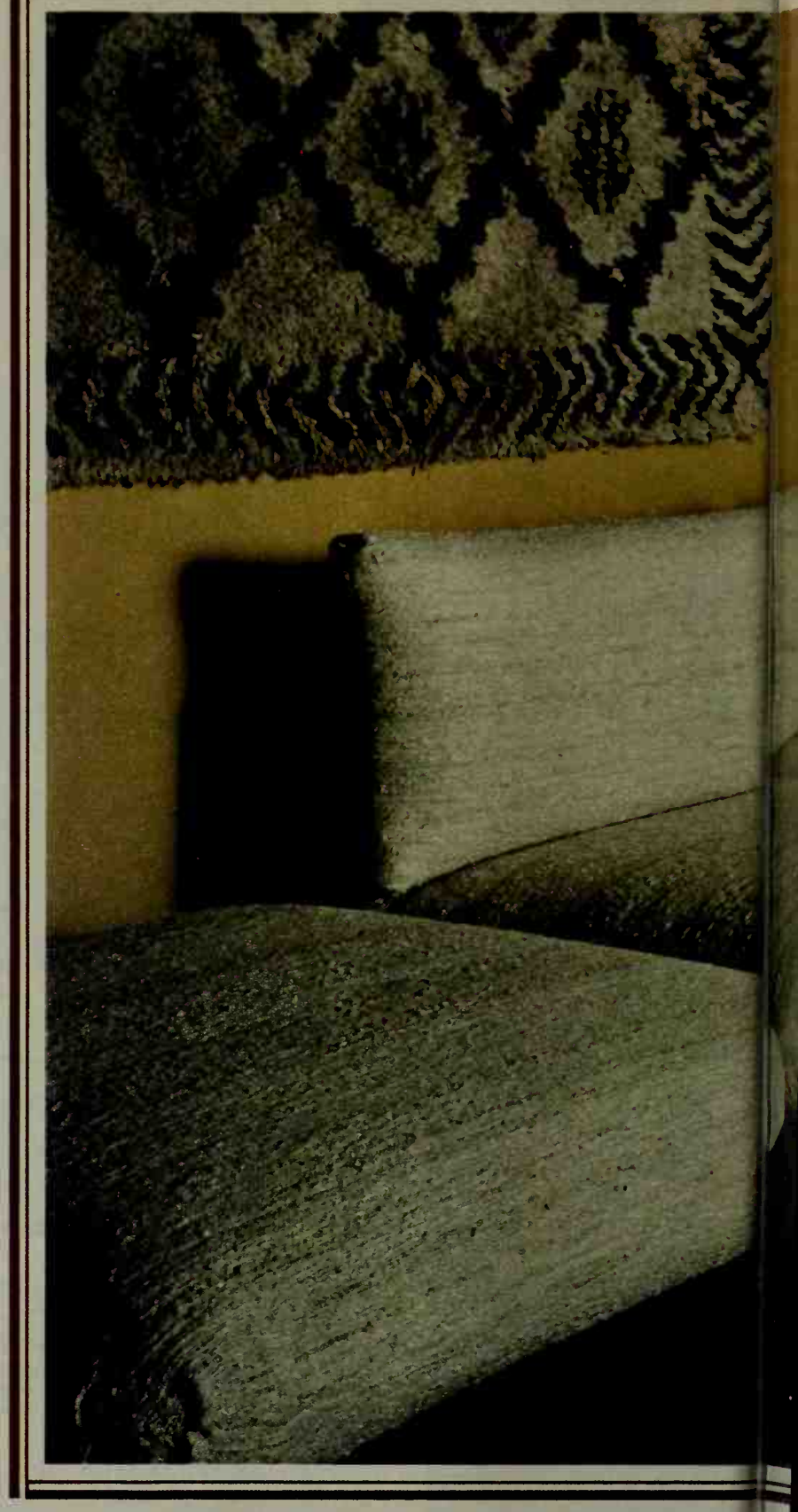
If you're a start-from-scratch gardener, you might want to extend the wall glass to the ground and use the extra lighted space below the growing benches for stock plants.

But don't let our adaptation of this basic design intimidate you. Working from our plans, you can make this versatile outbuilding just as fancy or as down-to-earth as you please. The kids can claim it as an outdoor playroom. Add some cots or bunk beds and the youngsters can camp out without leaving the security of the backyard. For summer-only use, side the structure with screen panels for an airy picnic shelter. Or put it poolside for a quick-change cabana.

With heating and insulation, you can enjoy your backyard year-round from the inside of your shelter. Make it a woodworking shop for the man of the house. Set up a kiln, potter's wheel, or brushes and easels for your crafts buffs. If a one-room structure suits your requirements best, you can eliminate the divider wall between sections.

Better Homes and Gardens Project Plan 4504-Z. To order, see page 115

PROJECTS: BUILD YOUR OWN SEATING



IF YOU CAN MAKE ONE OF THESE UNITS, YOU CAN CREATE A COMPLETE, VERSATILE ARRANGEMENT

By David Ashe, Pamela Wilson Cullison

Furniture that offers comfort, function, versatility, and beauty is hard to find. When you do, the price is often prohibitive. That's why we designed this good-looking grouping for you to build. It consists of four 30-inch-square, 12-inch-high modules (exclusive of backs) that can be arranged and put to use in a variety of interesting ways.

By building the corner chair, two straight-backed chairs, the no-back chair, and the table, you can create any of the configurations we're showing here. If none of these arrangements is to your liking, feel free to build fewer or more of the basic modules to suit your own special needs. Perhaps all you want is a chair or two. Maybe you'd like a sofa that wraps around several corners, or around the room. A lineup of straight-backs would make a handsome banquette; two corner chairs form a love seat or a tête-à-tête. The possibilities are practically limitless.

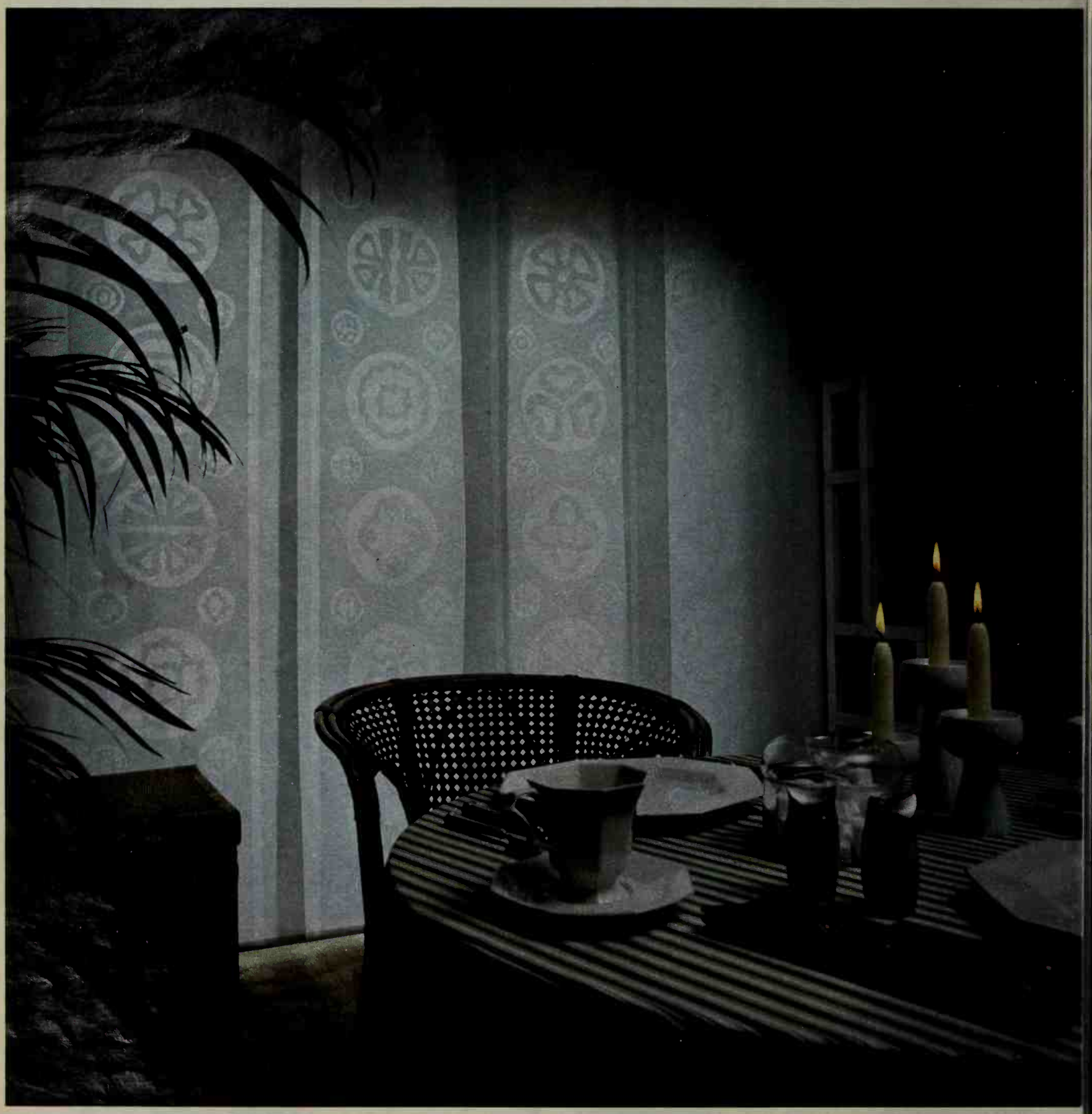
The modules are easy to build, requiring no tricky construction techniques. We used select pine 2x4s for the legs, ¾-inch stock for the aprons, ½-inch plywood for the seating decks, and plastic laminate for the tabletop.

Layers of foam sandwiched together make comfortable cushions and eliminate the need for springs.

Better Homes and Gardens Project Plan No. 4504-1. To order, see page 115

Photographs William Hopkins

EXOTIC ORIENTAL PANELS



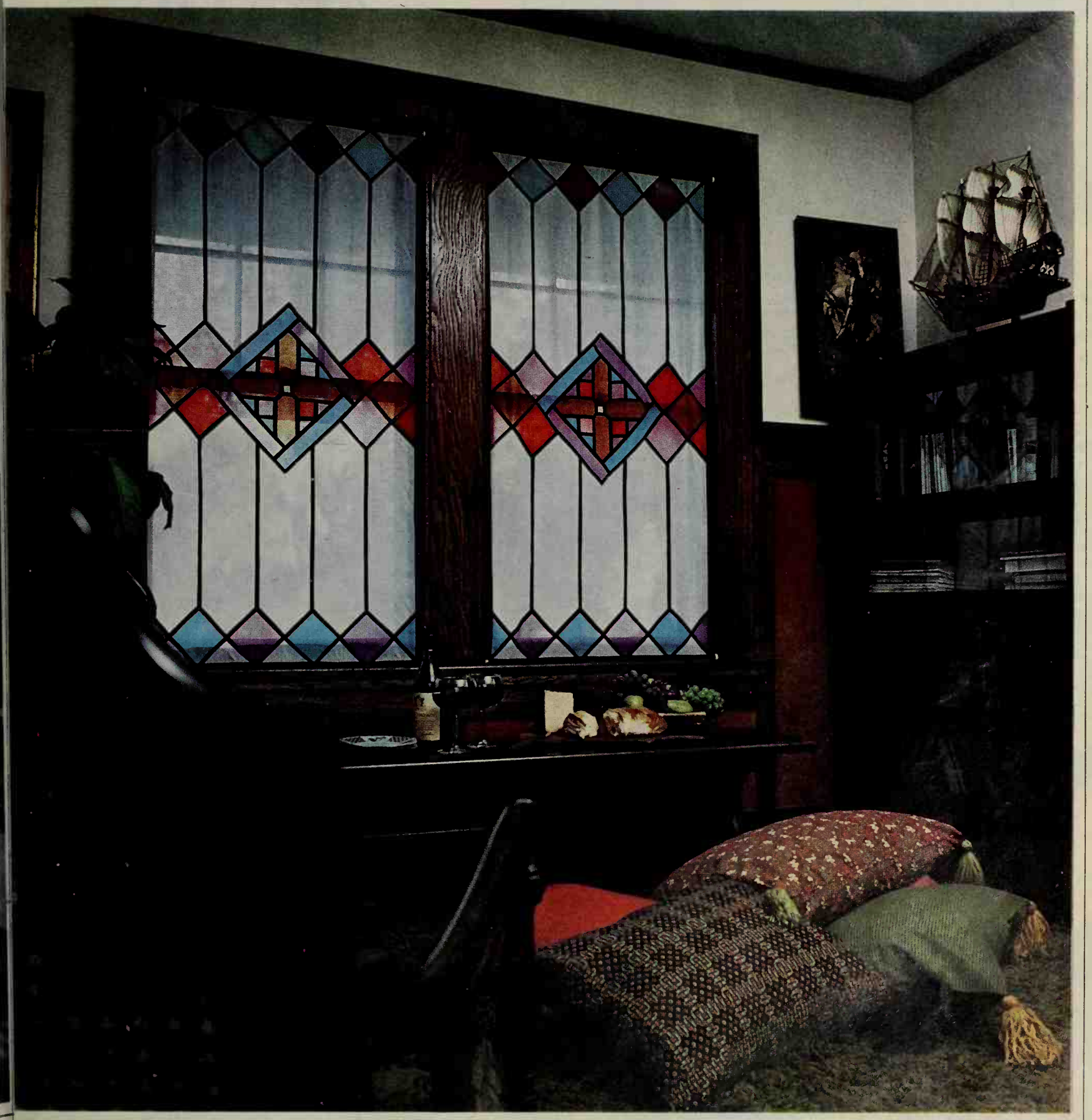
No-sew window treatments

Elizabeth D. Craster

Sewing is a great way to save—as anyone knows who's beaten the cost of custom draperies by making her own. But if you've never gotten the hang of needle and thread and sewing machine, all is not lost! Our two window treatments are stitchless wonders. Instead of stitching the fabric together, you bond it with a hot iron. The technique is fast and easy, and the resulting casement curtains and panels are good-looking and reasonably long-lasting. (Even the most exquisitely stitched fabric will fade somewhat over the years.) So—strike while the iron is hot! Fashion your own window treatment and be one up on your nimble-with-the-needle friends. They saved money with their handiwork—but you succeeded in saving without really stitching.

Exotic oriental panels, above

STAINED-GLASS CASEMENT CURTAINS



made by sandwiching together ular and iron-on interfacings material that's hidden in the kness of coat collars)—such as on and Pelomite. You simply e the design on the iron-on in- facing with a pencil, cut it out, bond fabrics together with a iron.

he stained-glass curtains, above, e equally humble origins: lining ic and black iron-on tape. You cut out pieces of the lining fabric, carefully position them in the desired designs, outline with the black iron-on tape, then press in place with a hot iron.

We've placed our window panels and casement curtains in two very different room decors—the first contemporary, the second turn-of-the-century. But you'll find that these curtains are wonderfully versatile. Once you are proficient in the tape technique, you can vary the designs to suit your taste and your needs. For instance, you may want to make stained-glass curtains a la Mondrian—or use floral motifs in the circles instead of the chinoiserie accents we selected. If you opt for the stained-glass effect, bear in mind that the designs must be geometric (straight-lined) as the tape doesn't lend itself to curves. You can vary the size, too. Instead of making long panels like ours that move on a ceiling track and cover sliding glass doors, you may want to make small panels to block out a bathroom window—or use the casement curtains on either side of an entryway door. One thing these curtains won't do is fold. There has to be tension, so hang them straight on dowels or tension rods.

How-to information, page 110
Buying information, page 106

A little soil, a little water, and True Temper

True Temper tools don't take over Mother Nature's responsibility for growing things. But, we like to think they help a little. True Temper lawn and garden tools are made to give the best care possible preparing and maintaining your garden. This garden, and many gardens to come.

If you're already a gardener, you know the pleasure that comes from watching a flower or plant come to life. If not, we'd like to help you get started. You may have a full "backyard farm" or a simple apartment window box. But, with Mother Nature and True Temper, it will be certain to be a success.

Home gardening can offer health and happiness . . . and in today's economy, you may save many dollars on the vegetables you'll grow.

SPECIAL OFFER! For "Eager Beaver" Gardeners $3.50 Value for only $1.00

You get the "Gardening with True Temper" brochure . . . packed with helpful gardening tips such as planting, soil, nutrients, thinning . . . covering root and vine crops, leafy vegetables, heads, stalks crowns, herbs, perennials, frost dates for the entire country . . . you're sure to be delighted with the wealth of information.

PLUS . . . you'll also receive four packs of assorted vegetable seeds to get your garden started

Just send this coupon with $1.00 (check or money order please) along with the sales slip you receive when you purchase a True Temper garden tool, and note the tool number on the sales slip. Send to:

SPECIAL OFFER, True Temper Corporation, 1623 Euclid Avenue, Cleveland, Ohio 44115

Name_____

Address_____

City_____

State_____ Zip_____

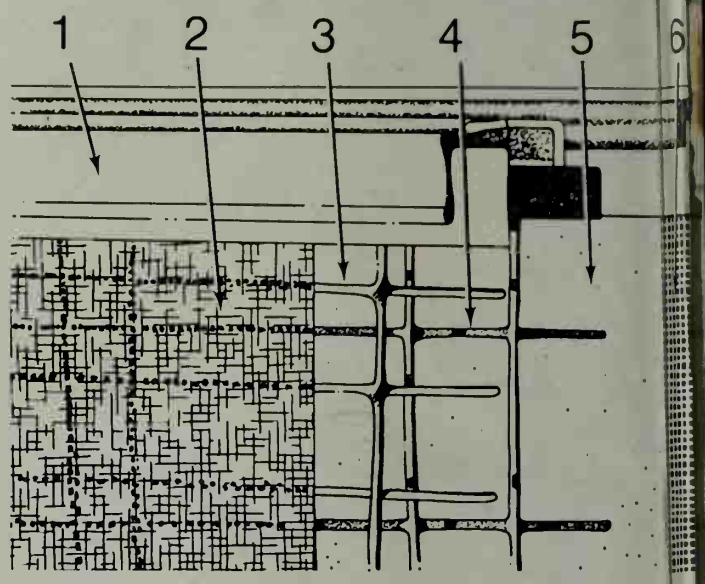
TRUE TEMPER®

An Allegheny Ludlum Industries Company

Offer valid through October 31, 1975

58

GOOD NEWS



CONSTRUCTION DETAILS

1 Frame is aluminum or galvanized steel and separate fro and final elements by ¼" to minimize pressure drop cro the filter.

2 2 ply woven polypropylene filter element.

3 Front element galvanized steel reinforcing wires. Dead air space.

4 Final element galvanized steel reinforcing wires.

5 Dacron mat filter element.

6 1 ply woven polypropylene filter element.

Note:
¼" filter contains only sections 2 and 3. MA-HD filt co tains all of the above sections plus a ½" thick loosely ack mat of nylon filaments held in place by galvanize st reinforcing wires and section 4 is located downstr m section 6.

A clean furnace filter is one of the keys to efficient—and econ mi heating and air conditioning system performance. This ne p nent filter eliminates the need for purchasing a new filter eac n What's more, it's almost twice as effective in removing airb ne and pollen as the glass strand type filters. Here's how it works

Airborne dust flowing into the filter through the air ret n is attracted to the plastic filtering element by a natural ele ro charge. Since trapped dust and pollen particles take on e charge as the filter element, they actually help increase its ci When the filter is fully loaded, simply remove it and vacuun t Stubborn, greasy dirt films come off with some soap and wa r. the filter is unaffected by repeated washings, it should last a lo your furnace.

Here's a home comfort tip that will also help cut down c e consumption: Keep your furnace blower fan running yea ar whether you have central air conditioning or not. The co tin flow prevents the air from forming thermal layers (hot by th ce cold on the floors and around windows and doors). This lp thermostat react to the overall temperature of the house, ra er just the area where the thermostat is located. The constant ow enables the filter to perform all the time.

Magna-Tronic Permanent Furnace Filters, from $3.35 to $2 heating and air conditioning departments. Ace Engineeri pany, 2850 West Harrison St., Chicago, Illinois 60612.

continued

"I laughed when they set down the bowl of new, improved Gaines·burgers®."

Then they said, these are the moistest Gaines·burgers ever. And the meatiest Gaines·burgers ever. And the best-tasting Gaines·burgers ever.

I said that was marvelous, but he wouldn't eat them.

Well, he ate them.

I mean, he *demolished* them.

So now my dog demolishes them regularly. The Beefy Gaines·burgers and the Cheese-flavored Gaines·burgers and the Gaines·burgers with Egg. He likes the variety, and I found that I don't really miss having those cans of half-eaten dog food all over my refrigerator.

I'm not laughing anymore.

GF GENERAL FOODS

e won't eat them, I said.

I mean, all he ever eats is canned
g food. It's got to be moist and meaty,
he just stares at you and walks away.
if it doesn't come from a can, forget it.

But these are new, improved
ines·burgers®, they said.

I said that was very nice, but my dog
uldn't eat them.

New moist and meaty Gaines·burgers.

The canned dog food without the can®

A nutritious combination of meat by-products and meat, vegetables, vitamins and minerals.

There's something kind of nice about picking your own vegetables for dinner. Everything tastes better, and the savings don't hurt a bit (as lots of new backyard farmers are finding out).

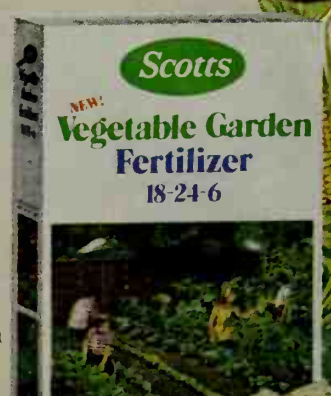
You'll see the difference a good fertilizer can make.

But if you want a better crop you have to fertilize. Scotts® new Vegetable Garden Fertilizer will give you more lettuce, tomatoes, sweet corn and beans. It has both fast-release nutrients to get your plants off to a strong start and slow-release nitrogen for a balanced, prolonged feeding.

Introducing Scotts new Vegetable Garden Fertilizer. It will give you more lettuce, tomatoes and beans and that's a promise.

Our slow-release formula means our fertilizer lasts longer than the water-soluble, quick-release brands. Some of these brands suggest 2 or 3 feedings per crop. With Scotts, once is usually enough. It can be used on all vegetables, and there's no risk of injury to your plants if you just do what it says on the package.

We've been in the business of growing things for one hundred years. You'll see the difference our new Vegetable Garden Fertilizer will make.



GOOD NEWS

Here's a new dimension in four-channel sound—wireless rear speake Lack of wires makes it easier to arrange all four speakers arou your listening area for optimum sound reproduction. Or, you can up the receiver/tape player as a "base unit" and use the wirel speakers in other rooms. Each rear speaker has its own amplif and volume control.

The complete system has four amplifiers for true discrete fo channel operation. There's also a unique "duet programming" ca bility that enables you to listen to AM or FM radio over one pair speakers in one part of the house while simultaneously playing reco ed tapes through the other pair in another room. Separate slide lev control all four speakers for balanced sound no matter where you sitting.

SP 2980 Four-Channel AM/FM Stereo 8-Track Player with W less Rear Speakers, $429.95 in audio departments. Hitachi Sa Corporation of America, 401 West Artesia Blvd., Compton, Ca 90220.

You can make the fishing season last all year round and save a lo money by making your own fishing lures. No matter what kinc fish you're after, you can improve your chances with a lure m from one of these kits.

With the fly-tying kit you can fashion classic patterns of dry wet flies, nymphs, and streamers, or create your own patterns. the necessary equipment and materials to tie several dozen flies contained in the kit.

Bass and bluegill fishermen will appreciate the popper kit. It cludes all hooks, bodies, skirts and paint you'll need to make 35 sorted genuine cork popping bugs.

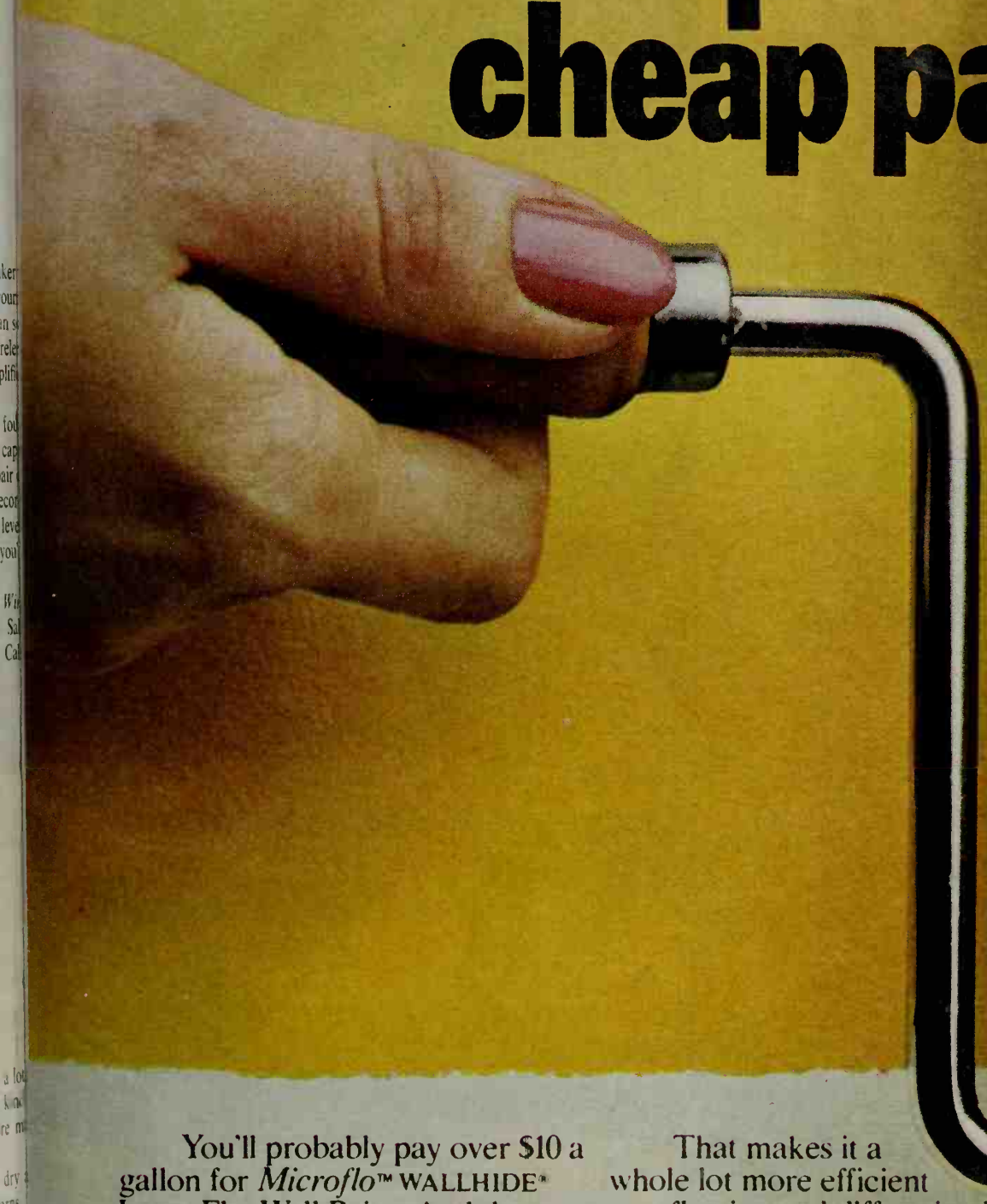
The jig-tying kit includes material to make 24 lead-head jigs wide variety of colors and sizes. If you're serious about crappies walleyes, this is the kit for you.

If you're just a fisherman trying to catch whatever lurks ben the surface of your favorite fishing hole, you can probably snat big one with a lure from the lure-making kit. It includes all the for standard French and Reflex spinners, Colorado and June spinners, wire leaders, and your own "secret weapon."

Worth Fishing Hobby Kits, from $6.50 to $13.25 in sporting g and hobby stores. The Worth Company, Box 88, Stevens P Wisconsin 54481.

continued

Why expensive paint is less expensive than cheap paint.



You'll probably pay over $10 a gallon for *Microflo*™ WALLHIDE* Latex Flat Wall Paint. And that may seem a little steep.

Before you use it, that is, and find out how it pays you back.

You see, unlike anybody else's latex flat wall paint, its hiding properties don't come from pigment alone. The patented *Microflo* process creates millions of microscopic voids after it's applied to a wall.

That makes it a whole lot more efficient at reflecting and diffracting light. Which, in turn, makes your walls come out looking superb. And incredibly even from end to end.

There are several other advantages, too.

A really creamy consistency that lets it go on easy and fast.

A special formula that helps it hide what's underneath, really resist fading or staining, and wash like all get-out (thousands of times, actually, without wearing through).

And, of course, some of the choicest colors known to woman. Hundreds of colors that keep looking nice and fresh long after nobody loves them anymore.

Microflo WALLHIDE. You pay a little more when you buy it. You get a lot more when you use it.

See your *Pittsburgh* Paints retailer. He's in the Yellow Pages.

PPG INDUSTRIES PPG: a Concern for the Future

PITTSBURGH PAINTS

PPG Industries, Inc., One Gateway Center, Pittsburgh, Pa.

16 pages that un-complicate window buying and simplify your life.

FREE

"Pella Window and Door Ideas" book contains a guide to different window types, and how each works. Distinctive examples of window treatments in various architectural styles. A section on things to consider in window placement. Plus detailed information on how you can eliminate screen and storm window chores. How you can reduce maintenance and fuel costs. And a number of other things that can simplify your life.

I would like to know more about:
☐ Double-Hung Windows, ☐ Casement Windows, ☐ Awning Windows, ☐ Sliding Glass Doors, ☐ Wood Folding Doors.
☐ I plan to build. ☐ I plan to remodel.

Name_____

Address_____

City_____

State_____ ZIP_____

Telephone_____

Pella

Mail to:
Pella Windows & Doors, Dept. C01D5
100 Main St., Pella, Iowa 50219

These Better Homes and Gardens Booklets Solve Your Most Common Home Problems

These handy booklets, containing over 600 pages of easy-to-follow solutions, show you how to do it yourself and save money. Each book is packed full of descriptive photos, hundreds of fresh new ideas and tips for making your home more practical and beautiful. You'll find a booklet for almost every home improvement need. ONLY $1 each, 3 for $2, 8 for $5. Buy all 12 for only $7.00—you save over 40% of the individual price. (Price includes postage and handling).

Buy all 12 — you save over 40% of the individual price.

☐ 02205 Patios, Decks, Fences
☐ 02207 Storage
☐ 02208 Rec. Rooms/Basements
☐ 02209 Bookshelves
☐ 02210 Painting, Finishing, Redecorating
☐ 02211 Bathrooms
☐ 02218 Gardening/Landscaping
☐ 02219 Fireplaces
☐ 02230 Kitchen Planning
☐ 02231 Enlarge-A-Room
☐ 02232 Floors, Walls, and Ceilings
☐ 02233 Home Upkeep and Repair

Better Homes and Gardens, Dept. 2RC
Box 374, Des Moines, Iowa 50336

Name_____

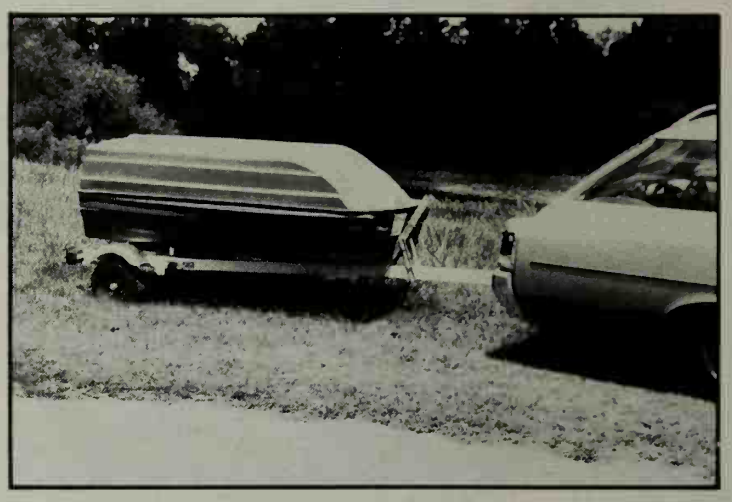
Address_____

City_____

State_____ Zip_____

OUR GUARANTEE: Your satisfaction, or return your purchase in 10 days for a full refund.

GOOD NEWS



Here's a boat designed with the camping family in mind. On the road, it folds into a weatherproof, lockable container for all your camping gear. When you reach your destination, simply unfold it and tighten two bolts and you have a 14-foot-two-inch boat ideal for fishing or just plain fun.

Constructed of tough polyethylene, the boat features twin-hull design. Sturdy aluminum framing members and flotation foam are sandwiched between the inner and outer hulls. The tri-hull bow design provides a stable, sprayless ride even on choppy water. An ice chest for keeping the day's catch cool is molded into the inner hull.

The boat is rated for motors up to ten horsepower with a load of 513 pounds. And, here's a special bonus: Pull the hinge pins and the front half becomes a terrific small boat, just the right size for small streams and ponds. It handles motors up to 3½ horsepower.

The Clam, $398 through marine dealers. SPC Sales Corp., Lewis Square, 2240 East 49th Street, Tulsa, Oklahoma 74105.

"Country Place? It's the new Weldwood panel that makes us feel like we changed our address. Not just our walls."

Old Orchard

"We always wanted a country place. But we never dreamed we could afford one.

"Then we saw Country Place.™

"It's the super new Weldwood® paneling with the weathered barn siding look. It even has knotholes!

"And it comes in seven colors. We picked Old Orchard. It's a subtle moss green. That goes with everything we have.

"It was easy to put up too. My husband used ordinary tools he has around the house. Installed it right over our old walls. And did it all over a weekend.

"All About Wall Paneling showed him how. It's a booklet we got with the paneling at our U.S. Plywood Dealer.

"Country Place. It doesn't cost that much. It's beautiful. It's built to last year-in, year-out. And that's terrific!"

You can see Country Place at your local U.S. Plywood Dealer. He's listed in the Yellow Pages under 'Paneling.'

Be sure to ask to see the new treatments on our classic Wayside Inn® and popular Candyland™ lines of paneling. And all the other Weldwood Panels.

While you're there, pick up a copy of All About Wall Paneling. Or send your name, address and 50¢ to U.S. Plywood, P. O. Box 61, New York, N.Y. 10046.

Potting Shed | Splitrail Brown | Salt Box

Hencote Red | Hunter's Moon | Smokehouse

Weldwood®
PANELING
from U.S. Plywood

It's like furniture for your walls.

U.S. Plywood
Champion International Corporation

Dear Rick,
How about fighting me off for a change?!
Happy Hai Karate!
Love,
Joanne

©Pfizer Inc., 1975

Give him what he likes.

begins on page 40

Houseplant how-to

leaves appear where the old ones were, but this technique should.

Take tip cuttings, but instead of rooting them in some medium, potting them up, and moving them on, why not do something simple? Put them in water in an attractive container (not metal). You will be surprised how decorative they'll be—and how easy to care for. Keep the container filled with water and you can go off for a couple of weeks without worrying about how the plants will get along.

Cut bare stems back to leafy portion or stub of plant. New growth will put out in time.

A single large stem from a leggy dieffenbachia or dracena can be impressive by itself. (Don't get dieffenbachia sap in your mouth; it's toxic.) Or, you can use small pieces, say from ivy, philodendron, pothos, croton, or coleus, to make an arrangement-style water garden.

Opaque glass containers are the best (the water stays cleaner) but clear glass ones are more fun. You can watch the roots as they twist and grow.

Anchor heavy stems in gravel or a needlepoint holder.

When water looks murky, pour it off and replace completely.

Most cuttings will form such good roots that you can pot them in soil if that's the way you prefer to grow all your plants. Remember, though, that cuttings moved from a liquid medium to soil will need frequent watering until they're well established. Frequent means watering when the soil surface starts to dry out —not so much that you create mud.

Don't discard dieffenbachias or dracenas that you top. They'll eventually sprout at one joint or another and from the base of the plant.

April reminders

- Order herbs such as tarragon, sage, chives, and thyme to grow in a sunny window.
- There's too much sun now for African violets in a south window. Adjust blinds or draw sheer curtains, or move plants to an east or north window.
- Take cuttings of begonias. Root them and combine several in a large container for mass effect.
- Plant seeds of tall-growing nasturtiums in hanging baskets.
- Check regularly under large plants standing on the floor in clay saucers. Moisture seeps through clay and can ruin carpet.

Painful elimination is unnatural.

Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

But there's nothing natural about it.

No matter what your age, you should have comfortable elimination.

And Serutan makes this possible.

Serutan is the effective laxative that forms a smooth gel in the lower digestive tract, where it combines with intestinal waste to give you comfortable relief.

There's no strain, and no cramps. That's because Serutan, with its natural ingredients, adds the necessary moisture and bulk to work *with* your system for smooth, easy results.

If you suffer from painful elimination due to constipation or dry, hard stools, try Serutan. You'll be very comfortable with it.

begins on page 24

Upholstery how-to

the underside of the roll. Stitch it in place with a curved needle and heavy-duty thread. Now sew the cording flush with the edge roll, raw edge facing down. When the cover is smooth and firm, tack down the sides and back.

Blind-tack the top of the front panel flush with the cording. Use a strip of heavy cardboard or a pre-tack strip. Then draw the panel firmly down over the strip and tack it to the underneath of the frame. Tack down the sides along the arm posts.

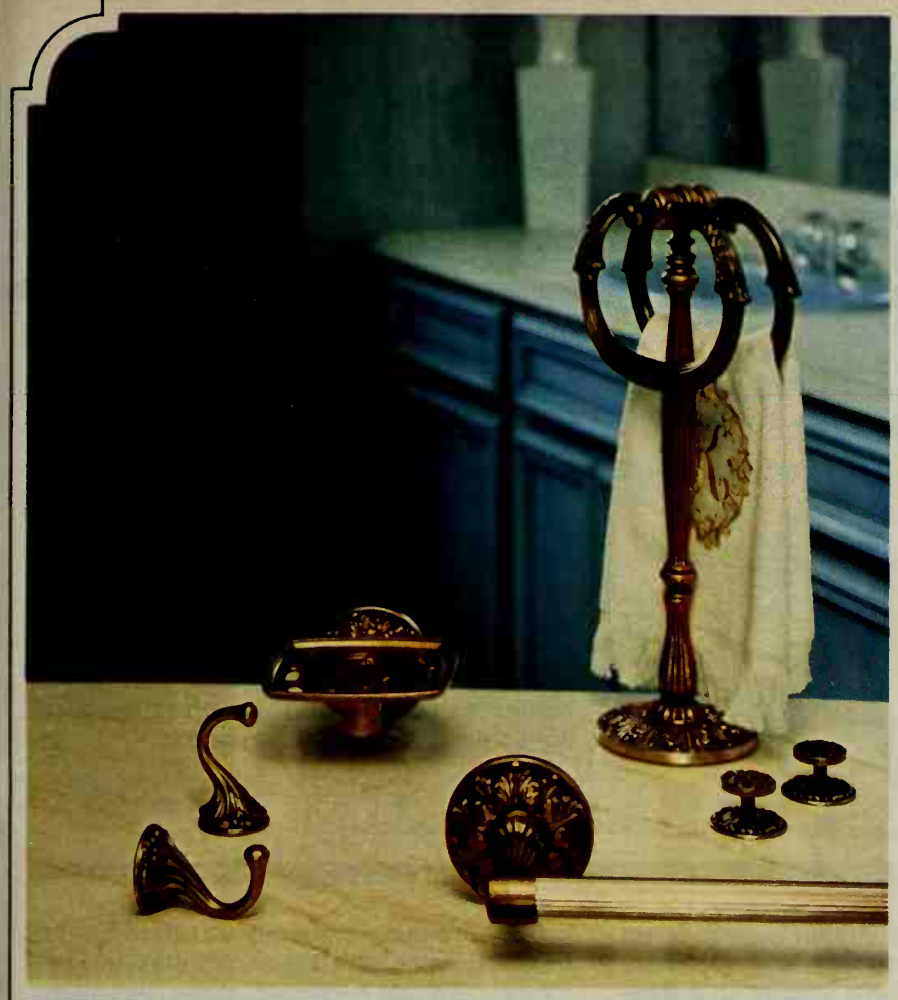
To cover the inside arms, tuck the bottom of the cover piece under the tacking rail. Fix it in place with three or four baste tacks. Pull the cover up and over to the underside of the top arm rail and baste-tack. Baste-tack the cover to the front arm facing and back post. Smooth out any wrinkles, make sure the cover is taut, and tack down.

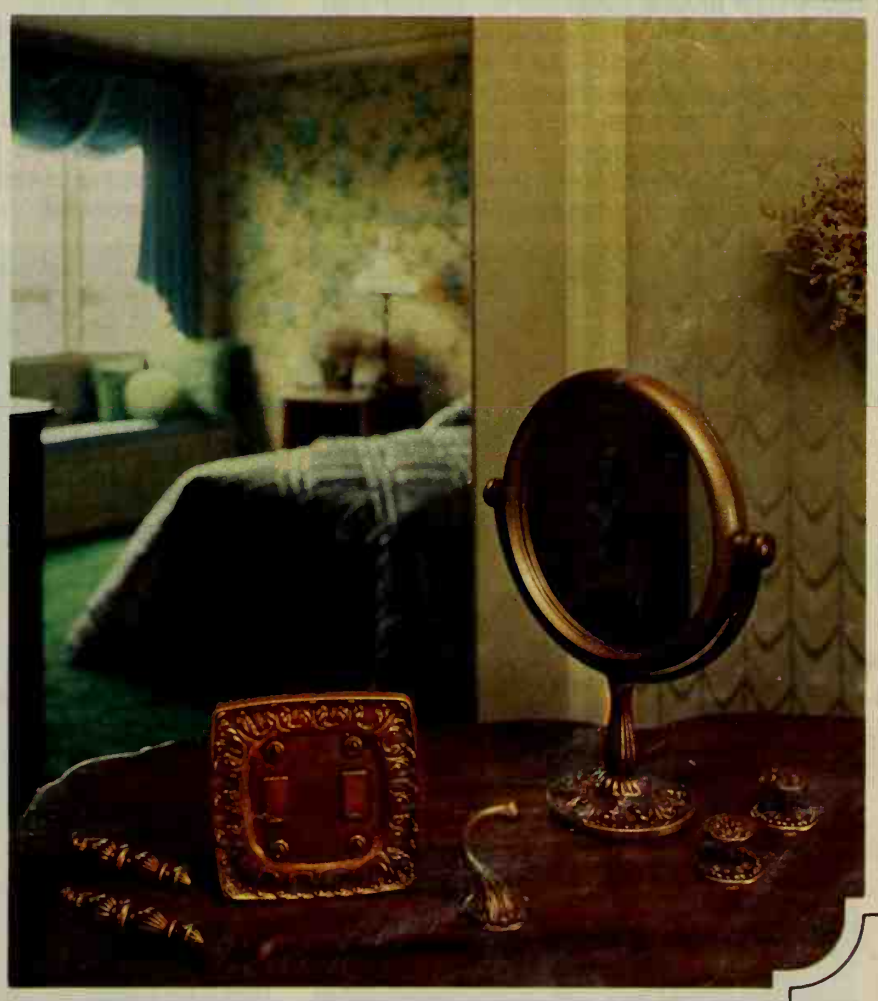
Now center the cover over the inside back. Baste-tack the bottom to the bottom seat rail at the back. Pull the cover tightly up and over, and baste-tack it to the back of the top rail. Cut the fabric carefully to fit around the bottom posts and arms, then pull the cover through to the back. Baste-tack the sides to the rear of the back posts. Work the fullness at the corners into evenly spaced pleats, facing down. Once the back is smooth and firm, tack it down.

Now tack cording to the front arm facings and along the outside edges of the back. Blind-tack the top of the outside arm covering to the top arm tacking rail. Turn the raw edges under and pin the sides flush with the cording. Sew to the cording with a curved needle and heavy-duty thread. Tack the bottom of the cover to the underneath of the chair.

The outside back is attached in the same way as the outside arm. Blind-tack it at the top, turn under the sides, and pin flush with the cording. Sew the sides to the cording. Tack the bottom to the underneath of the chair. Now turn under the raw edges of the front arm facing cover and baste-tack it in place. Then sew it to the cording with a curved needle.

Now turn the chair upside down and tack a piece of dark cambric or denim over the webbing. After turning under the raw edges, begin baste-tacking in the middle of each side and work out to the corners. Keep the fold and the tacks at least ½ inch back from the outside edge of the frame. Then tack down.





Kirsch Coordinates. Upstairs, downstairs, all around the house.

Looking for an easy way to give your home a lift? Try Kirsch® Decorative Home Accessories. Fine crafted room accents that dress up not only your bath, but your other rooms too. With everything from dual-channel shower rods to countertop vanity mirrors. Switch plates to tissue holders. Door knobs to robe hooks. Metal parts all solid cast with a tough acrylic coating. Three designer motifs. "Chateau"—traditional beauty in antique brass, shown above, and antique white. "Atavio"—drama in antique pewter. "Concord"—simplicity in antique brass, shown above, and textured casual chrome. You'll find Kirsch Coordinates at better stores everywhere. Or write: Kirsch Co., Dept. E-475, Sturgis, Mich. 49091.

Kirsch

where quality still means something.

Last of a three-part series

How to get the house you want

Buying a mobile home

This is the last installment of a three-part series on single-family housing. We said in the opening article that in spite of the many obstacles facing most families who want a home of their own, a deep and vital need for housing still exists, especially for new families just entering the market. And we noted that by closely examining the ten best alternatives available, you might turn up one or two that you hadn't considered before. This last installment discusses three of those alternatives and shares with you the experiences of families who chose them.

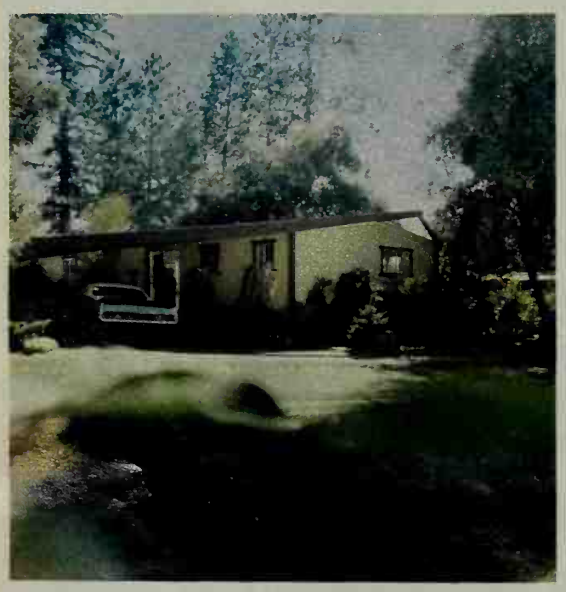
Until recently, the words "mobile home" conjured up visions of ugly, crowded eyesores. Actually, these instant mental images usually were of the *neighborhoods*, not the homes themselves. The "trailer parks" of old, with their barren sites and cheek-by-jowl density, still live to haunt today's mobile home villages—and it's a bum rap. Fortunately, however, people with guts and imagination—manufacturers, developers, and buyers alike—are waging a slow but effective battle to demonstrate that mobile homes can indeed be an attractive, economical answer to housing needs.

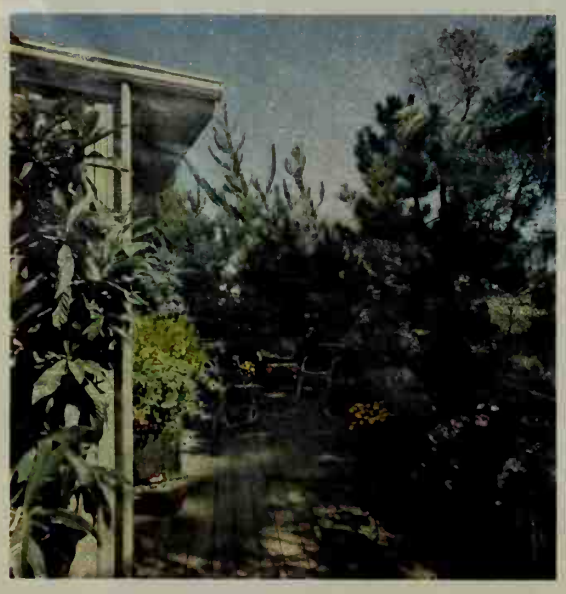
By Stephen Mead and David Haupert

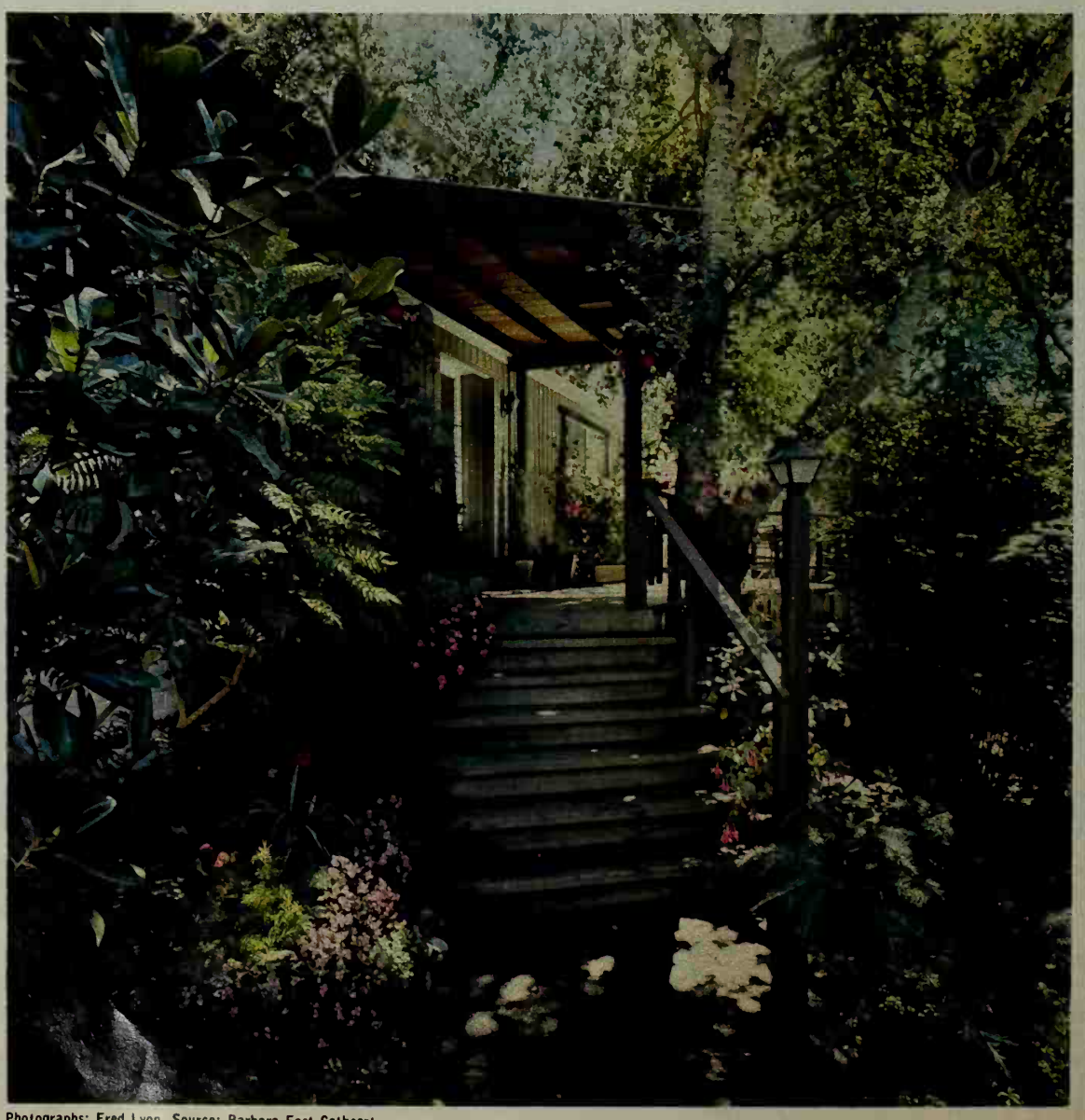
"Aren't those things dreadful," Ruth Davenport remarked to her husband Ed as they drove by a mobile home park. "You'll never get me into one of those things." A few months later, Ed and Ruth indeed were living "in one of those things," and loving it.

It all started when the Davenports, who had decided to move from southern to northern California, were invited to spend the weekend with friends living in Montevalle, a mobile home community near Santa Cruz, California. Montevalle is no ordinary mobile home "park"—it's nestled in a tree-covered mountain valley, and the actual building sites are perched on a wooded hillside overlooking a community lake and commanding a breathtaking view of the surrounding mountains. It didn't take long for the Davenports to react—they bought a lot that very weekend.

Because the community was restricted to mobile homes, the next step was to shop for one. Ed, an engineer, chose the manufacturer, based on his evaluation of the factory's quality standards. Then Ruth took over, picking options, colors, and materials. "It was like buying a car," remembers Ruth. The optional extras she chose included changing the style of the hutch in the dining room, ordering a larger window in one of

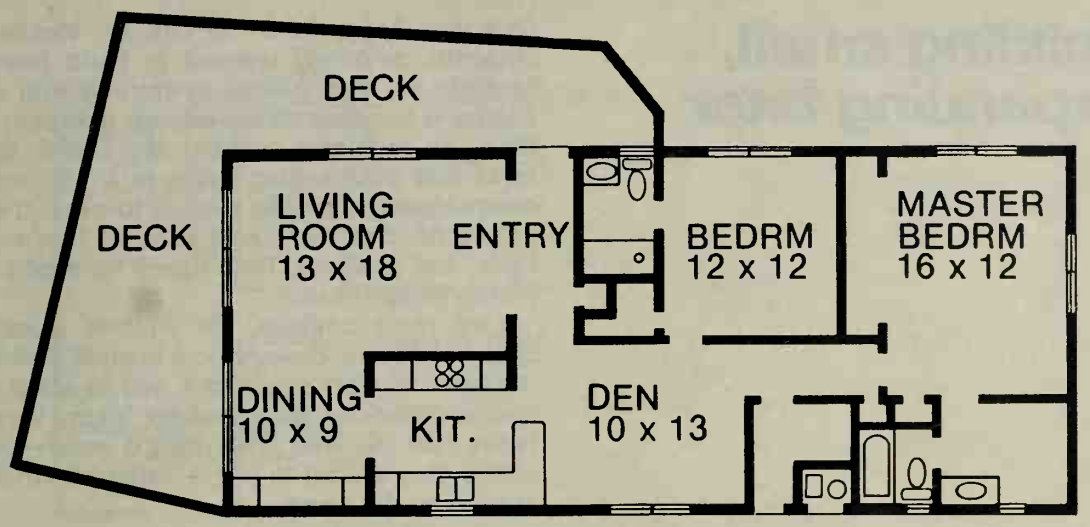






Photographs: Fred Lyon. Source: Barbara East Cathcart

Buying a mobile home
Building small, expanding later
Contracting to build from mail-order plans



the bedrooms, and installing louvered doors between kitchen and dining room and between den and entry hall. Total cost of options: $1,000.

The home, known as a "double-wide," is 24 feet wide and 60 feet long—1,440 square feet of living space. Ed designed and added a carport, wraparound deck, entrance stairs, window trim, and special fascia boards. Ruth designed the landscaping, arranging the foliage to provide complete privacy for all outdoor living areas.

Mobile home communities vary dramatically and offer a wide variety of amenities and restrictions. Montevalle, for example, sells lots to its residents, while many other developments lease their sites. The Davenports have access to a community center (located in a picturesque old mill) and two swimming pools; some villages offer neither, some provide even more. Families of all ages can live in some developments; in Montevalle, the minimum age is 18. Recreational activities and organized social events abound for the Davenports; in other villages, it's "every man for himself."

Whether you live in a community or miles from civilization, the mobile home is a housing alternative worth considering.

Buying information, page 106

How to get the house you want

Building small, expanding later

There's nothing new about building small and expanding later; it's a practice that dates back centuries. And it's never made more sense than today, with our tight money/high costs syndrome. In fact, the "go-all-out-now, worry-about-it-later" game plan is ruled out for all but a few families. Moreover, it's often difficult for a young couple to anticipate—accurately—its future housing needs. A sensible solution, then, is a flexible zoning plan that starts with a basic core and grows gradually, one section at a time. The house we've chosen, though larger than necessary, is a good example of how careful attention to zoning, proportions, exterior styling, and traffic flow can make orderly growth possible.

Dick and Peggy Puffer of Lincoln, Massachusetts, definitely wanted to build from scratch, but they balked at starting with a shell and finishing off the interior gradually. Dick, an architect, wanted the peace of mind that comes from living in a finished environment, and both wanted to avoid the hassle of coexisting with piles of lumber, tools, and sawdust. They opted for a completely livable house.

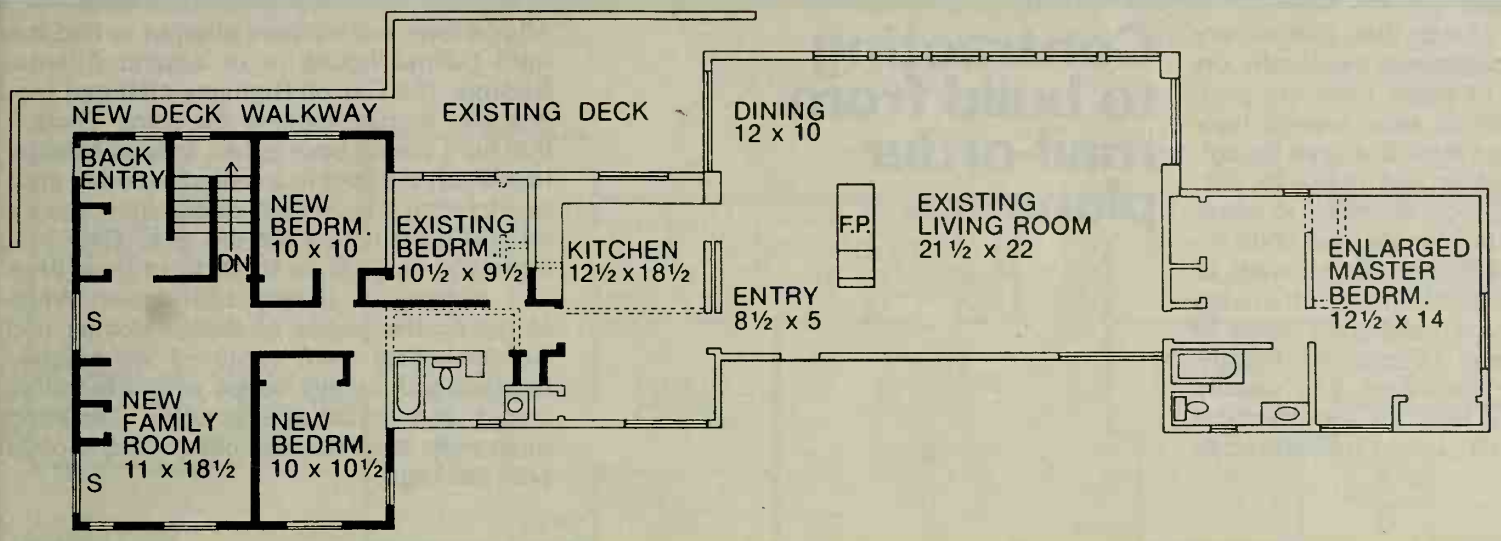
Like most couples, the Puffers would have liked to build everything at once. Their decision to start small and add in stages was dictated by their budget. Also, they really had no idea what they'd need—or where they'd want to put it—after children arrived on the scene.

The first phase consisted of three cabin-like sections, joined end to end (upper left photo). If the Puffer budget had been even tighter, they could have postponed the third section (right module of plan, opposite page), and started with two bedrooms, a bath, and kitchen in one unit and the living/dining area in the other. But they were able to combine two stages into one at the outset, living very comfortably with three bedrooms (one in left section, two in right), two baths, a study (in front of kitchen), kitchen, and the central living/dining core.

Four years and two children later, the house that had been more than adequate for two now seemed crowded. "We felt as though we were on top of each other," remembers Peggy. "And, before you have kids," added Dick, "you don't realize what a good thing it is to have a family room, well separated from the living room." To relieve the space squeeze, they decided to launch phase two.

They stuck with Dick's original plan to add another section onto the end of the house nearest the kitchen. The lower left photo shows how the proper proportions and plain barn-like styling made adding-on a simple transition. Rough-sawn cedar plywood blends old and new harmoniously.

Photographs: Maris/Semel. Source: Estelle Bond Guralnick



Inside are two bedrooms, a family room, and mud entry on the main level and a play area in the basement. Now that Bobby, five, and Sarah, three, have moved into the new section, the bedroom next to the kitchen is a full-time guest room—but it can be converted overnight to a third kid's room, should another Puffer arrive.

An important part of phase two was the kitchen expansion (large photo). The old wall between kitchen and study was removed (and the attic weight transferred to a ceiling beam). This made one room out of two and created a bright, open area with plenty of seating for the entire family.

Dick designed the new family room (two upper photos) to be a place parents and kids can enjoy together or separately. Drawers under the window seat stow toys; a redwood storage unit on the end wall handles books and adult paraphernalia. Out of camera range is a TV enclosure.

The living room (bottom photo), with its soaring spaces and cozy balcony, remains unchanged. And the end section of the house (see plan) is a private parents' suite.

Is the house a success? "You bet," says Dick. "It's exactly what we wanted, and it's working the way we wanted it to."

Buying information, page 106

How to get the house you want

Contracting to build from mail-order plans

Many homeowners who do their preliminary house hunting in magazines eventually order complete sets of plans from the publishers—a good way to save several hundred dollars in design fees. But even though the plans are complete and ready to use, it's wise to consult a local architect to adapt the house to your site, climate, and code requirements. And, of course, if you want to add space, change partitions, or otherwise rework the plans, you'll definitely want to bring in a professional. In spite of the additional design costs, however, you usually spend considerably less for architectural services than if you'd started from scratch.

After a long but fruitless attempt to find the right builder house in or around Atlanta, Georgia, the Carroll Bighams changed tactics and started looking for a lot. Though that hunt wasn't easy either, they eventually found just the spot in a rolling, wooded area overlooking a lake. Next began their search for the right house for the site. They first turned to magazines to sort out their likes and dislikes in styling and layout. While shopping the pages of Better Homes and Gardens, they were captured immediately by a rugged, stately house with a rambling layout and loads of character. Tempting them even more was the offer of a complete plan package.

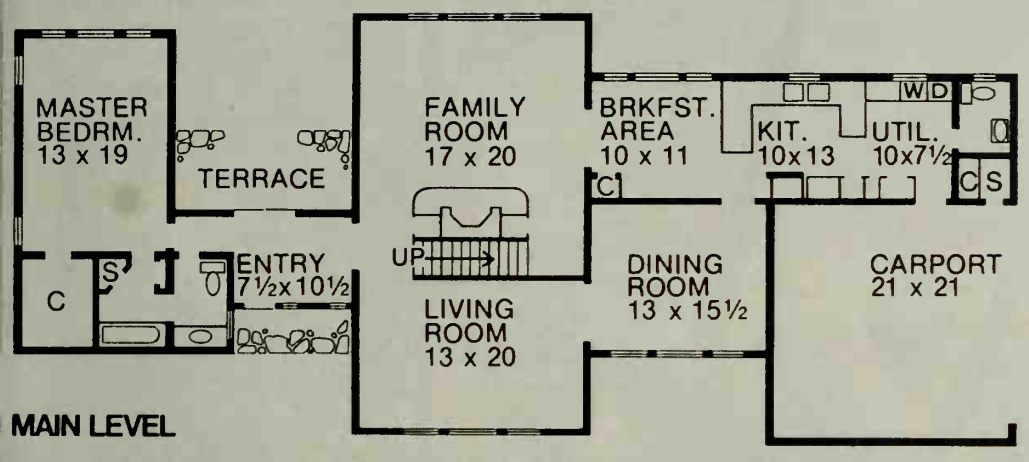
Even though the house wasn't large enough and the rooms needed juggling, the Bighams ordered the plans and set out to personalize them as much as possible. They experimented with the drawings for the better part of a year, but ran into one technical problem after another. Finally they called in architect Knox Griffin to iron out the rough spots. He did so in short order, then graduated the Bighams to the building stage which Mrs. Bigham described as a "delightful experience."

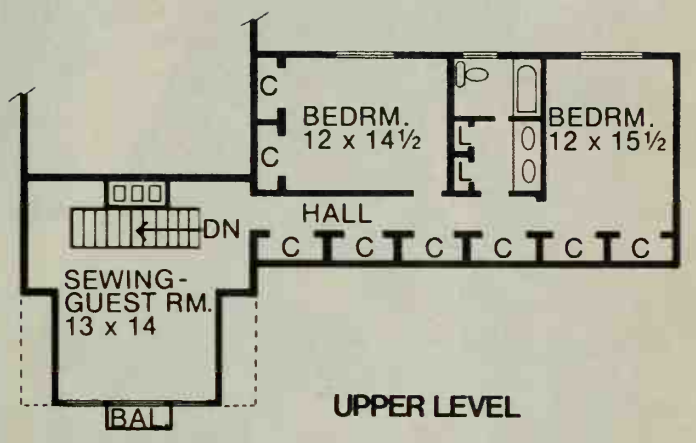
Because of the breathtaking view behind the house, nearly every room is oriented to the rear (see plan). A massive wall of glass in the family room (below and opposite page) almost brings nature inside.

The second level of the original house contained only a small loft above the living room and attic space above the wings that extend from each side of the central core. The Bighams wanted more bedrooms, so architect Griffin raised the roof of the right wing and added a dormer at back to fit in two good-sized bedrooms, a full bath, and a whole raft of closets. The former loft is a cozy sewing room that doubles, when needed, as guest quarters. "When I'm in that room," says Mrs. Bigham, "it's like being in a tree house."

Out front, the architecture is an unlikely but effective combination of Swiss chalet and New England farmhouse—with charm galore. In spite of the higher roof on the right wing—plus several smaller changes—the Griffin/Bigham version isn't much different from the original house, first published in March, 1964, issue. Cedar-shake roofing and rough-sawn cedar siding combine with a picturesque second-level balcony to give the house more than its share of character. A tasteful landscaping plan —designed by a professional and executed by the Bighams—blends the house into its natural surroundings.

Photographs: Hedrich-Blessing. Architect: Knox Griffin. Source: Susan Medlock





The family room, with its dramatic view of woodland, is a favorite of the Bighams. Its enormous window area, vaulted ceiling, and exposed beams give it a swooping personality seldom found in builder houses. The room's massive fireplace (see plan) was placed on an inside wall so the back wall could be virtually all glass. Oak-stained pecan paneling and earthy colors unite interior and exterior.

In retrospect, the Bighams think the house they got has lots going for it: a location of their choice, a design that's personalized, and a good investment.

Buying information, page 106

Sunny-side up kitchens

by Joan McCloskey

Don't let a dreary, dark-ages kitchen get you down. These three sunny success stories could lead you out of the dungeon into a cheery kitchen of your own.

We think a kitchen should be the sunniest, cheeriest room in the house. After you walk through these kitchens with us, we believe you'll agree.

Our three kitchens were renovated in different ways. One family projected a greenhouse addition from the kitchen. Another family added floor-to-ceiling sliding glass doors and a skylight. A third family sunnied up a dark kitchen with five sets of tall casement windows.

When the sun's angle is low during the winter or when the trees above the house are fully leafed out, the Smiths take advantage of the warm southern light that streams through the clerestory skylight window. Clearing the way for the new light source required moving a row of upper cabinets to the adjoining breakfast area where they're much more useful.

A 33x49-inch opening funnels light directly down to the island sink, making food preparation much easier. After dark, four spotlights inside the skylight wall shine on the work surface.

If you can't chop a hole in your ceiling, you might adapt the second way the Smiths brightened up this family activity area. They used floor-to-ceiling sliding glass doors to enliven the scene with a close-up view of lush growing plants outdoors.

Photographer: Hedrich-Blessing. Owners: Mr. and Mrs. Raymond Smith
Scout: Jessie Walker. Architect: Balfour Ames Lanza, A.I.A.

"It was dark as a dungeon in there," recalls Bernis West as she described her old kitchen. When the Wests bought an old Victorian house, they loved its character but hated the dreary kitchen. Crusty old green paint covered the cabinets, and well-worn red linoleum covered the floor. A porch off the kitchen is usually an asset, but not this one. Huddled against the east side, it merely kept the morning sun from streaming into the kitchen.

Like the good planner she is, Bernis mapped out the kitchen to fit her cooking habits—she likes an efficient, easy-to-clean kitchen. But most of all, she wanted light—natural light, and lots of it. The original 20-watt ceiling bulb in a Gothic fixture wasn't enough for her. To let in more light, she had the two tiny windows—over the kitchen sink, of course—replaced with five sets of hermetically sealed windows she can crank open. The new windows extend into the adjoining laundry, making that room as sunny as the kitchen. Now Bernis can listen to chirping bluebirds and warblers in the morning. When you ask for your morning eggs in the kitchen, you get them sunny-side up!

Sun bathes the kitchen all day long, and the plant population is thriving. To accent the greenery and bounce the sun to all corners of the room, Bernis chose white cabinets, ceiling, and walls. The white plastic laminate cabinets stay clean with only an occasional swipe of the sponge.

The stark white is warmed with wood. Rock maple covers the floor, and a ribbon of butcher block bands the counters around the kitchen perimeter.

Now that the back porch is gone, this family of four enjoys dinner around a white table in the far corner of the kitchen. Soda fountain chairs keep the atmosphere casual and add a nostalgic note. Open shelves next to the table hold favorite memorabilia and serving dishes. **Buying Information, page 106**

Photographer: Hedrich-Blessing. Owners: Dr. and Mrs. Michael West
Scout: Jessie Walker. Architect: John Vinci, Lawrence Kenny, A.I.A.

When the Goldens purchased their potentially charming home overlooking San Francisco Bay, they promised each other they would remodel minimally—no major structural changes. But they both agreed something had to be done about the stark, meat-and-potatoes kitchen. It was functional, but it was definitely short on light, space, and counter area. After several sessions with an architect, they came up with this free-spirited, fun-to-be-in kitchen/eating area.

The first point of attack was the view side of the kitchen. To look out at the sailboats drifting across the Bay, the Goldens had to peek out of two small windows over the sink. The architect's winning strategy: a lean-to greenhouse structure.

The addition attaches to the existing 7x6-foot porch and back entry. This greenhouse was custom fabricated, but you can also buy one ready-made in three-foot sections that attaches to an existing building. Roof panels are covered with glazed acrylic sheet since it's stronger than the glass panels used in the three walls.

To attach this extension to the kitchen, the old doorway leading to the porch was closed in, creating more wall space there, and the window wall section was removed, making the whole glassed-in area a part of the 10x16-foot kitchen.

A handy 2½-foot-wide deck holds planter boxes for eye-level greenery and flowers—and provides a platform for washing the greenhouse windows. Now the whole kitchen seems lighter and larger.

Only small changes were made in the kitchen itself. Appliances that formerly looked orphaned are grouped into logical working centers. The refrigerator/freezer moved into existing storage closets on the dining room sidewall. A butcher block table with an easy-grab utensil rack overhead was placed in the hub of the kitchen, adding a major working surface. The old linoleum had to go. New oak flooring mellows the kitchen and extends into the greenhouse area.

How did the Goldens live through the construction period? It wasn't easy, but good planning made it less traumatic than most remodelings we've seen. The addition was completed and in place before the wall to the kitchen was broken through so Mrs. Golden could continue to use the kitchen while work was in progress.

She warns first-time remodelers: expect a mess and delays in construction. Just remember the problems are temporary, and your refurbished kitchen is something you'll enjoy every day, for years to come.

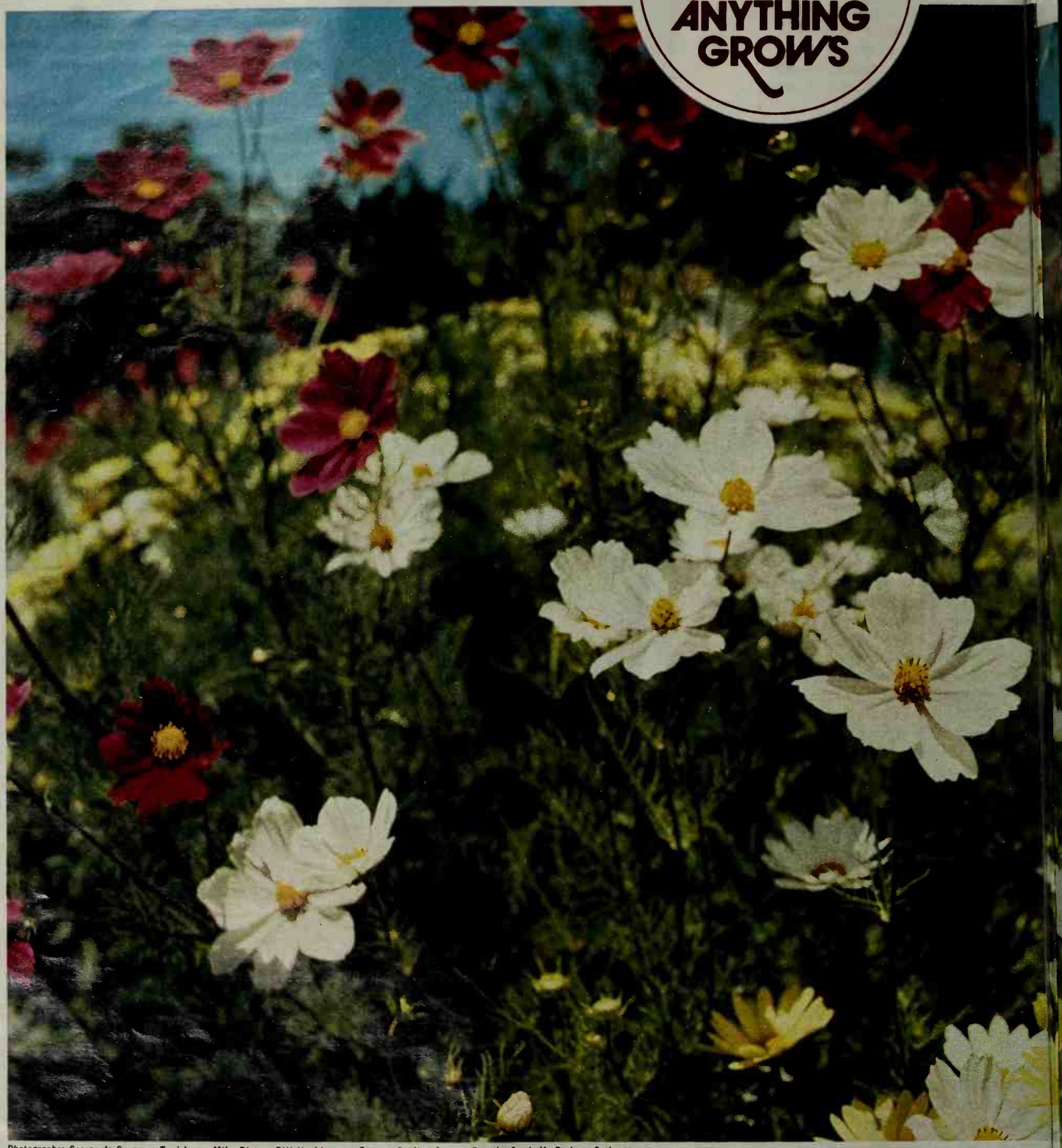
Photograph: Fred Lyon. Architect: Herbert Kosovitz, A.I.A.
Scout: Barbara Cathcart. Interior Design: Jerri Golden

small-scale gardening

ANNUALS TO ZUCCHINI-ANYTHING GROWS

By Hamilton Mason and Beverly Garrett

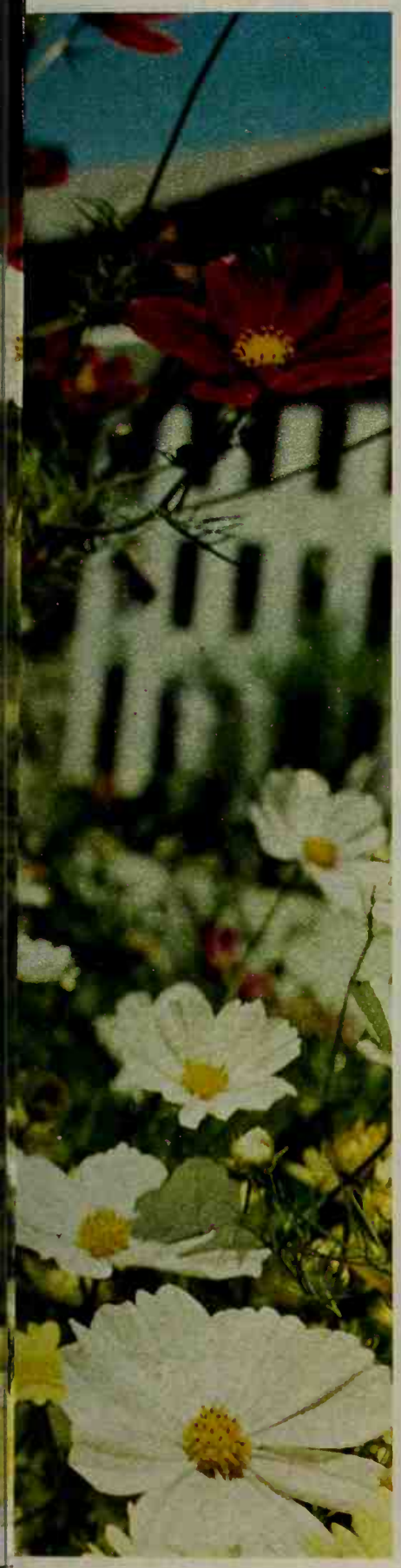
Toss out the rule book and let yourself grow! Our mixed-bag planting strategy lets you translate that small space into a huge harvest of flowers and fruits and vegetables. You can splash crazy-quilt colors in a planting bed, mingle bright annuals and summer bulbs, flatter a walk with roses, grow food among the flowers. So dream, if you must, of full-blown orchards and beds set aside for perennials; these are great for large areas. But if your lot is small, here's how to use it.



Photographs: George de Gennaro; Fred Lyon; Mike Dieter; Bill Hopkins Source: Pauline Graves; Dorothy Cambell; Barbara Cathcart

Old-fashioned? Yes. Charming? Definitely. This grand stand of mixed-color Sensation cosmos and golden marguerites blooms with abandon along a fence line. You could create the same beauty in any planting pocket that gets at least six hours of sun a day. Cosmos, which give you a steady supply of flowers for cutting, come in red, yellow, pink, and white.

No rainbow could rival the pure, intense colors of these mixed flowers. Massed in a six-foot planting bed that stretches the length of a front porch, the vivid assortment delights visitors all summer. Much of the bold color came from one package of Zinnias on Parade seeds. Rubbing shoulders with the showy zinnias are yellow dahlias, blue-purple statice, and two-toned gaillardias. All last well as cut flowers.



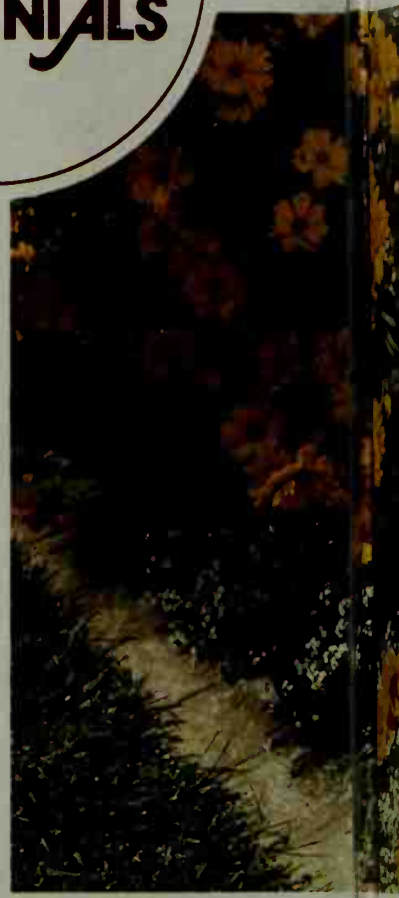
You don't need an acre of room to capture the carefree look of a field of wild flowers. Try combining three or more annuals, choosing them for a variety of flower colors and plant heights. Here, low-growing pink phlox Dwarf Beauty grows with California poppies; both of the flowers are enhanced by graceful sprays of blue forget-me-nots.

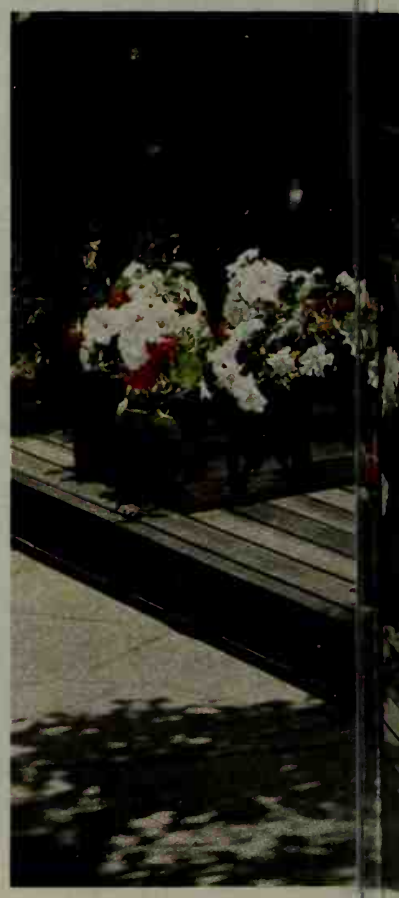
small-scale gardening

ANNUALS PLUS PERENNIALS

If your garden color scheme is drab, put some snap into it by mixing colors. For very small spaces, such as planters and little triangles of soil, settle for two or three different flowers; too many would get confusing. But, with three feet or more of open soil, you can plant a whole palette of garden color, mixing the annuals, perennials that bloom together.

A thick stand of mixed-color Topper snapdragons produces a steady supply of flower spires along this split-rail fence; the Toppers come easily from seed, are good for cutting. Yellow cushion chrysanthemums mound as edging for the border.





Few flowers look as fresh and cool in late June and July as oversize shasta daisies. Here, the fine single Alaska is surrounded by clumps of Diamond Jubilee marigolds. This is a great planting combination because the marigolds' yellow exactly matches the centers of the daisies; also, both the plants grow two feet high. Buy started plants of the daisy. Sow marigold seeds.

You can look forward to a lazy summer when you combine low-care coreopsis and alyssum. Cheerful golden flowers of coreopsis appear first in May and continue until cool weather hits. And, the best part of all, the plants will live over winter and repeat this display the next season. In this pocket garden, the coreopsis is edged with white alyssum—it's easy to start from seeds sown in the garden.

A front-door garden needn't be all-green and subdued. Take a cue from this bright planting and let two perennials provide a riot of color. Here, daylilies team with blue agapanthus in the light shade of an evergreen pear. Plant daylilies anywhere in the country. In areas where temperatures drop below 25 degrees, substitute blue-flowering salvia for the tender agapanthus.

Designer: Grant Castleberg, ASLA

Landscape design: Susan Manning

Designer: Mrs. Binkley Blauvelt

This trio of flower-filled boxes is enjoyed indoors and out. The two-foot-square planters sit in a hot spot where the sun beats down most of the day; petunias and nasturtiums, both sun-lovers, are good choices for this difficult location. The icy white Glacier petunias were purchased in a nursery as started plants. They were set out first, nasturtiums sown around them.

Pink and white petunias, pansies, ageratum, Iceland poppies, daylilies, and cosmos form a kaleidoscope of flower color along this retaining wall. With so many varied components, this narrow garden bed changes almost daily. The wall itself is dry-laid pieces of old sidewalk, salvaged for this glamorous new life. Ivy thrives in soil pockets on the front of the wall.

If you have an entry planter landscaped with ground cover and evergreens, rev up the scheme with a container of roses. This low-growing 1975 floribunda Puerto Rico is just the rose to choose for this job. The blooms are delightfully dainty (two inches in diameter) and they appear consistently and profusely. In bud, they resemble florists' sweetheart roses.

What better place to plant a trio of All-America prizewinners than along a front walk where their beauty catches all eyes? Here, the floribunda Rose Parade shares an outlined bed with a young juniper. The feathery foliage of the shrub makes a fine foil for the varied pinks in the full-petaled flowers. Rose Parade grows into bushy plants that are about three feet high.

Landscape architects: Armstrong and Sharfman, Inc.

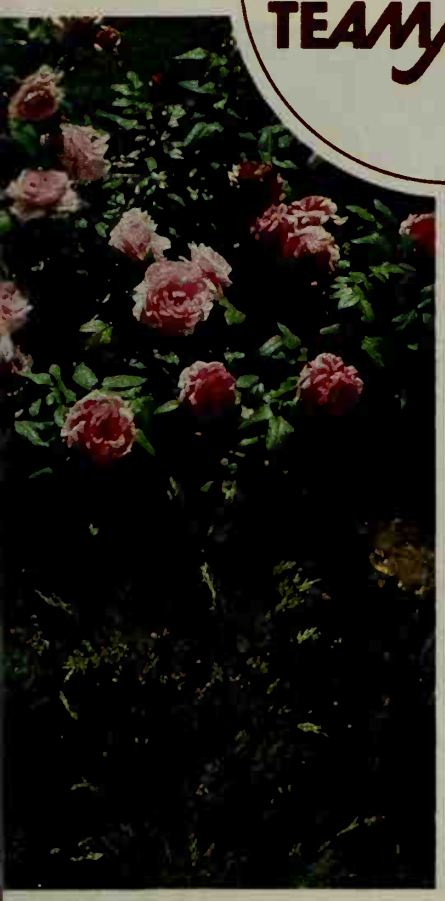
If red's your color, then mass lots of it. And no red under the sun could top the fiery hue of Merci, a 1975 floribunda. Planted in a pocket at the top of a front-yard slope, these three plants of Merci bloom all summer and well into the fall. The main part of the slope is held down by evergreen ground cover, low-growing shrubs that don't compete, color-wise, with roses.

This narrow strip of land between the driveway and fence is alive with color, thanks to the skillful selection of plants of varying heights. Blue violas, set in front of assorted roses, add color at the lowest levels while fence-hung pots of gay petunias and pelargoniums spill over color up above. Simple wrought-iron hangers hold the containers out away from the fence.

small-scale gardening

BIG AND SMALL TEAMMATES

All too often, roses and other woody plants stand by themselves, unsoftened by any companion plants. To avoid this stark look, use shallow-rooted bedding plants to accent woody ones. Or, look for ways roses and flowering vines can fit into your flower bed plans, or offer welcome color beside evergreen shrubs. Try in pots, too.



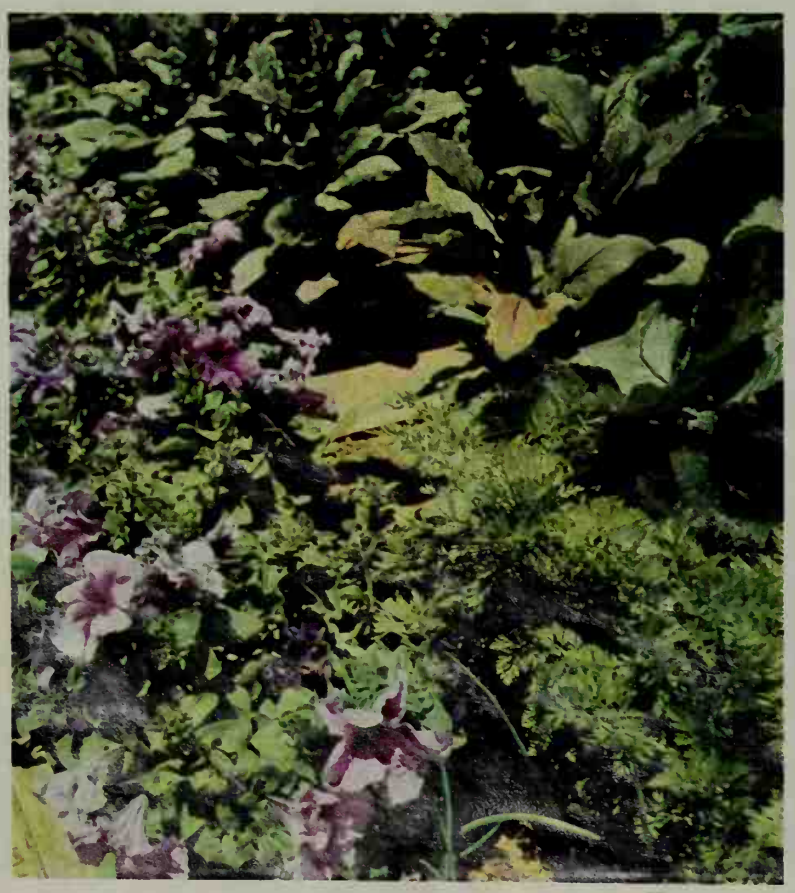
Set into a doorstep planter, the deep yellow hybrid tea rose Oregold joins forces with white verbena to make a sharp impact. This 1975 All-America rose forces oval pointed buds that spiral open to five-inch flowers borne on strong stems.

Landscape architect: Mary Gordon

Henryi Clematis, with outsize white flowers that measure six or seven inches across, makes a grand show by itself. But, when you team this perennial vine with clustered pots of pink hydrangeas, the effect turns spectacular. Here, the clematis grows in a smidgen of soil in front of a divider screen; the pots rest on the hard-surface drive so they stay stable in the wind.

Peaches-and-cream colors make this narrow garden between the house and walk delectable all summer. Luscious fruit on the four-foot-high Bonanza peach tree carries authentic hues that are echoed by the climbing Peace rose next to it. Close by are low, yellow dahlberg daisy or golden-fleece *(Thymophylla tenuiloba)* and the creamy nierembergia.

Heavy-bearing tomatoes can upstage the bulk of the flowers in a mixed border, so expect the vine-ripened reds to dominate all but the strongest. Here, mounds of daisy-like coreopsis bloom bold enough to do the trick; they're dotted into the edging between plants of blue-blooming borage—a favorite herb. Another herb, fennel, puts up dill-like blooms between tomatoes.



Think of small space as a challenge, not a problem. That's what Mr. and Mrs. W. Luck did with a limited lot at their new condominium. One proof of their success is this petunia-edged vegetable garden; eggplant, carrots, onions, tomatoes, and zucchini back up the Sugar Daddy petunias. In other places along the fence, the Lucks grow lettuce, green beans, spinach.

Plant flowers for cutting—or just for pleasure—among your vegetables. In this food plot, Burpee Golden Zucchini squash —which doesn't take a backseat on showiness itself—is teamed with love-in-a-mist, an easy-growing annual you can plant with seeds. The golden squash matures in just 54 days; it produces prolifically.

small-scale gardening

FOOD AMONG THE FLOWERS

Since man does not live by flowers alone, why not set vegetables or dwarf fruits in empty spots in your annual or perennial beds, or sow flower seeds in vegetable patches? Bush squash, staked tomatoes, eggplants, and peppers fit in spaces for tall- or medium-height plants. If you're primarily growing flowers, you can use lettuce, beets, or carrots for edgings. Reverse the idea for a vegetable garden—plant petunias, ageratum, alyssum, or bedding marigolds along the boundaries. And don't let space under little fruit trees stand idle—fill it with underplantings of annuals with shallow roots.

Landscape architect: Mary Gordon

Reach out and pluck a berry! Who could walk by these hanging strawberries and resist? The fruit thrives in flat-backed buckets hung in a staggered sequence along a driveway wall. In the planting pocket below, Iceland poppies put up their multi-colored blooms. Earlier in the season, this narrow band between the drive and brick wall held masses of yellow violas.

Fresh food

Start fresh with spring vegetables

A good cook will tell you there's only one way to savor the freshness of home-grown vegetables: cook 'em when they're as fresh as possible. This bumper crop of vegetable recipes improves on a good thing with subtle seasonings and sauces.

Two garden favorites, spinach and zucchini, take on Oriental character when tossed with a special dressing hot enough to slightly wilt the greens. Soy sauce and lime juice team to accent the freshness of **Chinese Spinach** (left).

Like a perky spring tulip ruffled at the edges with vibrant contrasting color, a liner of red-tipped leaf lettuce cradles more torn lettuce and garlic-flavored croutons for **Tossed Leaf Lettuce with Sesame Caesar Dressing** (top left). The classic Caesar dressing, splashed with sesame seeds, will tantalize winter-weary taste buds.

A cargo of delicious nibbling is waiting for you in **Italian-dipped Artichokes** (center). Two fresh artichokes are cooked just till the stalks are easily pierced with a fork. Then they're chilled, hollowed out, and filled with sour cream dip, green pepper, parsley, oregano, and lemon.

The best way to cook asparagus is quickly, so the delicate spears only nod their flowery heads when picked up from the stem end. To complement the timed-to-a-T results, ladle the asparagus with **Orange Hollandaise Sauce** (right), an adaptation of the classic French sauce, flavored with orange peel and juice.

Tender **Asparagus Omelet with Golden Sauce** (bottom), elevates eggs to elegance. Bias-sliced asparagus spears are tucked inside a sunny omelet, then sauced with a buttery green onion-tarragon mixture.

Recipes begin on page 101

By Doris Eby and Joan McCloskey
Photographs: de Gennaro
Food Stylist: Mable Hoffman
Buying information, page 106

Start fresh with strawberries

If you belong to the "make mine strawberry" school, you've come to the right berry patch. This quartet of desserts captures all the juicy goodness of the strawberry. Beginning clockwise, top left, a halo of shredded coconut tops a heavenly **Strawberry-Banana Ice Cream Bombe.** Tropical red punch tints and flavors the top and bottom layers; the creamy center boasts a tasty combination of vanilla ice cream dotted with crushed strawberries.

Strawberry Drizzle Shortcake begins with a citrus-flavored pound cake that's pierced and moistened with a warmed syrup. Strawberries, orange juice, and rum are simmered together, then spooned oh-so-carefully over the cake. Swirl sliced strawberries with whipped cream for an easy topper.

A posh restaurant would be proud to serve **Strawberries Romanoff** as luscious as this version! Plump, sweetened berries are crowned with a dollop of strawberry ice cream, sour cream, and orange-flavored liqueur.

When you're hungry for the strawberriest dessert imaginable, treat yourself to **Strawberry Chiffon Pie.** Cool strawberry gelatin, mashed and sliced berries, and whipped cream are all piled high in a flaky pastry shell. It's perfect for a party because you make the pie ahead and chill for four to five hours before serving. For company occasions, fan a wreath of strawberries in the center and top with fresh mint sprigs.

Recipes begin on page 101

Buying information, page 106

Start fresh with herbs

To add a decorative, aromatic, delicious fillip, snip some fresh herbs into salads, soups, and snacks. We've chosen recipes using dill, basil, parsley, and chives, all of which can be grown easily in pots.

Chop heads of fresh dill and add with spices to white vinegar to make **Dill Vinegar.** Then use it in the tangy dressing that makes **Dill Vinaigrette Salad** (top left) so special. Crinkle-cut carrots, sliced mushrooms, avocado, watercress, and green peas sparkle under the delicate dressing.

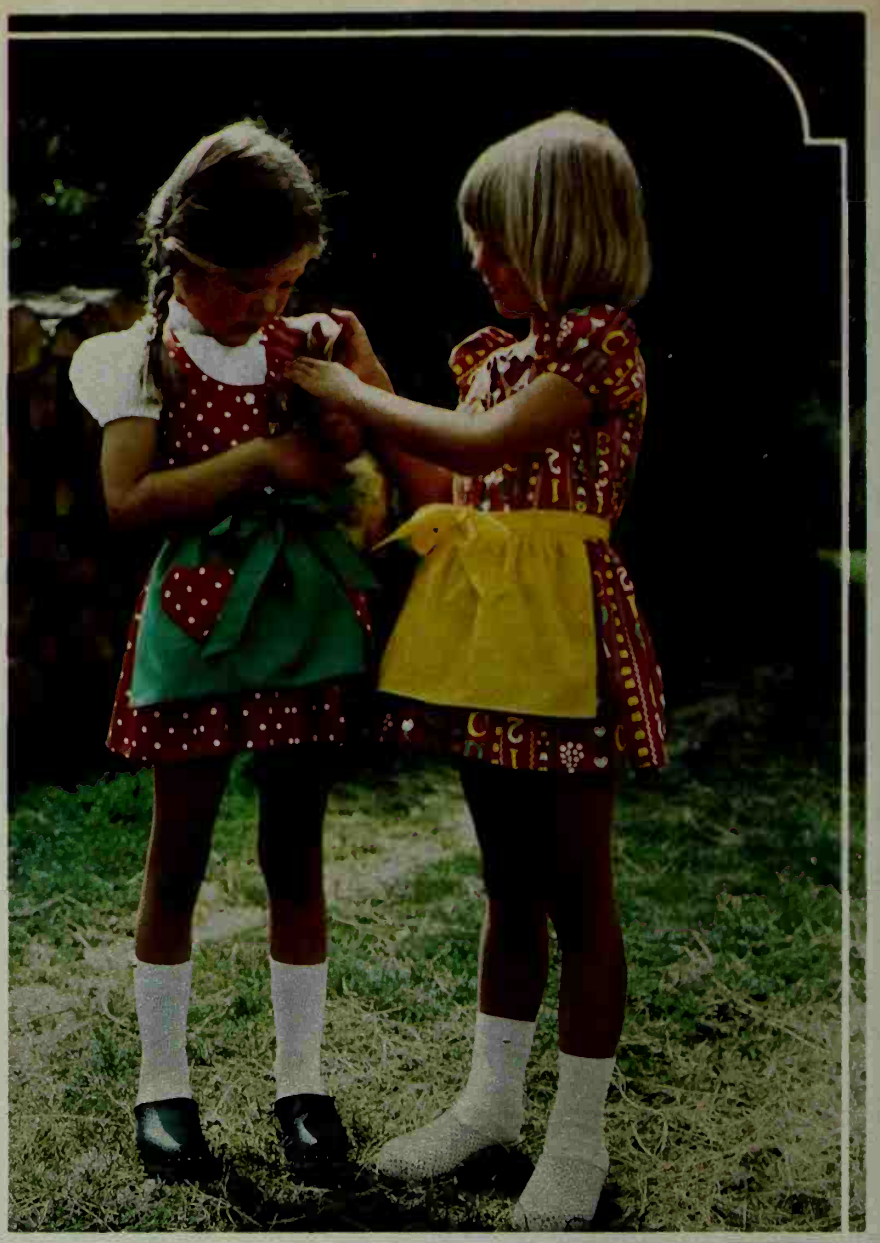
Parsley has come a long way from a platter frill in **Parsley Tempura** (top center). You dip the greenery in a savory parmesan-flavored batter and deep-fry it along with eggplant, mushrooms, and cauliflower.

Want to bowl your dinner guests over? Serve them **New Potato Vichyssoise** (top right). Snip homegrown fresh chives over the top of each serving.

Our green noodles sport a little wearin'-of-the-green, but this time it's called **Pesto over Green Noodles** (bottom). Fresh basil is pounded with parsley, garlic, pine nuts, romano, and olive oil to a smooth paste, then tossed with the hot buttered noodles.

Herbs pictured in the background, left to right: sage, thyme, dark opal basil, fennel, sweet basil.

Recipes begin on page 101
Buying information, page 106



April Sewing Special: Dirndl Dresses

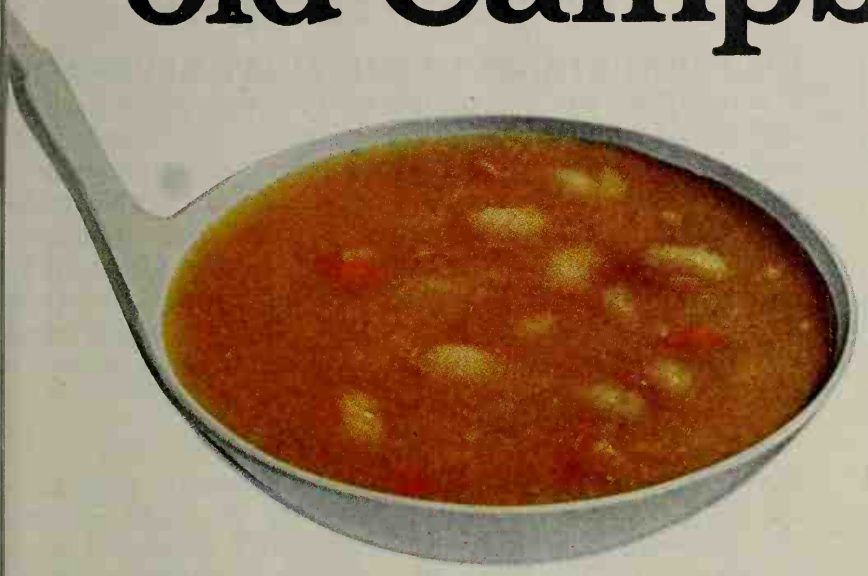
Fresh as the first flower of spring—that's how your little girl will look in one of these charming dirndl dresses, designed just for us by Burda Moden of Germany. All three dresses have full skirts and gathered waists, with fitted bodice, puffed sleeves, and perky apron—traditional features of the dirndl design. We've updated our versions just a bit by selecting colorful, easy-care fabrics in *not*-so-traditional prints!

All three views are included in Pattern 01316, available in sizes 4, 6, 8. Check our size chart below, then turn to page 114 for back views and order coupon.

BODY MEASUREMENT CHART

Size	4	6	8
Chest	23	25½	27
Waist	21	22	23½
Hip	24	26	28
Back waist length	9½	10½	12
Height	40	45	49½

Three new reasons for trying two of your old Campbell favorites.



1. Now improved Bean with Bacon Soup has more flavor.

If you liked Campbell's Bean with Bacon Soup before, you'll really love it now. Because now there's even more of that great flavor.

2. Now improved Noodles & Ground Beef Soup has more beef.

Campbell's Noodles & Ground Beef Soup has always been a hearty soup. But now it's heartier than ever because it has more ground beef. And it still has all those good egg noodles and vegetables.

3. Now save 10¢ when you buy 2 cans of these improved soups.

Campbell's in the cupboard is like money in the bank.

10¢ STORE COUPON 10¢

151

Save 10¢ on any 2 cans of Campbell's Noodles & Ground Beef or Bean with Bacon Soup.

Present this coupon to your grocer. He is authorized to allow you 10¢ toward the purchase price of any two cans of Campbell's Noodles & Ground Beef or Bean with Bacon.

GROCER: When all terms of this offer have been fulfilled by the consumer and by you, this coupon will be redeemed by your Campbell representative, or mail the coupon to:

COUPON REDEMPTION PROGRAM
BOX 1000, ELM CITY
NORTH CAROLINA 27822

for face value plus 5¢ handling. Any other application constitutes fraud

Invoices proving purchase of sufficient stock to cover coupons presented must be shown on request. Failure to do so may, at our option, void all coupons submitted for redemption for which no proof of products purchased is shown.

Subject to state and local regulations. Void if taxed, restricted or forbidden by law, or if presented by outside agencies, coupon brokers or others who are not retail distributors of our products. Cash value 1/20 of 1¢. Offer limited to one coupon per purchase.

CAMPBELL SOUP COMPANY

151

10¢ TAKE THIS COUPON TO YOUR GROCER 10¢

FAMILY FOOD IDEAS

Why your bartender always makes a great Gimlet.

Because he uses Rose's Lime Juice. As a matter of fact, practically every good bartender in the world does. So if you want your gimlet to taste as good as your bartender's, always use Rose's.

Here's how he does it: Stir together one part of Rose's Lime Juice and 4 to 5 parts gin, vodka or white Puerto Rican Rum. Serve ice cold, straight up or on the rocks.

Rose's Lime Juice. For great gimlets.

GOOD COOKING GUIDES FOR BUSY HOSTESS

Shortcut Cooking—195 recipes from snacks to main dishes. Table Settings—Simple, inexpensive ways to add glamour. Cooking with Herbs and Spices—Helpful tips for seasoning. Order all three booklets for only $1. Better Homes and Gardens, Dept. 2RY, P.O. Box 374, Des Moines, Iowa 50336.

Win money for your recipes

STUFFING STANDOUTS–HOLIDAY BEVERAGE

Is your holiday bird or roast upstaged by your special star stu ing? Or do you say "season's greetings" to family and frien with a festive beverage? Send your recipes today for either both categories and you could be a prizewinner next Novemb Two Cooks-of-the-Month receive $50 each. Four Runners- receive $25 each and 12 Honor Roll winners get $10 each. T selected winning recipes will be pictured on the Prize Test Recipes pages next November. All 18 winners receive a fram Better Homes and Gardens Certificate of Endorsement and s copies of the endorsed recipe.

Hints to Help You

Stuffing standouts can begin with rye rolls, raisin bread, potatoes, rice, corn bread, or packaged stuffing mix. Do you stuff meat or poultry with another meat, fruit, vegetable, nut, or seafood dressing? Or, is a special seasoning your secret? Hints:

mincemeat dressing
herbed oyster stuffing
cranberry almond dressing
sausage-brown rice stuffing
blue cheese/ mushroom dressing

Holiday beverages can be hot cold. Do you make a blend punch with an unusual com of fruits or vegetables? May you give a twist to packaged bottled beverage mix with a cr ative liqueur selection or unusu garnish. Suggestions:

cranberry cola
chocolate rum nog
tomato toddies
cinnamon peach cider
blender pear punch

THIS MONTH'S WINNERS

(See recipes on pages 97 and 98.)

Cooks-of-the-Month

Mrs. Thomas J. Anderle, Glen Ellyn, Ill.
Mrs. J. F. Finnegan, Minneota, Minn.

Runners-up

Mrs. Evelyn Bouton, Las Vegas, Nev.
Barbara Louise Kravitz, Alexandria, Va.
Karen Maddock, Fairfield, Conn.
Mrs. William H. Ross, Huntsville, Ala.

Honor Roll

Mrs. Marlyn Blankschien, Clintonville, Wis.
Mrs. Barbara Bruce, Williamsville, N.Y.
Tresa Eyres, San Anselmo, Calif.
Mrs. Paul Fink, Buffalo, N.Y.
Mrs. Lee Holcomb, Houston, Tex.
Mrs. Marion H. Quest, North Miami, Fla.
Mrs. Chester A. Reeves, Oklahoma City, Okla.
Aimee Sangrey, Rockville, Md.
Mrs. Amelia Shearouse, Orlando, Fla.
Mrs. Mildred Sherrer, Bay City, Tex.
Fern B. Spring, Rockland, Me.
Mrs. Preston Zechman, Hollywood, Fla.

CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mar it "Stuffing Standouts" or "Holiday Beverages." If you wish, send recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known products you use a ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, April 30. In cases wher duplicate recipes are submitted, the one with the earliest postmar will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7504 Test Kitchen, Better Home and Gardens, Des Moines, Iowa 50336.**

How to eat well in spite of it all,

Tonight's dinner doesn't have to look like today's economy.
Not with Kraft Dinners and a few touches of your own.
Like adding some snipped parsley to Kraft Macaroni and Cheese Dinner and serving it with sausage and tomato wedges.

cont'd...

Kraft Tangy Italian Style Spaghetti Dinner is the start of a thrifty Italian dinner. Add meatballs and sliced mushrooms. Green onions and black olives are colorful on the side.

For pennies, you can garnish Kraft Noodle with Chicken Dinner with hard boiled eggs. Then round out the meal with cranberry sauce and carrot sticks.

Make Kraft Deluxe Macaroni and Cheese Dinner a hearty and economical casserole with some frankfurter slices and sautéed breadcrumbs. Pickles add the final touch.

Put mozzarella cheese strips over Kraft Spaghetti with Meat Sauce Dinner. Spice up each plate with a sweet cherry pepper and eat well in spite of it all.

Kraft Dinners make ends meet.

KRAFT
Division of Kraftco Corporation

To make exciting desserts on a budget, start with Jell-O.

BRAND OF GELATIN

1. Dissolve gelatin in boiling water. Add cold water and extract. Chill until slightly thickened—about 1½ hours. Prepare whipped topping mix as directed on package. Measure 1¾ cups gelatin; pour into a 9x5-inch loaf pan, and chill about 5 minutes.

2. Blend prepared whipped topping into the remaining gelatin.

3. Carefully spoon one-third of the creamy mixture into the pan. Sprinkle with half the cookie crumbs. Repeat these two layers and spoon the remaining creamy mixture on top. Chill until firm—about 4 hours.

4. Unmold. Garnish with additional whipped topping and cookie crumbs, if desired. Makes 6 cups or 10 to 12 individual servings, as shown.

Ingredients

2 packages (3 oz. each) or 1 package (6 oz.) Jell-O® Lime Flavor Gelatin
2 cups boiling water
2 cups cold water
¼ teaspoon peppermint extract (optional)
1 envelope Dream Whip® Whipped Topping Mix OR 1 container (4½ oz.) Birds Eye® Cool Whip® Non-Dairy Whipped Topping
8 chocolate cream-filled cookies, finely crushed

Start with Jell-O®

lime JELL-O gelatin dessert

GF GENERAL FOODS

Buying information, page 106

File under Salads

FROZEN SALADS

Frozen Cranberry Salad

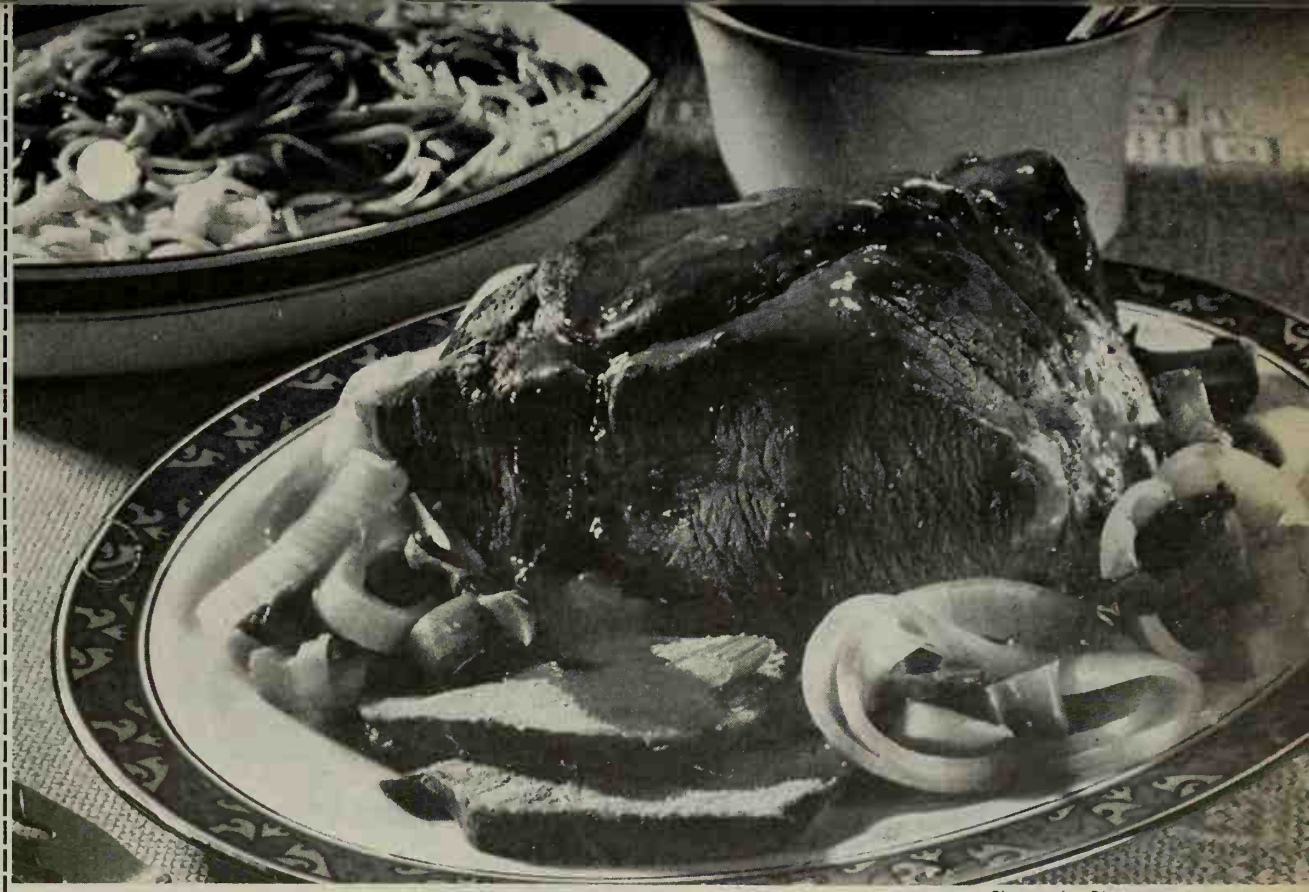
This refreshingly tart salad is our frozen favorite—

⅓ cup sugar
2 tablespoons cornstarch
Dash salt
1¼ cups cranberry-apple drink
2 slightly beaten egg yolks
1 10-ounce package frozen cranberry-orange relish, partially thawed
2 egg whites
⅓ cup instant nonfat dry milk powder
Lettuce leaves

In medium saucepan, combine sugar, cornstarch, and salt; stir in 1 cup of the cranberry-apple drink. Cook and stir till thickened and bubbly. Gradually stir about ½ of the hot mixture into egg yolks; return all to saucepan. Cook and stir 2 minutes more; stir in cranberry-orange relish. Cool to room temperature. In small mixer bowl, combine egg whites, nonfat dry milk powder, and the remaining ¼ cup cranberry-apple drink. Beat till stiff peaks form (tips stand straight); fold into egg yolk mixture. Spoon into eight ½-cup molds or muffin cups lined with paper bake cups. Cover and freeze firm, several hours or overnight. Unmold; serve on lettuce leaves. Makes 8 servings.

Mrs. J. F. Finnegan, Minneota, Minn.

Cut along dotted line



Photographs: Dieter

File under Meats

FANCY ROASTS

Sirloin Roast Marinara-style

Plenty of sauce makes spaghetti a natural with this prizewinning roast—

1 envelope instant meat marinade
½ cup dry red wine
4-pound beef sirloin tip roast
½ of 15-ounce jar (1 cup) marinara sauce
1 teaspoon sugar
1 medium onion, sliced
1 cup chopped celery
1 cup sliced fresh mushrooms
½ cup dairy sour cream
¼ cup water
¼ cup all-purpose flour

Combine dry marinade and wine; marinate roast according to package directions. Drain, reserving marinade. In Dutch oven, combine the reserved marinade, marinara sauce, and sugar; add roast. Cover and simmer 1½ hours. Add onion, celery, and mushrooms; simmer, covered, 1 hour more or till meat is tender. Remove roast and vegetables to platter; keep warm. Skim fat from pan juices. Measure 2 cups pan juices; return to pan. Combine sour cream and water; blend in flour. Stir into pan juices. Cook and stir till thickened and bubbly. Spoon a small amount of sauce over roast; pass remaining sauce. Makes 8 servings.

Mrs. Thomas J. Anderle, Glen Ellyn, Ill.

PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $7.95 +75c postage to Better Homes and Gardens, Dept. 910, P.O. Box 374, Des Moines, Iowa 50336

Apple-stuffed Pork Rib Roast

1 20-ounce can pie-sliced apples
1 pound ground pork, cooked and drained
1 8-ounce package herb-seasoned stuffing mix (4 cups)
½ teaspoon ground cinnamon
¼ teaspoon ground cardamom
⅛ teaspoon ground allspice
4-pound pork rib roast, backbone loosened

Drain apples, reserving juice; chop fine. Add water to reserved juice to make 1 cup liquid; combine with pork, stuffing mix, apples, and spices. Cut pockets in roast between ribs. Spoon about ½ cup stuffing into each pocket. Bake in 325° oven 2½ hours or till meat thermometer registers 170°. Spoon remaining stuffing into 1-quart casserole. Cover; bake with roast last 40 minutes. Makes 8 servings.

Barbara Louise Kravitz, Alexandria, Va.

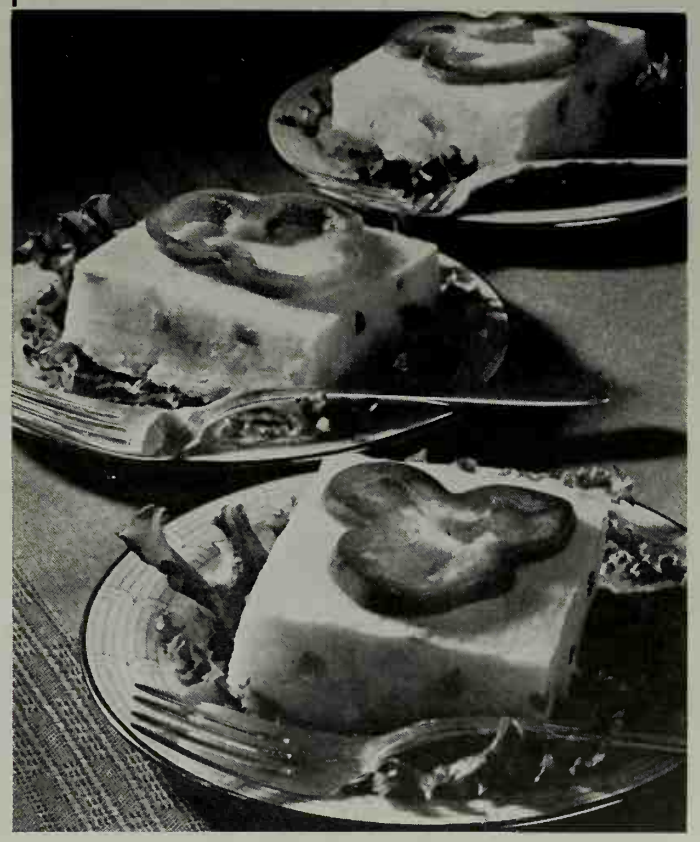
Orange/Raisin-stuffed Lamb Roll

Have your meatman bone and split the leg of lamb lengthwise to spread flat—

6-pound leg of lamb, boned and butterflied
⅔ cup chopped onion
⅔ cup chopped celery
3 tablespoons butter or margarine
4½ cups cubed cinnamon-raisin bread (6 slices bread)
2 tablespoons grated orange peel
1 beaten egg

Pound lamb to ½- to ¾-inch thickness; sprinkle with some salt and pepper. Cook onion and celery in butter or margarine till tender. Toss with bread, peel, and egg. Spread over lamb; roll up jelly-roll fashion. Tie with string. Roast in 325° oven 2½ hours or till meat thermomenter registers 170°. Serve with *Orange Mint Sauce:* Combine ⅓ cup packed brown sugar, 2 tablespoons cornstarch, 1 teaspoon salt, and ¾ teaspoon ground ginger. Stir in 1¾ cups orange juice, 1 tablespoon grated orange peel, and 2 teaspoons dried mint flakes. Cook and stir till bubbly. Stir in 2 tablespoons butter and 2 oranges, peeled, sectioned, and cut up. Makes 12 servings.

Mrs. Evelyn Bouton, Las Vegas, Nev.



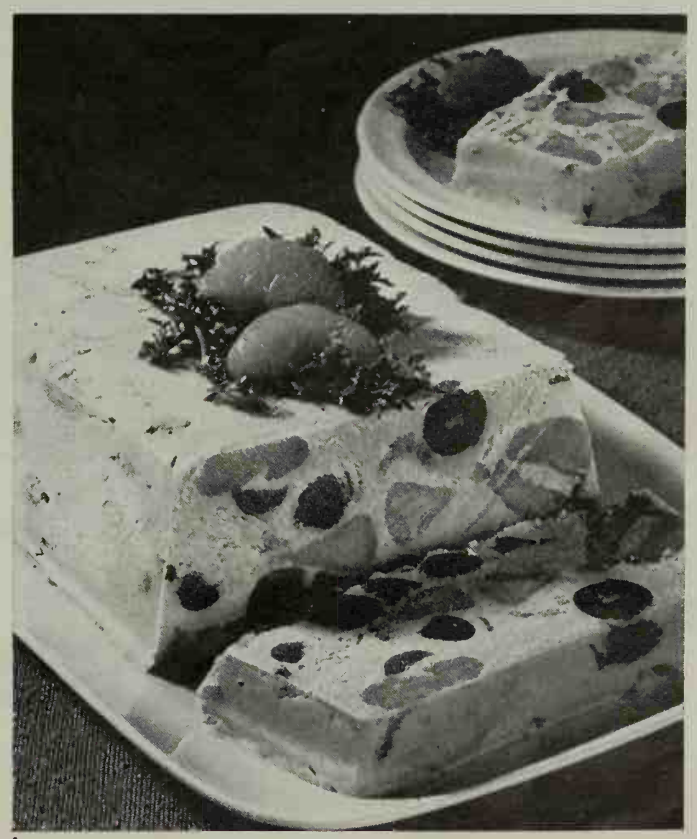
Vegetable-cheese Freeze

Green pepper adds color and crunch to these creamy blue-cheese squares—

1 3¼- or 3⅝-ounce package regular lemon pudding mix
2 beaten eggs
1 20-ounce can crushed pineapple, drained
½ cup blue cheese salad dressing
¼ cup finely chopped green pepper
Lettuce leaves

Prepare pudding mix according to package directions substituting the 2 beaten eggs for the egg yolks. Cover surface with clear plastic wrap or waxed paper to prevent "skin" from forming; cool about 20 minutes, stirring occasionally. Stir in pineapple, salad dressing, and green pepper. Turn into a 9x9x2-inch cake pan; cover and freeze firm, several hours or overnight. Remove from freezer 10 minutes before serving. Cut in squares and serve on lettuce leaf. Garnish with green pepper rings, if desired. Makes 9 servings.

Mrs. William H. Ross, Huntsville, Ala.



Frozen Cherry Salad

Oranges and cherries spark these jeweled slices—

1 4-ounce package whipped cream cheese, softened
1 4½-ounce carton frozen whipped dessert topping, thawed
1 21-ounce can cherry pie filling
2 11-ounce cans mandarin orange sections, drained
Curly endive

Stir together cream cheese and whipped dessert topping. Gradually add pie filling. Set aside 2 or 3 orange sections for garnish; fold remaining oranges into cherry mixture. Line bottom of a 9x5x3-inch loaf pan with waxed paper; pour in cherry mixture. Cover; freeze overnight. Let stand at room temperature 10 minutes before serving; unmold. Garnish with reserved oranges and endive. Slice to serve. Makes 8 to 10 servings.

Karen Maddock, Fairfield, Conn.

Inflation Presents The Dumpling

FAMILY FOOD IDEAS

Bisquick Chicken Fricassee with Herb Dumplings. It's a rich, old-fashioned Sunday dinner that also happens to be a thrifty 1975 meal idea.

Easy with Bisquick. You can make lots of good, economical things, starting with the recipes on the box. For main dishes, there's our "Inflation Presents Bisquick" cookbooklet, yours for an old-fashioned 25¢ (send to Bisquick, Box 36, Minneapolis, Minn. 55460).

Hello, chicken and dumplings. Your time has come again.

Bisquick® Chicken Fricassee with Herb Dumplings

1 cup Bisquick baking mix
2 teaspoons salt
1 teaspoon paprika
⅛ teaspoon pepper
2½-pound broiler-fryer chicken, cut up
3 tablespoons shortening
1 can (10¾ ounces) cream of chicken soup
1½ cups milk
Herb Dumplings
½ teaspoon parsley flakes
¼ teaspoon poultry seasoning

Mix baking mix, salt, paprika and pepper; coat chicken. Brown in shortening in large skillet. Remove chicken; drain fat. Mix soup and milk in skillet. Add chicken. Cover; heat to boiling. Cook over low heat about 45 minutes or until chicken is tender.

For Herb Dumplings, prepare Dumplings as directed on Bisquick box except—add parsley and poultry seasoning. 4 servings.

Bisquick® Beef Stew with Corn Dumplings

¼ cup Bisquick baking mix
¼ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 pound beef stew meat, cubed
2 tablespoons shortening
1 small onion, chopped
1 small clove garlic, finely chopped
1 medium tomato, chopped
2 large carrots, sliced
2 cups water
½ teaspoon Worcestershire sauce
1 teaspoon salt
⅛ teaspoon pepper
Corn Dumplings
¾ cup whole kernel corn, drained
1 tablespoon chopped onion

Mix baking mix, ¼ teaspoon salt, ⅛ teaspoon pepper and the paprika; coat meat. Brown meat in shortening in large skillet. Add onion and garlic; cook and stir until onion is tender. Add tomato, carrots and water. Cover; cook over low heat 1½ to 2 hours or until meat is tender, adding more water if necessary. Stir in Worcestershire sauce, 1 teaspoon salt and ⅛ teaspoon pepper.

For Corn Dumplings, prepare Dumplings as directed on Bisquick box except—add corn and 1 tablespoon chopped onion. 4 servings.

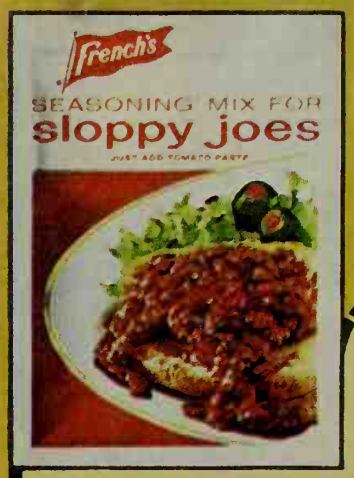
Bisquick® Beef & Cabbage Stew with Dumplings

1 pound ground beef
2 medium onions, thinly sliced
1½ cups coarsely chopped cabbage
½ cup chopped celery
1 can (16 ounces) stewed tomatoes
1 can (15½ ounces) kidney beans
1 cup water
1 teaspoon salt
¼ teaspoon pepper
1 to 2 teaspoons chili powder
Dumplings

Brown beef in Dutch oven; drain. Add onions, cabbage and celery; cook and stir until light brown. Stir in tomatoes, beans, water and seasonings. Heat to boiling; reduce heat. Prepare Dumplings as directed on Bisquick box. 4 to 6 servings.

Bisquick®. An idea whose time has come again.

Put on the dog.
With French's Sloppy Joe Mix.



Whoever said you couldn't turn a frank into a feast? French's knows how. Try this tasty new way to cut down food costs while adding more pizzazz to just an ordinary frankfurter.

Frank Kabobs

1 envelope French's Seasoning Mix for Sloppy Joes
¼ cup catchup
¼ cup vinegar
2 tablespoons honey or light corn syrup
8-10 frankfurters, cut in thirds • Pickle slices
Cherry tomatoes or tomato wedges
8-10 bacon slices • 8-10 frankfurter rolls

Combine contents of seasoning mix envelope, catchup, vinegar and honey in a small mixing bowl. Alternate frankfurter, pickle and tomatoes on 8 to 10 skewers, weaving bacon around them. Brush with seasoning mixture. Grill over coals or broil for 8 to 10 minutes, turning once and brushing with remaining seasoning mixture. Serve on frankfurter rolls. 8 to 10 servings.

Another tasty idea from the R. T. French Recipe Series.

French's ® we make your life delicious.

FAMILY FOOD IDEAS

We're Listening

Speak out to food manufacturers. This is your chance.
They are asking questions and seeking your opinions. Mail the answer sheet coupon and a letter today to: Family Food Ideas, P.O. Box 4553, Des Moines, Iowa 50336.

1. _____ 20. _____
2. _____ 21. _____
3. _____ 22. _____
4. _____ 23. _____
5. _____ 24. _____
6. _____ 25. _____
7. _____ 26. _____
8. _____ 27. _____
9. _____ 28. _____
10. _____ 29. _____
11. _____ 30. _____
12. _____ 31. _____
13. _____ 32. _____
14. _____ 33. _____
15. _____ 34. _____
16. _____ 35. _____
17. _____ 36. _____
18. _____ 37. _____
19. _____ We live in:

(state) _____

1. How busy are you? rate yourself on a "busy" scale from 1 to 10. If you are going 100 mph with no spare time, you are a "10." If you have time on your hands with nothing to do, you are a "1." Enter your own score on the answer sheet.

2. I bake yeast bread from scratch (1) Nearly every week (2) Two or three times a month (3) About once a month (4) Very seldom (5) Never.

3. I bake cake from scratch (1) Once a week or more (2) Two or three times a month (3) About once a month (4) Rarely (5) Never.

4. I use cake mix (1) Once a week or more (2) Two or three times a month (3) About once a month (4) Rarely (5) Never.

5. During the past month we have used canned pie filling (1) Three or more times (2) Twice (3) Once (4) None.

6. During the past month we have used frozen or store-bought pies (1) Three or more times (2) Twice (3) Once (4) None.

7. Compared to a year ago, our use of canned pie filling has (1) Increased (2) Decreased (3) Not changed.

8. Compared to a year ago, our use of frozen or store-bought pies has (1) Increased (2) Decreased (3) Not changed.

9. I most frequently use canned pie fillings for (1) Baking pies (2) Other "non-pie" uses.

10. Comparing using a frozen or store-bought pie with baking a pie using canned pie filling: (1) Baking a pie using canned pie filling is more economical (2) Baking a pie using canned pie filling tastes better (3) Baking a pie using canned pie filling takes a lot more time (4) Baking a pie using canned pie filling is almost as easy.

11. The increased price of sugar has caused me to (1) Consciously work at reducing total family use of sugar (2) Reduce the total amount of scratch baking (3) Continue to do scratch baking but now avoid products requiring large amounts of sugar (4) Trying more recipes with substitute sweeteners (5) Little or no change made in sugar usage habits.

12. I am most concerned about a food's (1) Fat content (2) Caloric content (3) Vitamin and mineral content (4) Overall nutritional composition.

13. I am most interested in going on a diet (1) After the Christmas holidays (2) Before swimming season (3) Almost anytime (4) Hardly ever.

14. Low-calorie/low-fat imitation ice cream products taste (1) Excellent (2) Good (3) Fair (4) Lousy (5) Have never tried.

15. I would pay up to 10% more for low-calorie/low-fat foods (1) Agree (2) Disagree (3) Depends on item and quality.

16. It is better for a product to be (1) Low in calories (2) Low in fat (3) Both (4) Neither.

17. The idea of a low-calorie whipped topping (1) Makes sense (2) Is ridiculous (3) Is intriguing.

18. I believe seafood is equal to most meats as a source of protein. (1) Agree (2) Disagree.

19. I believe seafood is better than eggs as a source of protein. (1) Agree (2) Disagree.

20. Have you **ever** used frozen vegetables? (1) Yes (2) No.

21. Do you **now** use frozen vegetables? (1) Yes (2) No.

22. Compared to a year ago, we are using frozen vegetables (1) More often (2) About the same (3) Less often.

23. Do you **now** use specialty frozen vegetables (those in a sauce, glace or in combinations of vegetables in a sauce)? (1) Yes (2) No.

24. Compared to a year ago, we are using specialty frozen vegetables (1) More often (2) About the same (3) Less often.

25. Have you **ever** used specialty frozen vegetables? (1) Yes (2) No.

26. Would you say that you are continually looking for new main meal casserole ideas? (1) Yes (2) No.

27. In the past year has your use of hamburger in casseroles (1) Increased (2) Remained the same (3) Decreased.

28. We have tried recipes which mix hamburger (or chicken) with specialty frozen vegetables for a main meal entree. (1) Yes (2) No.

If you have tried these recipes (using hamburger or chicken with specialty frozen vegetables) please answer the following seven questions by entering (1) Agree or (2) Disagree on the answer sheet.

29. These recipes are surprisingly good.

30. I plan to use these recipes again.

31. These recipes are relatively inexpensive.

32. These recipes provide good value for the money.

33. My use of specialty frozen vegetables has increased as a result of these recipes.

34. These recipes are a good alternative to packaged dinners in terms of taste.

35. These recipes are a good alternative to packaged dinners in terms of value for the money.

36. The female household head in our family is (1) 18-24 (2) 25-34 (3) 35-49 (4) 50-64 (5) 65 or over.

37. Our total household income (before taxes) is (1) Under $5,000 (2) $5,000-$7,999 (3) $8,000-$9,999 (4) $10,000-$14,999 (5) $15,000-$24,999 (6) $25,000 or more.

The following Family Food Ideas advertisers thank you for your help.

R. T. French Sloppy Joes, Reynolds Wrap Aluminum Foil, Dole Bananas, Nestle Morsels, General Mills Tuna Helper, Nature's Seasons, Lindsay Olives, SPAM, Dole Sliced Pineapple, Fleischmann's Margarine, Fleischmann's Egg Beaters, Accent, Kellogg's Rice Krispies and California Apricots, Hellmann's/Best Foods Real Mayonnaise, Campbell Soup.

gins on page 84

resh food

HINESE SPINACH
ounces (12 cups) fresh spinach
cup cooking oil
tablespoons soy sauce
tablespoon lime juice
Dash salt
small zucchini (about 8 ounces), bias-sliced (2 cups)
cup water chestnuts, drained and sliced

ash spinach leaves; pat dry. emove spinach stems and cut to 1-inch pieces. Tear spinach ves into bite-sized pieces. In ge skillet, heat oil, soy, lime ice, and salt. Add spinach, cchini, and water chestnuts. ver and cook 1 to 2 minutes or t till spinach is wilted. Uncover d toss spinach till tender-crisp d well-coated with dressing, out 2 minutes more. Serve at ice. Makes 4 servings.

SSED LEAF LETTUCE WITH SAME CAESAR DRESSING

se plain leaf lettuce if you can- t find the red variety—

tablespoon butter or margarine
cup plain croutons
Dash garlic salt
to 3 anchovy fillets
tablespoons olive or salad oil
teaspoon dry mustard
Dash freshly ground pepper
teaspoons lemon juice
teaspoon worcestershire sauce
egg
cups torn red-tipped leaf lettuce
tablespoons grated parmesan cheese
tablespoon toasted sesame seed

small skillet, melt butter or argarine; add croutons. Cook d stir till lightly browned. Re- ve from heat and sprinkle with rlic salt; cool and set aside.

In small bowl, mash anchovies, tablespoon of the oil, dry mus- d, and pepper with wooden oon till well blended. Blend in mon juice, worcestershire, and e remaining 2 tablespoons oil; aside.

Place egg in shell in boiling ter; remove from heat and let nd 1 minute. Cool slightly; d cooled egg to anchovy mix- re. Beat till dressing becomes eamy.

Rub large salad bowl with a t garlic clove; add leaf lettuce. our dressing over and toss ntly to mix. Stir in parmesan, same seed, and toasted crou- ns. Makes 6 to 8 servings.

ALIAN-DIPPED ARTICHOKES

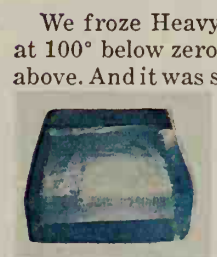
se 1 to 2 tablespoons fresh egano in place of the dried t's available—

fresh artichokes
8-ounce carton (1 cup) French onion sour cream dip

continued

Freeze it. Bake it. Reynolds Wrap® proved it can take it. It's strong all over.

We froze Heavy Duty Reynolds Wrap at 100° below zero. Then baked it at 750° above. And it was still strong and flexible.



So you can count on it to freeze foods perfectly, to protect foods for storing and wrapping and to stay strong under high heat. It resists tearing and puncturing ...it's oven-tempered for flexible strength. Reynolds Wrap is strong all over, and you can count on it.

Strong. For "Double Batching".

It's a new Reynolds Wrap idea to save you time and work. Just double the recipe. Bake one batch, freeze the second. And there it is, ready any time to pop into the oven. And the batch you freeze stays moist and fresh because Heavy Duty Reynolds Wrap seals in the flavor and juices. Keeps out harmful air to prevent freezer burn. Try this new Double Batch recipe and then double batch your own favorites. It works beautifully.

Double Batch Shrimp Florentine

Each batch serves 4.

4 packages (10 oz. each) frozen chopped spinach
3 lbs. shrimp, cooked, shelled and deveined
½ cup butter or margarine
½ cup flour
3 cups milk
1 cup dry white wine
½ cup chopped scallions
Salt, pepper, paprika
2 cups (8 oz.) shredded cheddar cheese
Heavy Duty Reynolds Wrap

Preheat oven to 350°. Line two 9" pie pans with Heavy Duty Reynolds Wrap. Thaw and drain spinach. Spread half of spinach in each pie pan and top with shrimp. In a saucepan, melt butter, stir in flour. Then gradually add milk, wine, scallions.

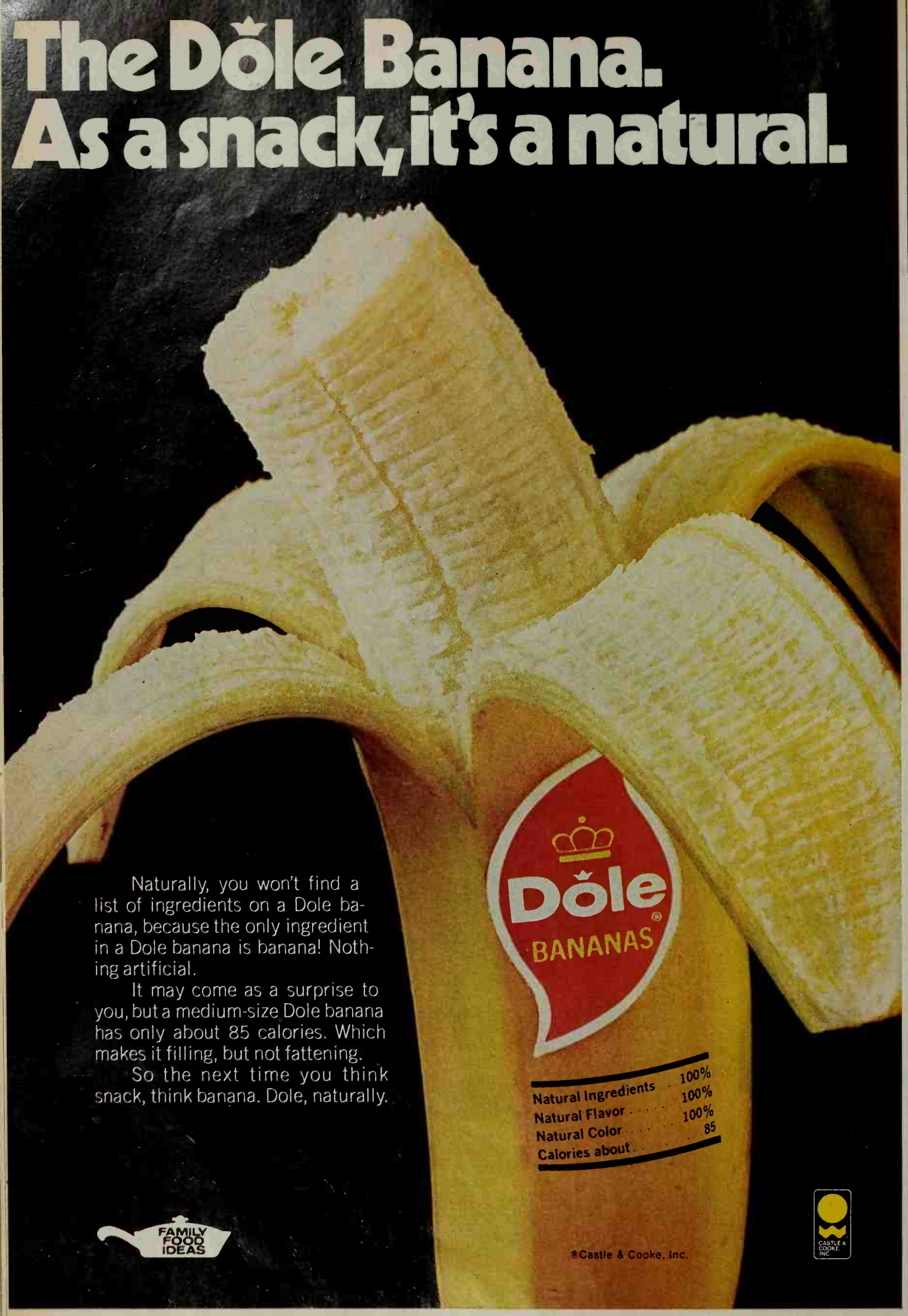
Cook, stirring constantly, over low heat, until sauce bubbles and thickens. Add salt, pepper to taste and enough paprika for rosy color. Pour sauce over shrimp. Sprinkle with cheese. Bake one batch uncovered for 35 minutes or until bubbly.

Freeze the second batch. When frozen solid, lift from pan. Overwrap with Heavy Duty Reynolds Wrap and return to the freezer. When ready to bake, replace the frozen block in pie pan and bake uncovered in 350° oven for 1 hour or until bubbly.

Strong all over. Count on it.

FAMILY FOOD IDEAS

The Dole Banana. As a snack, it's a natural.



Naturally, you won't find a list of ingredients on a Dole banana, because the only ingredient in a Dole banana is banana! Nothing artificial.

It may come as a surprise to you, but a medium-size Dole banana has only about 85 calories. Which makes it filling, but not fattening.

So the next time you think snack, think banana. Dole, naturally.

FAMILY FOOD IDEAS

©Castle & Cooke, Inc.

CASTLE & COOKE, INC

shears. Place artichokes in
ing, salted water. Cover and
mer for 20 minutes or till
can be pierced easily with
Remove the artichokes from
ter; invert to drain. Remove
center leaves and thistle. Chil

Meanwhile, combine the
cream dip and remaining ingr
ents; chill thoroughly. Plac
small bowl; set into cente
artichoke. To serve, dip
choke leaves in sauce. Mak
cup sauce.

ASPARAGUS WITH ORANGE HOLLANDAISE SAUCE

Orange peel and juice replace more commonly used lemon-

- **4 tablespoons butter or margarine**
- **2 egg yolks**
- **¼ teaspoon grated orange pe**
- **1 teaspoon orange juice**
- **Dash salt**
- **Dash white pepper**
- **¼ cup dairy sour cream**
- **16 ounces fresh asparagus, cooked and drained**

Cut butter or margarine
three portions. In heavy s
saucepan, combine egg yolks
⅓ of the butter. Cook and
over low heat till butter m
Add ⅓ more of the butter
continue stirring. As mix
thickens and butter melts,
remaining butter, stirring
stantly. When butter is me
remove from heat; stir in or
peel, orange juice, salt, and w
pepper. Return to heat, stir
constantly till thickened, 2
minutes. Remove from hea
once. Blend hot egg yolk mix
into sour cream. Spoon over
serving of asparagus. Gar
with additional shredded ora
peel, if desired. Makes 4
servings.

ASPARAGUS OMELET WITH GOLDEN TARRAGON SAUCE

Have all ingredients assem before you begin to cook omelet—

- **8 ounces fresh asparagus, bias-sliced**
- **6 eggs**
- **2 tablespoons water**
- **¼ teaspoon salt**
- **Dash pepper**
- **2 tablespoons butter or margarine**
- **1 recipe Golden Tarragon Sau**

Cook sliced asparagus, cove
in small amount of boiling w
for 10 minutes or till ten
drain well. Keep warm.

With fork, beat eggs, wa
salt, and pepper till mixtur
blended but not frothy. Heat
ter or margarine in 10-inch sk
or omelet pan till it sizzles
browns slightly. Tilt pan to gr
sides. Add egg mixture and c
slowly. Run spatula around e
lifting egg to allow uncoo
portion to flow underneath.

Spoon asparagus across ce

continued

Fresh food

- **2 tablespoons finely chopped green pepper**
- **1 tablespoon snipped parsley**
- **1 teaspoon lemon juice**
- **½ teaspoon dried oregano, crushed**
- **Dash pepper**

Slice about 1 inch from top of each artichoke; cut stems from base. Remove and discard all coarse outer leaves. Snip off sharp leaf tips with kitchen

of omelet; top with ½ cup Golden Tarragon Sauce. Tilt pan to fold omelet and roll onto hot platter. Serve with remaining sauce. Makes 4 servings.

To make Golden Tarragon Sauce: In saucepan, cook ¼ cup sliced green onion in 1 tablespoon butter till tender. Stir in 3 tablespoons dry white wine and 1 tablespoon white wine vinegar. Simmer till liquid is reduced by half, 3 to 5 minutes. In another saucepan, melt 1 tablespoon butter; blend in 4 teaspoons all-purpose flour. Add 1¼ cups milk. Cook and stir till mixture thickens and bubbles. Remove from heat; stir in ¼ teaspoon salt and ¼ teaspoon dried tarragon, crushed. Return to low heat; gradually stir in onion mixture. Do not boil. Makes about 1½ cups sauce.

STRAWBERRY BANANA ICE CREAM BOMBE

Slice bombe in small wedges to serve—

2 envelopes dessert topping mix
4 bananas, mashed (2½ cups)
1 6-ounce can frozen Hawaiian punch, thawed
1 pint vanilla ice cream
1½ cups fresh strawberries, crushed
Shredded coconut

Prepare topping mixes together according to package directions. Combine mashed banana and

Hawaiian punch. Fold banana mixture into whipped topping. Spoon one-third of the mixture (2½ cups) into a 2-quart bowl. Freeze till almost firm. Meanwhile, refrigerate remaining banana mixture. Quickly stir ice cream to soften slightly; swirl in crushed strawberries. Spread atop nearly firm pink layer in bowl. Return to freezer. When ice cream layer is almost firm, spoon remaining banana mixture atop. Freeze overnight. Unmold onto serving plate. Let stand in refrigerator 15 to 20 minutes before serving. Garnish with shredded coconut, if desired. Makes 8 servings.

STRAWBERRY DRIZZLE SHORTCAKE

A luscious make-ahead dessert for a large group—

2 17-ounce packages pound cake mix
2 tablespoons shredded orange peel
2 teaspoons shredded lemon peel
2 cups fresh strawberries
About ½ cup orange juice
1 cup sugar
3 tablespoons lemon juice
¼ cup light rum
1 cup whipping cream
2 teaspoons sugar
½ teaspoon vanilla

Prepare pound cake mixes together according to package directions, adding the orange and lemon peels. Turn into greased and lightly floured 10-inch fluted tube pan. Bake in 350° oven for 1¼ hours or till cake tests done. Cool in pan 10 minutes; remove from pan to cooling rack and cool 20 minutes more. Place waxed paper under cooling rack. Pierce cake at 1-inch intervals with long-tined fork or skewer.

Mash 1 cup of the strawberries. Add enough of the orange juice to mashed berries to make 1 cup. In saucepan, combine strawberry-orange juice mixture, the 1 cup sugar, and lemon juice; bring to boiling. Press through

continued

continued

Fresh food

sieve; stir in rum. Slowly spoon syrup over cake, a small amount at a time, allowing cake to absorb syrup. Continue till all syrup is used. Chill cake till serving time.

Whip cream, the remaining sugar, and the vanilla just till stiff. Reserve one or two of the remaining berries for garnish; slice the remainder. Fold into whipped cream. Pile in center of cake. Makes 10 to 12 servings.

STRAWBERRIES ROMANOFF

Keep this ice cream sauce on hand to dress up other fruit desserts or angel food cake––

1 quart fresh strawberries
2 tablespoons sugar
1 pint strawberry ice cream
½ cup dairy sour cream
2 tablespoons orange liqueur

Wash and hull strawberries. Sprinkle berries with sugar. Chill 1 hour. Meanwhile, stir ice cream just to soften. Fold in sour cream and liqueur. Freeze 1 hour. Dollop each serving of berries with ice cream sauce. Makes 6 to 8 servings.

STRAWBERRY CHIFFON PIE

A light, fresh strawberry pie—

3 cups fresh strawberries
1 3-ounce package strawberry-flavored gelatin
¾ cup boiling water
2 tablespoons lemon juice
Dash salt
2 egg whites
¼ cup sugar
½ cup whipping cream
1 baked and cooled 9-inch pastry shell

Mash *1 cup* of the strawberries; add water to make ⅔ cup. Slice remaining 2 cups berries; refrigerate. Dissolve gelatin in boiling water; add lemon juice and mashed strawberry mixture. Chill till partially set. Beat till light and fluffy. Add salt to egg whites; beat till soft peaks form. Gradually add sugar, beating to stiff peaks; set aside. Whip cream just till stiff; fold in beaten egg whites and strawberry mixture. Chill till mixture mounds when spooned. Fold in sliced strawberries; pile in cooled pastry shell. Chill 4 to 5 hours. If desired, top with additional strawberries and mint leaves.

DILL VINAIGRETTE SALAD

Dill Vinegar should be made at least two weeks ahead of when you plan to use it—

¼ cup Dill Vinegar
1 recipe Vinaigrette Dressing
3 medium carrots, crinkle-cut lengthwise
1 cup sliced fresh mushrooms
1 avocado, seeded, peeled, and sliced
8 ounces fresh green peas, shelled, cooked, and chilled
Iceberg lettuce
Watercress sprigs

To make Dill Vinegar: Wash 1 cup fresh dill (about 3 heads); dry well. Snip lightly. In cruet or screw-top jar, combine 2 cups white vinegar, 2 whole cloves, and 2 small cloves garlic; add snipped dill. Cover. After 24 hours, remove garlic cloves. After 2 weeks, strain and bottle the vinegar in translucent jars. Makes 2 cups.

To make Vinaigrette Dressing: In screw-top jar, combine ½ cup salad oil, ¼ cup Dill Vinegar, 2 tablespoons water, 1 tablespoon thinly sliced shallots, 2 teaspoons sugar, ½ teaspoon paprika, ½ teaspoon dry mustard, and ¼ teaspoon salt. Cover and shake vigorously to blend. Makes about ¾ cup.

In bowl, combine carrots, mushrooms, avocado, and peas. Toss with enough Vinaigrette Dressing to coat all ingredients. Arrange salad in lettuce-lined bowl. Garnish with watercress. Makes 6 servings.

PARSLEY TEMPURA

To help prevent fat from splattering, add 1 teaspoon salt to the heated oil—

1 cup chicken broth
1 cup all-purpose flour
1 tablespoon grated parmesan cheese
½ teaspoon salt
Dash garlic powder
2 teaspoons cooking oil
1 beaten egg yolk
1 stiff-beaten egg white
2 cups parsley sprigs
1 cup cubed, pared eggplant
1 cup fresh whole mushrooms
1 small head cauliflower, broken into bite-sized pieces
Cooking oil

In mixing bowl, combine broth, flour, parmesan, salt, and the garlic powder. Stir in the 2 teaspoons oil and the egg yolk; beat till smooth. Fold in egg white. Pat vegetables dry. Dip vegetables in batter. Fry in deep hot fat (375°), a few at a time, till golden, 1 to 5 minutes depending on vegetable. Drain on absorbent paper towel-

Serve immediately. Makes
ps batter.

' POTATO VICHYSSOISE
elegant first-course soup—
rge leeks, thinly sliced
cup)
blespoons butter or
argarine
ash freshly ground nutmeg
ounds new potatoes, pared
nd thinly sliced (4 cups)
ups chicken broth
ups milk
up light cream
up whipping cream
nipped chives
aspoons salt
ash white pepper

aucepan cook leeks in butter
nargarine till tender but not
vn. Add potatoes, chicken
h and nutmeg. Cook 25 to 30
utes. Turn into blender con-
er. Cover, blend till smooth.
put through food mill.) Add
, light cream and whipping
m. Season with the salt and
per. Cool; cover and chill. To
e, top each serving with
nly snipped chives. Makes 8
ings.

TO OVER GREEN NOODLES
s is also tasty served over
le wheat noodles—
up tightly packed snipped
esh basil
up snipped parsley
up (2 ounces) grated romano
heese
up pine nuts, walnuts, or
lmonds
love garlic
easpoon salt
• • •
up olive oil
lot cooked and buttered green
oodles

ce all ingredients except olive
and noodles in blender con-
er or in mortar. Cover and
nd till smooth or pound with
le to a paste. Add olive oil
lually, a teaspoon at a time,
mixture is consistency of soft
er. Refrigerate till used. Toss
buttered noodles and half of
pesto together. Serve immedi-
y. Pass remaining pesto and
itional romano and pine nuts,
esired. Makes 4 servings.

Introducing Salt, Pepper, Onion, Garlic and Parsley. All in one shake.

Someone's finally taken the guesswork out of seasoning.

The people at Morton Salt Company have created a whole new way to season from salt, pepper, onion, garlic and parsley. It's a balanced blend from your favorite natural seasonings called Morton® Nature's Seasons® seasoning blend.

The flavor is so well balanced you can shake it on just about anything.

From steaks and chops to soups and salads.

So now, you can take even the most ordinary tasting foods—shake them up—and make them taste not quite so ordinary anymore.

New Morton Nature's Seasons seasoning blend.

From Morton Salt Company.

15¢ STORE COUPON 15¢

15¢ Off New Morton® Nature's Seasons® seasoning blend.

To the Dealer: You are authorized to act as our agent in redeeming this coupon. We will reimburse you for the face value of this coupon, plus 5¢ for handling, provided you and the consumer have complied with the terms of this coupon offer. This coupon is good only when redeemed by you from a consumer at a time of purchasing specified brand. The consumer must pay any sales tax involved. This coupon is non-assignable. Invoices proving purchase of sufficient stock of our brands to cover coupons presented must be shown upon request. Coupon void if use is prohibited, restricted or taxed. Coupons will be accepted for reimbursement only if identified as being the property of the retail distributor of our merchandise who redeemed them. Coupons must be mailed to: Morton Salt, P.O. Box 1575, Clinton, Iowa 52734. This coupon good only on Morton Nature's Seasons seasoning blend. Any other use constitutes fraud.
Cash redemption value 1/20 of 1¢. Offer expires Dec. 31, 1975.
Morton Salt Company, Division of Morton-Norwich Products, Inc., Chicago, Ill. 60606

You'll never get a better shake.

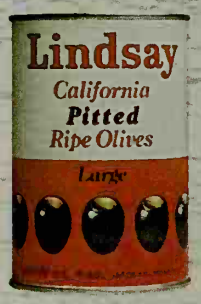
BH

To be a Lindsay Ripe Olive you have to be exactly ripe.

To develop the proper flavor, a ripe olive has to be ripe—right down to the pit. But to keep its firm, crisp texture, you have to be careful not to overripen it or it gets mushy.

At Lindsay, we still haven't found a way to ripen every olive perfectly. But we do know how to keep the much-too-ripe and not-so-ripe olives from slipping into one of our cans.

So when you see the words "Ripe Olives" on the outside of a Lindsay can, you can be sure that's exactly what you'll find inside.



An olive is just an olive...unless it's a Lindsay.

(Olive photography unretouched.)

FAMILY FOOD IDEAS

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CHANGING THE SCENE WITH CARPET AND RUGS
Page 52 (top): Carpet—Berven Carpets Corp., 2600 Ventura Ave., Fresno, Calif. 93717. Fireplace—Dalton-Gorman Industries, Inc., 653 W. 83rd St., Chicago, Ill. 60620. Sofa—Henredon Furniture Industries, Inc., Morganton, N.C. 28655. Chair—Ethan Allen, Ethan Allen Dr., Danbury, Conn. 06810. Floor lamp—Lightolier Inc., 346 Claremont Ave., Jersey City, N.J. 07305. Cube tables—Raymor/Richards, Morgenthau, Inc., 734 Grand Ave., Ridgefield, N.J. 07657. (Bottom): Carpet—Armstrong Cork Company, Lancaster, Pa. 17604.
Page 53 (top): Carpet—Carpet Imports of Louisville, 1201 Story Ave., Louisville, Ky. 40206. Area rug—Concepts International, 919 Third Ave., N.Y., N.Y. 10022. (Bottom): Large rug—Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022. Area rug—Couristan, Inc., 919 Third Ave., N.Y., N.Y. 10022.

NO-SEW WINDOW TREATMENTS
Products used to make window panels
Page 58: For exotic Oriental panels we used Pellon™ and Pclomite™ by Pellon Corp., 1120 Ave. of the Americas, N.Y., N.Y. 10036. Dinnerware on table: "Independence White" Independence Ironstone & Glass by Franciscan, INTERPACE Corporation, 2901 Los Feliz, Los Angeles, Calif. 90039. Pewter flatware "Octette" by Gorham, Providence, R.I. 02907.
Page 59: For stained-glass casement curtains we used Bondex® iron-on fabric by Permacel, U.S. Highway #1, New Brunswick, N.J. 08903, for the black "leading": SiBonne™ lining fabric used to make panels by David B. Carmel & Co., 206 W. 40 St., N.Y., N.Y. 10018.

HOW TO GET THE HOUSE YOU WANT
Page 70 (right): Kitchen cabinets—Wood-Hu Kitchens, 343 Manley St., W. Bridgewater, Mass. 02379. Counters—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202.
Page 71 (top left): Chairs and round table—Stendig, 410 E. 62nd St., N.Y., N.Y. 10021. (Bottom left): Arc lamp—Atelier, International, 595 Madison Ave., N.Y., N.Y. 10022. Stack tables—Beylerian, Ltd., 253 5th Ave., N.Y., N.Y. 10016. (Right): Chairs and table—Stendig, 410 E. 62nd St., N.Y., N.Y. 10021.
Page 73 (left): Coffee tables and sofa—Burlington House Furn., Globe Div., Highpoint, N.C. 27261. Rug—WestPoint Pepperell, Carpet & Rug Div., Dalton, Ga. 30720. Plant stand and pillows—Nettle Creek Ind., Inc., 95 Madison Ave., N.Y., N.Y. 10016. Orange lamp—Chapman Mfg., 481 W. Main St., Avon, Mass. 02322.

SUNNY-SIDE UP KITCHENS
Page 74 (left): Wallpaper—Brunschwig & Fils, Inc., 410 E. 62nd Street, N.Y., N.Y. 10021. Chopping block table—Williams-Sonoma Kitchenware, 576 Sutter St., San Francisco, Calif. 94102.
Page 75 (top right): Faucet—Moen, 377 Woodland Ave., Elyria, Ohio 44035. Counter top—Formica Corp., 4614 Spring Grove Ave., Cincinnati, Ohio 45232. Lights above skylight—Halo Lighting, Inc., 4201 W. Grand Ave., Chicago, Ill. 60651.
Page 75 (bottom right): Cabinets—Formica Corp., 4614 Spring Grove Ave., Cincinnati, Ohio 45232. Range-oven-cook top—Thermador, Div. of Norris Ind., 5119 District Blvd., Los Angeles, Calif. 90022. Sink—Elkay Mfg. Co., 2700 S. 17th Ave., Broadview, Ill. 60155. Windows—Pella Windows, Rolscreen Co., Pella, Ia. 50219. Pots and pans—Catherineholm Ltd., 299 Westport Ave., Norwalk, Conn. 06851. Dishes—Heller Designs, Mamaroneck, New York 10543.

FRESH FOOD
Page 84: White bowl—Block China Co., 25 E. 26th St., N.Y., N.Y. 10010. White platter—Corning Glass Works, Corning, N.Y. 14830. Asparagus tray—Marsh, Ind., 225 E. 16th St., Los Angeles, Calif. 90015. Asparagus container—Raymor, 734 Grand Ave., Ridgefield, N.Y. 07657.
Page 87: Wine glasses—"Sommelier" by Fostoria Glass Co., 1200 First St., Moundsville, W. Va. 26041. Cake plate—Jay Willfred Co. Inc., 133 W. 20th St., N.Y., N.Y. 10011.
Page 88: Glass bowl—Corning Glass Works, Corning, N.Y. 14830.

PRIZE TESTED RECIPES
Page 97 (left): Pedestal plate—May Company, 801 S. Broadway, Los Angeles, Calif. 90014. Silver server—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907. (Right): Gravy boat, platter and bowl—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.
Page 98 (bottom left): Plate—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Bottom right): Dessert plates—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830. (Top right): Dessert plates—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Forks—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907.

COUNTRY DINNER
Page 107 (top): Glass casserole—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Salt and pepper shakers—Ginori, 711 5th Ave., N.Y., N.Y. 10022.

FOUR GOOD KITCHEN DESKS
Page 112 (top left): Cabinets and desk—Quaker Maid (The Tappan Company) Leesport, Pa. 19533. Wallpaper "Peek-a-Boo" by Piazzo Prints, Philadelphia, Pa. 19104.
Page 113 (bottom left): Cabinets, storage divider, table—Custom-made by Arrow Cabinets, Falls and Shoemaker Roads, Baltimore, Maryland 21209. Desk and tabletop—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202. Stool—Cosco Household Products, Inc., Dept. KFR-23, Columbus, Indiana 47201.

Moving?

Be sure to notify *Better Homes and Gardens* at least 5 weeks before you move. This will give us time to process your change of address without any delay in service.

When you write, include an address label from the cover of one of your recent copies. It will help us speed your request through.

Send the address label, along with your new address, to *Better Homes and Gardens*, 1716 Locust St., Des Moines, Iowa 50336. *Please be sure to include your zip code.*

Country dinner

Savory Chicken Pie
Coleslaw
Stewed Tomatoes
Corn Bread Honey
Brownie Pudding
Milk

Photographs: Dieter

VORY CHICKEN PIE

verwurst adds a unique touch a favorite meat pie—

- 2- to 3-pound broiler-fryer, cut up
- cups water
- teaspoon salt
- cup chopped celery
- cup chopped onion
- medium carrots, thinly sliced (1 cup)
- tablespoons butter or margarine
- tablespoons all-purpose flour
- teaspoon salt
- ounces liverwurst, sliced
- Pastry for 1-crust 9-inch pie

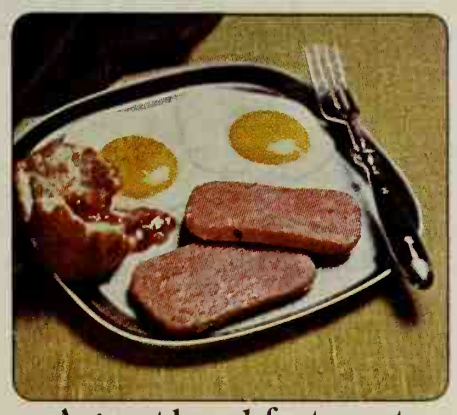
saucepan, combine chicken, ter, and the ½ teaspoon salt. ok, covered, 30 minutes. Add ery, onion, and carrot. Simmer minutes more. Skin, bone, and p chicken. Strain broth, re- ving vegetables and 2 cups of broth. In saucepan, melt but- or margarine; stir in flour and remaining salt. Stir in reserved th. Cook and stir till thickened d bubbly. Stir in chicken and

Buying information, page 106

getables. Turn into 10x6x2- h baking dish. Arrange liver- rst slices over chicken mixture. ll pastry to 12x8-inch rectan- . Place over hot filling; flute ges. Cut slits in pastry for ape of steam. Bake in 375° n for 45 to 50 minutes. Gar- h with celery leaves, if desired. kes 6 servings.

SPAM® GIVES YOU SEVEN MEATS FOR THE PRICE OF ONE.

This special blend of pork shoulder with ham is more than just a popular sandwich meat.



A great breakfast meat.

A great salad meat.

A great casserole meat.

A great cook-out meat.

A great pizza meat.

A great snack meat.

A great sandwich meat, too!

SPAM is a registered trademark for a pork product packed only by Hormel.

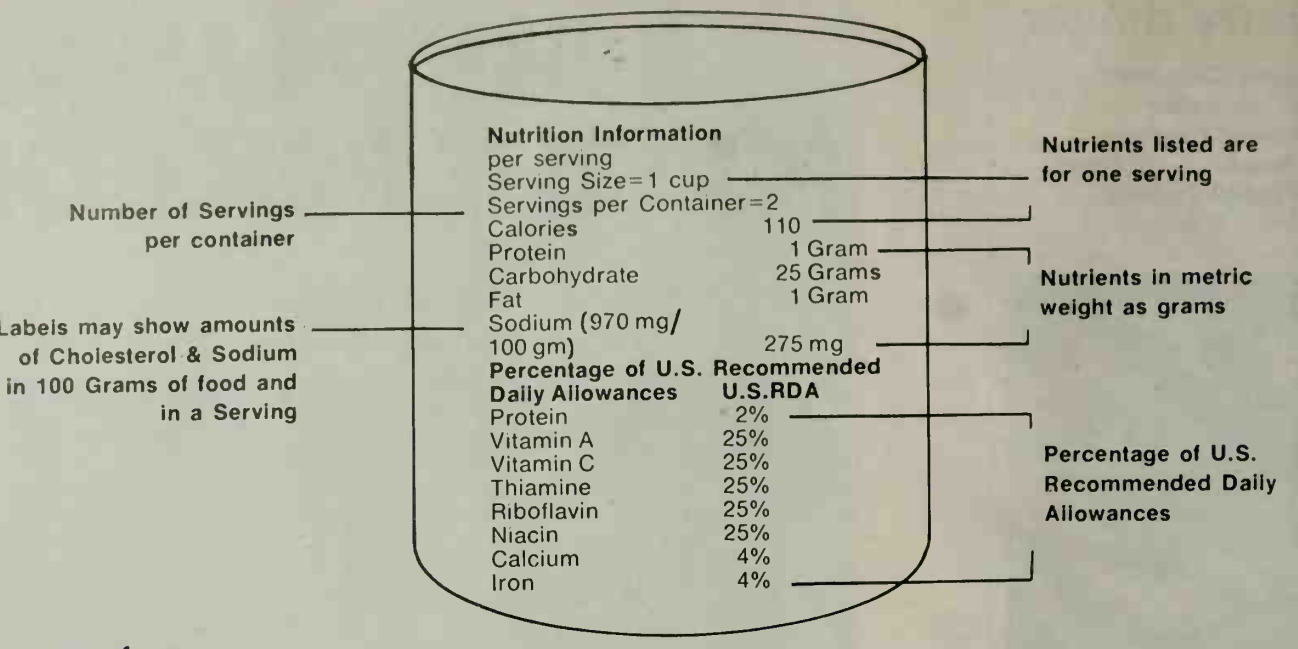
A lot of meat. But not a lot of money.

Hormel
FINE FOOD PRODUCTS

FAMILY FOOD IDEAS

Nancy Hopkins

How to read nutrition labels



Cereal box readers have been aware of nutrition labeling, of a sort, for years. Even if you're a casual reader, you've probably noticed a change in the format. The old Minimum Daily Requirements (levels of nutrients recommended to prevent disease) have given way to the more usable '75 version, the U.S. Recommended Daily Allowances (levels of nutrients recommended to maintain good health).

Cereal is no longer alone in the nutrition labeling game. As of June 30, 1975, every company which labels or advertises special nutritional qualities or which adds vitamins or minerals to the food must label their products according to a standard format. Any food company not under this regulation that voluntarily wants to label its products may do so, but the label must conform to a uniform format.

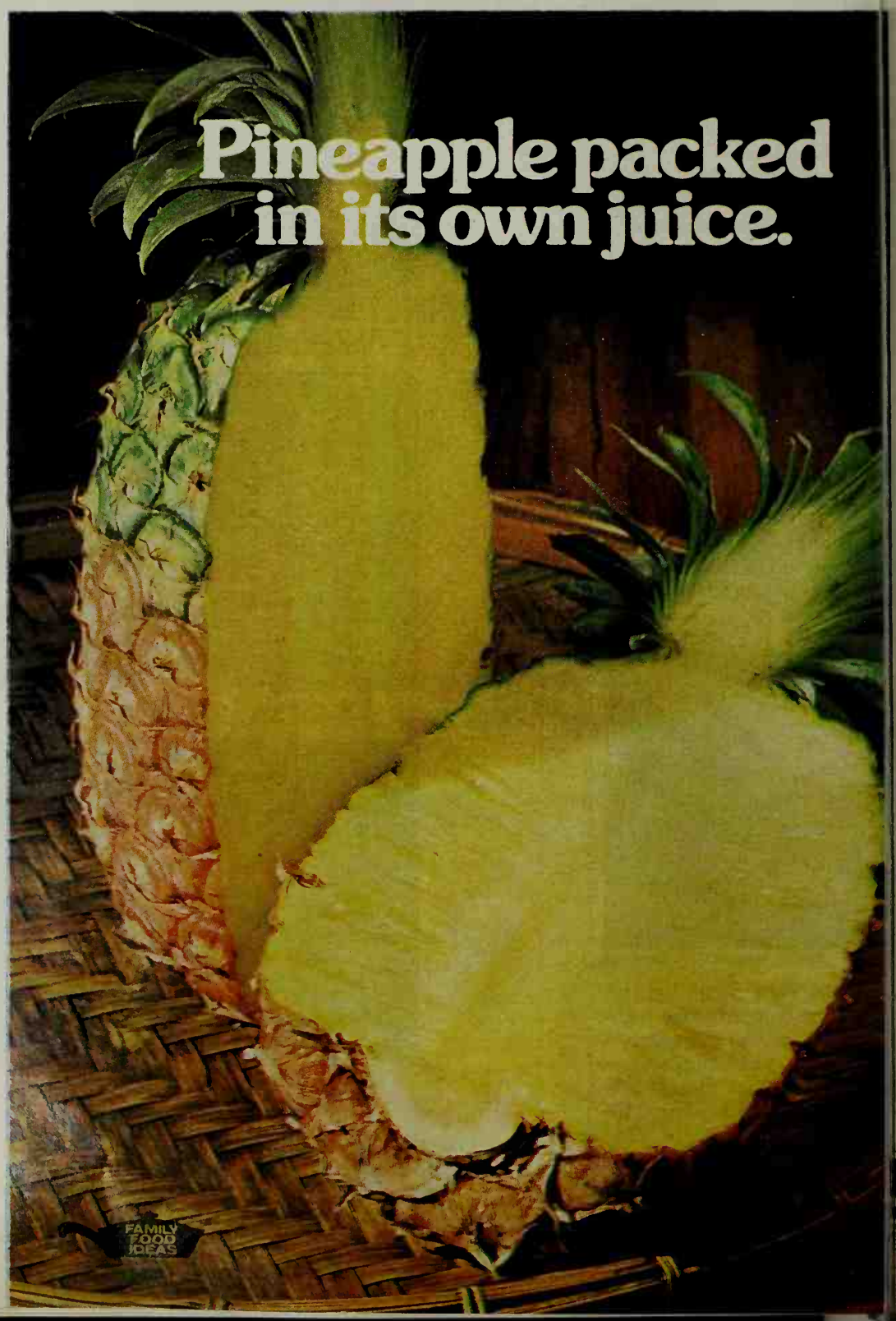
What the Food and Drug Administration (FDA) hopes is that every food in your corner store will someday carry nutrition labeling. This will enable you, the consumer, to count nutritional value as precisely as you count pennies.

WHAT MUST BE ON THE LABEL?

For *one-serving* amounts, the calories and the gram weights of protein, fat, and carbohydrates *must* be listed. The *percentages* in terms of the U.S. RDA of protein, and seven vitamins and minerals *must* follow. The vitamins are A and C and the three B vitamins—thiamine, riboflavin, and niacin; minerals are calcium and iron. Any of 12 other nutrients must be listed when added by the food manufacturer.

The label may include the amounts of polyunsaturated fat and saturated fat and also the cholesterol content. The following statement must then be included. "Information on fat (and/or cholesterol) content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat (and/or cholesterol)." Sodium content may be given both per serving and per 100 gm. of food.

Remaining on all the labels except those on standard foods is a listing of ingredients in descending order of amounts. Thus a



listing for spaghetti with meat sauce may read: *Ingredients: Water, tomatoes, spaghetti, beef, food starch-modified (from corn), carrots, celery, cheese, nonfat dry milk, onion flavoring, and salt.* This means there is more water than tomatoes, more spaghetti than beef, etc.

With the percentages of nutrients listed on the packages, you can calculate the amounts in each category and with proper menu planning, serve all the nutrients you need in one day. However, don't be alarmed if you don't have 100 percent of each nutrient. Different people have different requirements, and the U.S. RDA doesn't discriminate according to sex, age, or size. It takes the highest value in most categories and sets that figure as the standard U.S. RDA. So, while women need more iron than men, men need slightly more protein and vitamin C than women, and teen-age boys require more thiamine than both, the standard for each nutrient takes into consideration the highest amount that is recommended for most population groups.

Since no one food is nutritionally complete, you need a wide variety of foods daily. Maybe today you will select orange juice for the vitamin C, but tomorrow choose broccoli and tomatoes. With nutrition labeling, comparing food values and counting calories should be easier.

WHAT'S TO COME?

The FDA hopes that all companies not required to label will voluntarily label their products. If so, the additional expense of testing procedures and label changes will be passed on to the consumer. FDA hasn't set standard serving sizes and hopes industry will regulate itself. At present, standard foods such as mayonnaise, ice cream, etc. don't need to be nutritionally labeled since a standard recipe, covered by separate regulations for specific foods, is used by the industry.

In cake mixes or cereals, the nutrients in the raw ingredients *must* be labeled, but the items you might add in preparing the product need not be included.

YELLOW CAKE
Nutrition information
Servings per container: 12

	mix	mix plus eggs and water
calories	190	200
protein	2 gm	3 gm
carbohydrate	34 gm	34 gm
fat	5 gm	6 gm
sodium (610 mg/ 100 gm mix)	275 mg	285 mg
Percentages of U.S. RDA		
protein	2%	4%
vitamin A	0	2%
vitamin C	0	0
thiamine	6%	6%
riboflavin	4%	6%
niacin	2%	2%
calcium	2%	2%
iron	2%	4%
phosphorus	10%	10%

Just the packaged cereal must be labeled.

PACKAGED CEREAL
Nutrition information
per 1 cup serving (1 ounce)
Servings per container: 6

	cereal	with ½ cup whole milk
calories	110	190
protein	2 gm	6 gm
carbohydrate	25 gm	31 gm
fat	0	4 gm
Percentages of U.S. RDA		
protein	2%	10%
vitamin A	25%	25%
vitamin C	25%	25%
thiamine	25%	25%
riboflavin	25%	35%
niacin	25%	25%
calcium	0	15%
iron	10%	10%
vitamin D	10%	25%
vitamin B_6	25%	25%
folic acid	25%	25%
phosphorus	2%	10%
magnesium	2%	6%
zinc	2%	2%

Now that we have the information to buy the right foods for nutritious meals, the biggest question is: will we use it?

Pineapple packed in its own juice.

No sugar added. At Dole, sweetness comes naturally.

More doctors use and recommend Fleischmann's than any other margarine.

Fleischmann's is #1 with doctors all over the country. According to a recent survey, twice as many doctors personally use Fleischmann's at home than any other brand. And twice as many doctors also recommend Fleischmann's than any other brand to their patients.

And in a separate clinical test, Fleischmann's was part of a total dietary program along with reduced fats, fewer eggs and skim milk, that lowered serum cholesterol levels an average 17%.

Shouldn't you serve your family Fleischmann's? It's the only leading margarine made from 100% corn oil.

Another fine product of Standard Brands

Fleischmann's makes sensible eating delicious.

begins on page 58

No-sew windows

Oriental panels page 58

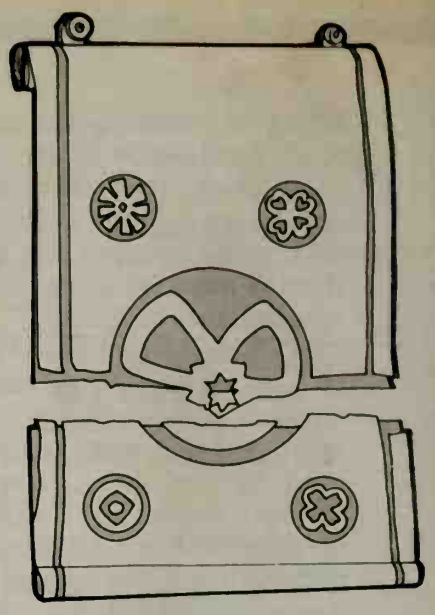
To cover a standard 84x72-inch sliding glass door, we made four panels, each extending from floor to ceiling. Finished size of each panel is 26x92 inches long; when hung, panels overlap slightly. Panels are attached to wooden slats at top and suspended from an 8-foot-long double sliding door track mounted on the ceiling about 8 inches out from the wall. Each panel is weighted with a length of metal rod inserted into bottom hem. The design motifs were confined to that portion of each panel that hangs in front of the window; the upper portion (extending from top of window to ceiling) is left blank. Instructions for these panels may of course be adapted to other size windows.

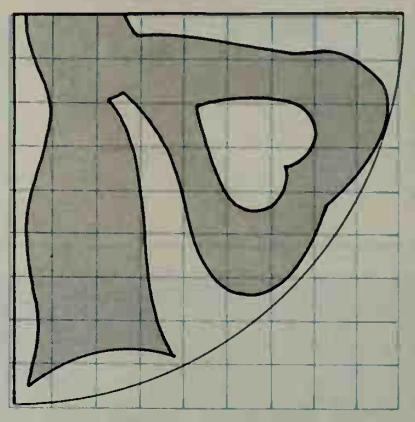
Materials: 11½ yards of lightweight regular Pellon (available in 37-inch widths); 17 yards of iron-on detail Pelomite (available in 18-inch widths)—if not available through your local fabric store, see Buying Guide; round templates, 10 inches and 3½ inches in diameter (we used a dinner plate for the larger template and a jar lid for the smaller); soft lead pencil; yardstick or straightedge; sharp scissors; steam iron; four 26-inch brass rods; four wooden slats each 26⅜x1½ inches.

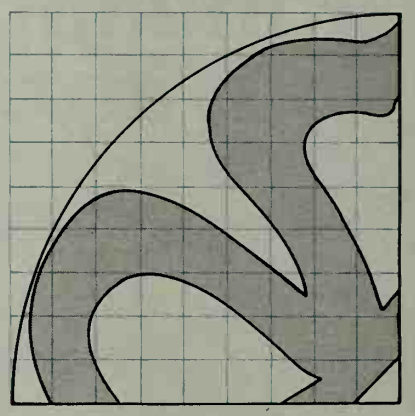
1. For each panel, cut a length of lightweight regular Pellon 100 inches long and trim to 26 inches wide. Also cut one center strip of detail Pelomite 16 inches wide and 100 inches long, plus two narrow border strips of Pelomite, each 4 inches wide and 100 inches long.

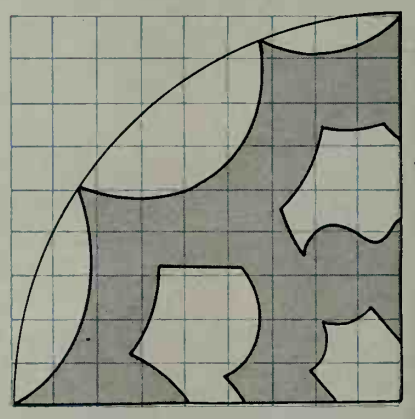
2. Allowing about 2 inches extra at bottom for hem, measure up 7 feet on the 16-inch strip of Pelomite. Your cutout design will be centered on this section (remember that the upper section of each panel is left blank). Now take your 10-inch circular template and center five circles on the strip, approximately 3 inches in from either side and 4 inches apart. Draw around template with very light pencil tracing. Using the 3½-inch template, trace smaller circles on either side of the panel, centering twelve circles about 1½ inches in from each side and centered between the larger circles.

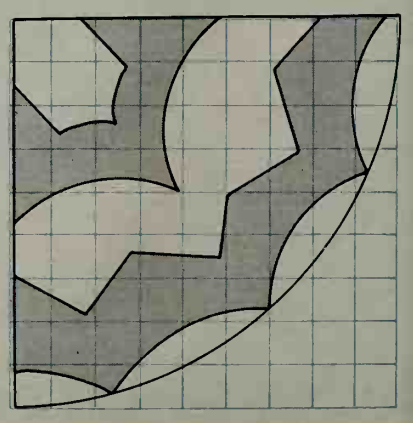
3. Cut out all the circles, being careful to cut just *outside* the penciled outlines (otherwise pencil marks will show up on the finished panel). Set cutout circles aside for making inset designs later. When you have cut all circles from the wide strip of Pelomite, center this strip on the 26-inch-wide strip of Pellon (5 inches in from either side) and iron in place, using hottest setting on the steam iron. Use a thin press cloth to protect iron. Next, iron on the 4-inch-wide border strips of Pelomite, leaving 1 inch between center and border strips. Trim edges of panel.

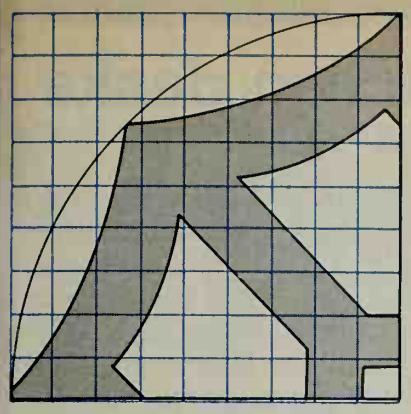


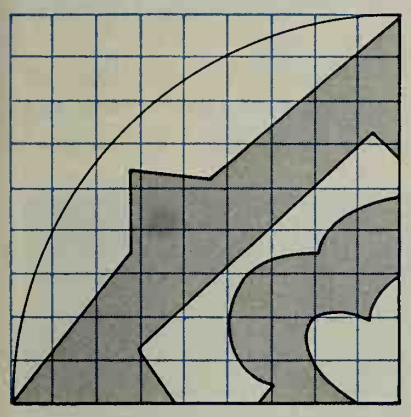


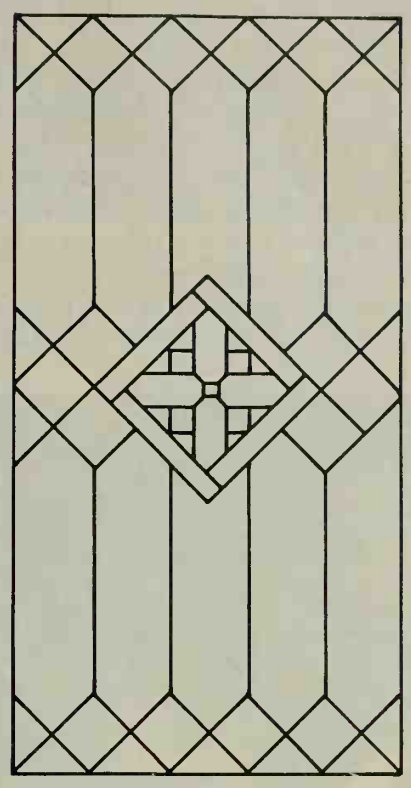












4. *To make insets:* Using the circles of Pelomite cut from the center panel, trim all 10-inch circles to 9 inches in diameter; trim all the smaller circles to approximately 2¾ inches in diameter. Make insets by folding each circle of Pelomite into quarters. Using the patterns in our drawing above (¼ of the pattern) cut out patterns from 9-inch quartered circles with small, sharp scissors. Unfold circle to reveal finished motif. For the smaller circles, reduce our design or make your own patterns.

Center one motif in each cutout circle on the panel and iron in place. Repeat and vary patterns for each motif.

5. *To finish panels:* Fold bottom edge of each panel up 1 inch and then fold again. Machine-stitch or glue hem in place and insert metal rod cut to size, to add weight to panel and make it hang properly.

Fold top of panel around a wooden slat (two or three folds) until finished length of panel is 92 inches; staple panel to slat with staple gun.

Mount track wheels on back of each panel, screwing fixture into the wooden slat (track wheels come with hardware for door track). Slip panels into sliding door track, mounted on ceiling. Slip small wooden blocks into ends of track to keep panels from sliding out of track.

Stained-glass casement curtains page 59

Materials: Broadcloth or sheer lining fabric such as SiBonne—2¼ yards white, ⅜ yard purple, ⅜ yard turquoise, ¼ yard magenta, ¼ yard orange, ¼ yard gold; black iron-on tape—13 packages, each containing 1¼-feet x 7-inch pieces; ¼-yard black broadcloth; standard spring tension rods cut to fit your windows (two rods for each curtain). Finished size: 28¾ x 56⅞ inches (basic design can be reduced or enlarged to fit almost any size window).

1. Using pencil and straightedge, mark off the dimensions of your window on a large sheet of paper. Divide the horizontal dimension of the window into five equal parts, drawing vertical lines on these divisions. Copy design as shown, varying space between the center diamonds and the top and bottom rows as necessary.

Lay the finished design on a tabletop. If you're working with sheer lining, the fabric can be placed on top of the design and the design traced on the appropriate colors (it will show through the fabric). If working with broadcloth, place it under the design and trace with dressmaker's carbon and tracing wheel. Trace all the divisions of the design on the appropriate colors of fabric. Cut them out. If possible keep the grain of the fabric in the same direction.

Place the pieces on the design in position. Work with only a few pieces at a time.

Divide the iron-on tape vertically into ⅜-inch widths. Place these strips along the edges of the design fabric pieces so that it holds two adjoining pieces together. Following package directions, use heated iron and lightly touch the strips just enough to hold in position. Repeat this over a section of the design, cutting strips to lengths needed and piecing it where necessary.

Move curtain to an ironing board for final pressing, following directions with iron-on fabric. Repeat this on the other side of the design for greater permanence. Then repeat above procedure until curtain is complete.

When curtain is completed, cut black broadcloth into strips 2 inches wide and as long as your window is wide. Glue or machine-stitch a strip to the top and bottom edges of the curtain. Fold over and glue or stitch again to form a slot for the rods, folding the rough edge to the inside. Insert rods and position casement curtain in your window. ■

To unlock natural flavor trapped in foods, remember your ABC's.

Accent®
Before
Cooking

Accent Flavor Enhancer Before Cooking gives you the good, natural flavor you pay for. And it costs less than 3¢ per pound of meat. Accent Flavor Enhancer Before Cooking. It's a lesson in flavor.

FAMILY FOOD IDEAS

Four good kitchen desks

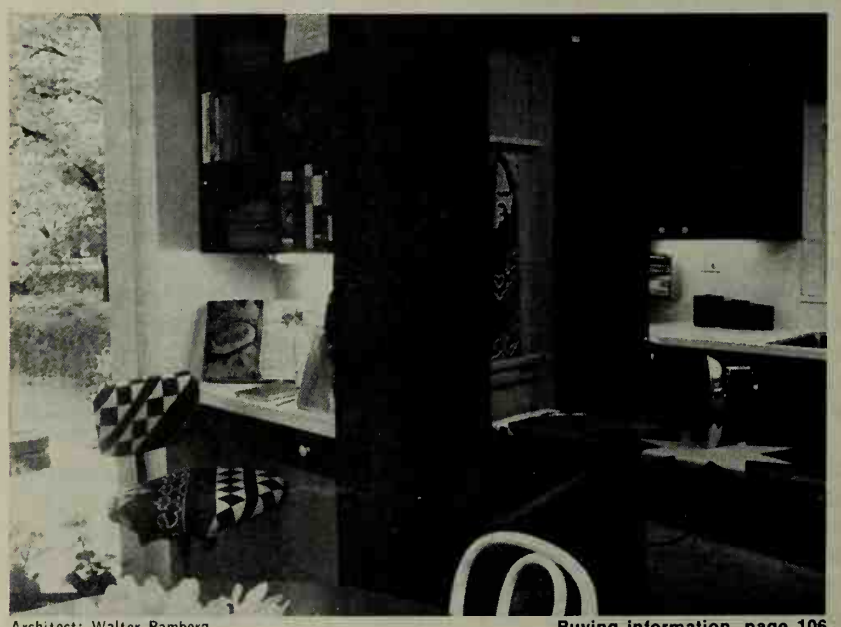
A kitchen "office" can put an end to the frustrating search for favorite clipped recipes, bills, unanswered letters, and instruction booklets. Your planning center can be as simple as a niche in an idle corner or a portion of a kitchen peninsula. In a yard of space, a desk can also provide a handy spot for children to study.

When you plan a kitchen desk, make sure it incorporates the essentials. These include an organized filing system, a storage spot for cook books and telephone, and a bulletin board for messages, weekly menu plans, and important dates.

If you've got room for the extras, consider installing an intercom system so you can keep in touch with family members in upper rooms without shouting.

Photographs: Harry Hartman. Interior Designer: Ronald Bass. Source: Gaby Leubecker

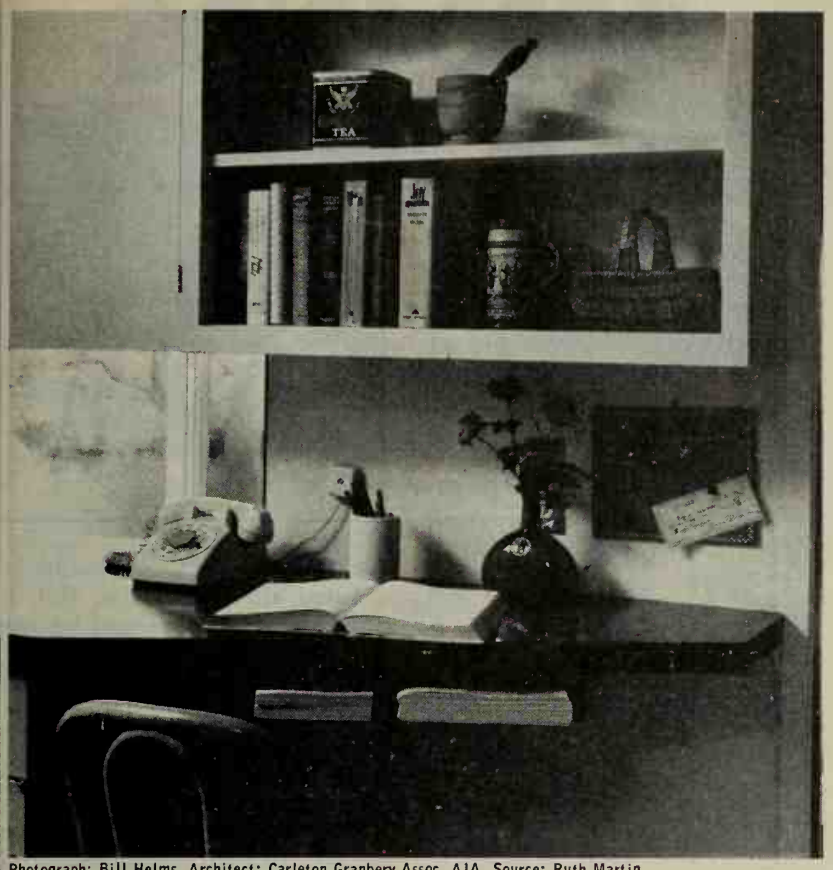
This planning desk is all business—kid's business and family management business. A huge cork bulletin board above the desk makes the perfect resting place for school projects, a monthly calendar, or "portraits" of Mom and Dad. The desk is equipped with telephone, adjustable shelves for books, and deep desk drawers for home management essentials.



Architect: Walter Ramberg

Buying information, page 106

Crisp, contemporary styling blends this storage unit with the architectural lines of the rest of the house. The divider was built to separate the food preparation center of the kitchen from the family eating area. Its three open sides answer a variety of needs: an ironing board folds down from one end, a built-in refrigerator faces the kitchen side, and a planning desk is the bonus on the third side. A desk drawer and shelves for books, instruction pamphlets, and phone round out this management center. Mom can also watch the children playing in the backyard from this vantage point.



Photograph: Bill Helms. Architect: Carleton Granbery Assoc. AIA. Source: Ruth Martin

Acquiring this compact "office" was as simple as extending a laminated plastic counter top. All the essentials of a well-planned planning desk are included: bulletin board, phone, open shelves beneath the counter for books, and enough counter space. The strategically angled desk doesn't obstruct traffic from the kitchen to dining room either.

Photograph: Maris/Semel. Source: Gaby Leubecker

A fold-down peninsula in conjunction with an adjoining counter area serves overtime for this busy family. The desk portion is a comfortable height for the family manager when she sits down to plan a dinner party or the family grocery list. The high kitchen stool scoots in neatly under the extension arm. When there's need to spread out school projects or model car parts, kibitzers can line up on either side of the desk. It's also a cozy place to congregate for late-night snacks.

When fruit and cereal come to dinner, they help stretch a pound and a half of meat to serve 8. You get a hearty main dish with a sweet and sour sauce. Rice Krispies adds texture. Golden California Apricots (a rich source of Vitamin A) add tang. You add a thrifty new recipe to your "burger" collection.

Apricot Beauty Pie

See specially-marked Kellogg's® Rice Krispies® packages for recipe.

Tangy Sausage Burgers

1 can (17 oz.) CALIFORNIA APRICOT halves
1 egg
2 tablespoons chopped onion
2 cups KELLOGG'S RICE KRISPIES cereal
1 lb. bulk pork sausage
½ lb. ground beef

1 can (8 oz.) tomato sauce
¼ cup corn syrup
1 teaspoon Worcestershire sauce

1. Drain apricots, reserving syrup. Reserve 8 apricot halves. Chop remaining apricots. Set aside.

2. In large mixing bowl, beat egg until foamy. Stir in onion, chopped apricots, ⅓ cup of the reserved apricot syrup, and the Rice Krispies cereal. Add ground meat, mixing only until combined. Shape into 8 burgers and place in foil-lined, shallow baking pan. Place 1 reserved apricot half, cut side up, on top of each burger, pressing in lightly.

3. Bake in oven at 350°F. about 30 minutes, or until thoroughly done.

4. While burgers are baking, combine tomato sauce, corn syrup, Worcestershire sauce and ¼ cup of the reserved apricot syrup in small saucepan. Simmer over low heat about 10 minutes. Serve over burgers. Yield: 8 servings.

FAMILY FOOD IDEAS

For additional free recipes, write California Apricot Advisory Board, 1295 Boulevard Way, Walnut Creek, California 94595

Relieves Tormenting Rectal Pain And Itch, Helps Shrink Swelling Of Hemorrhoidal Tissues

... Due to inflammation. Gives prompt, temporary relief from such burning itch and pain in many cases.

The burning itch and pain caused by inflammation in hemorrhoidal tissues can cause much suffering. But there is an exclusive formulation that in many cases gives prompt relief from this itch and pain. It helps shrink swelling of such tissues caused by inflammation.

Tests by doctors on hundreds of patients reported similar successful results in many cases. This medication is available under the name *Preparation H®*.

There's no other formula like Preparation H. Ointment or suppositories.

HYBRID MEYER Z-52
Zoysia Grass Plugs

"Where other grasses fail", SUCCESS means planting ZOYSIA. Plug Zoysia into your old lawn or problem areas from early spring until winter frosts, and you will join the millions who proclaim "It's the best money I ever spent on my home".

When you purchase our Zoysia, you are assured of QUALITY. In the Midwest we pioneered the Zoysia Grass Industry and maintain one of the largest Zoysia Turf Nurseries. Our nursery is Inspected and Certified by the State of Kansas to be Pure Meyer Zoysia and free of insects or disease.

To end lawn problems, send your order today for prompt delivery, or free Color Brochure.

Guarantee Every plug guaranteed to grow within 45 days in your soil or we replace FREE. All orders shipped fresh with planting instructions. Shipping charges via most economical means.

Kansas City Zoysia Turf Farm
Nursery Division of K. C. Lawn & Tree Co.
Dept. B4, Bucyrus, Kansas 66013

☐ 30 INCH PROFESSIONAL PLUGGER $4.95
☐ 100 PLUGS $ 5.95 ☐ 500 PLUGS $19.95
☐ 200 PLUGS $ 9.95 ☐ 1000 PLUGS $29.95
☐ 300 PLUGS $12.95 ☐ 1500 PLUGS $39.95
☐ FREE Color Brochure ☐ 3000 PLUGS $78.95

Kansas Residents add 3% Sales Tax

I Enclose $ _____ Check _____ M O _____

Name _____

Address _____

City and State _____ Zip _____

Famous University proves
MIRACLE-GRO produces more vegetables—

23% MORE TOMATOES
25% MORE BEANS

compared to "once-a-season" timed release plant food.*

IMPORTANT FACTS for home vegetable growers.

University tests proved MIRACLE-GRO produced greater yields of tomatoes and beans than the best known timed release plant food.* Test conducted in moderately fertile soil by agricultural scientists using plant foods according to label directions.

MORE UNIVERSITY TESTS DEMONSTRATE AMAZING FAST ACTION WITH SAFETY

Plant No. 3 received most liquid plant food. Visable improvement may be noticed within 7 days without signs of burning or forcing.

* variety recommended for tomatoes and vegetables

Why MIRACLE-GRO is called— "MIRACLE VEGETABLE FOOD"

MIRACLE-GRO provides 7 vital growth elements in fast-acting "liquid form"—feeds plants through roots and leaves. University tests prove MIRACLE-GRO enters plant's "bloodstream" in 30 seconds. Starts working fast. EASY—apply anytime as directed. SAFE—will not burn. Economical—saves money, saves fertilizer.

Yields TONS more!

Tomato farmers say 20 tons per acre is excellent. MIRACLE-GRO produced 30 tons per acre!

8 oz. $1.29

INSTANT ACTION!

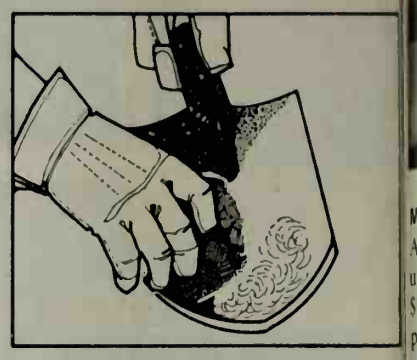
STERN'S Miracle-Gro®

PROVED! MORE VEGETABLES! MORE FLOWERS!

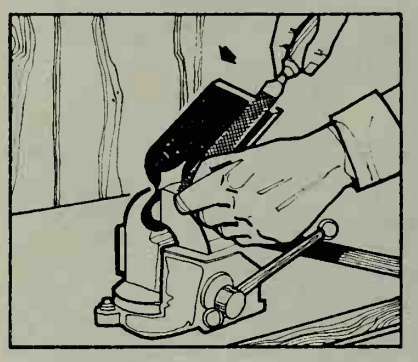
©1975 S.G.P. Inc

GARDENING IN APRIL

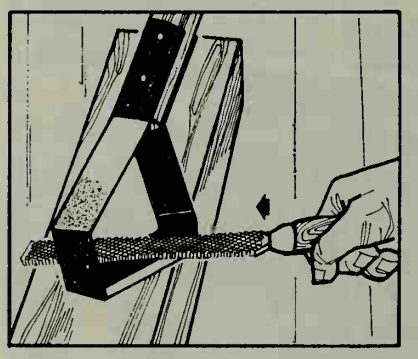
Rain or shine, April is prime time for gardeners. Make use of every nice day to get new trees and shrubs in the ground. And when welcome rains come, take shelter in the garage or basement and get your tools in shape for the gardening season ahead.



Tool care tips



To sharpen your hoe, clamp the shank in a vise. File along the face only, making strokes at a 30-degree angle. File only on the downstroke, never on the upstroke. Filing into the blade will do away with any ragged metal burrs on the edge.



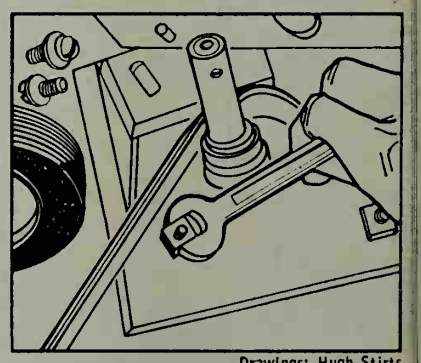
A scuffle hoes calls for a special sharpening technique. First, put the blade of the hoe on a block of wood (to save your knuckles from scrapes). File flat across the inside of the blade.

To give your shovel a sharp edge, clamp the shank in a vise, then file around the rim of the shovel face. File the shovel on the downstroke at a fairly deep angle.

Ideally, digging tools should be cleaned after every use. But, if you've cut a corner and let dirt harden on your shovel or spade, remove it before rust sets in. Rub the blade thoroughly with coarse-grade steel wool or sandpaper. When blade is clean, apply lubricating oil.

Once you have your shovel and other tools clean, it's a good idea to keep them that way.

Keep tool handles smooth, because it's friction, not hard work, that causes blisters. Old handles feel like new again after a good sanding with light sandpaper. Sand until all nicks and splinters are gone, then rub the wood of handle with linseed oil.

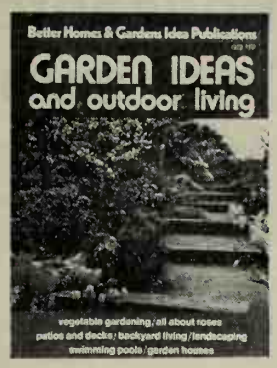


Drawings: Hugh Stirts

If the hopper and agitator of your lawn spreader are badly rusted, correct the situation before it gets worse. Remove the agitator, then sand rusted areas. Paint clean surfaces with rustproof primer and finish with equipment enamel. Reassemble when paint is dry. Oil the wheels. To prevent damage in the future, clean the hopper after each use.

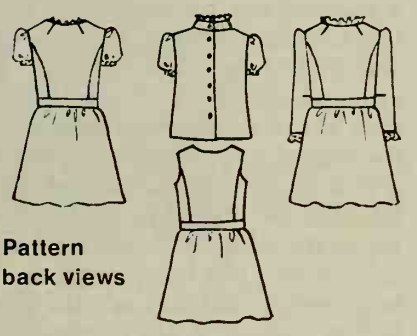
How to order material from the magazine

Modular seating units
A project plan for the seating units shown above is available for $2 with the coupon below. The plan includes a materials list, complete instructions, and detailed drawings.



Garden Ideas and Outdoor Living
Get a head start on your spring gardening with helpful Garden Ideas annuals. Each issue is packed full of helpful tips on patios, decks, terraces, and budget landscaping. Also featured are ways to make the outdoors more livable, how to obtain more privacy by using plants and fences, and information on selecting and caring for many outdoor plants.

Storehouse/greenhouse
This great little (8x12 foot) building shown on page 54 can serve you in a whole host of ways. In our version it's two-thirds greenhouse and one-third storage shed. But you can adapt the unit to get what you want, such as a workshop, hobby center, or poolside cabana.



Pattern back views

Send order and remittance to:
Better Homes and Gardens,
Dept. 2R1, Box 374,
Des Moines, Iowa 50336

OUR GUARANTEE:
Complete satisfaction or return your purchase within ten days for full refund

Quantity:

____ No. 4504-1 Modular seating project plan $2.00 each
____ No. 4504-Z Storehouse/greenhouse project plan $2.00 each
____ No. 18046 Garden Ideas 1972 $1.50 each; | any 2 for $2.49
____ No. 18087 Garden Ideas 1974 $1.50 each |
Please include 50¢ postage and handling for each project plan ordered and 35¢ for each magazine ordered.
____ Pattern No. 01316, Dirndl Dresses
☐ Size 4 ☐ Size 6 ☐ Size 8 Each pattern $1.50
Special offer: any two patterns for $2.50, any three for $3.45, any four for $4.25. Postage and handling: for one to three patterns, add 25¢; for four or more patterns, add 50¢.

Note: Before ordering, measure your child carefully and compare results with our size chart on page 90.

Total of merchandise $_____
Postage and handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
Total $_____

master charge — If you use your charge card, fill out boxes below:
Expiration Date Month/Year ☐☐☐☐ Master Charge Interbank No. ☐☐☐☐
your BANKAMERICARD welcome — Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Name _____
Address _____
City _____ State _____ Zip _____

Buying Guide
For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 106 for this shopping information.

Doctor-tested medication works fast for hours to help

Stop Feminine Itching

Brings prompt temporary relief from vaginal itching and burning.

If you suffer from external vaginal itching, there is now a creme medication specifically formulated to bring fast, temporary relief. Called Vagisil™, it's available without a prescription.

Doctor-tested, this easy-to-apply medication helps stop external vaginal itching almost instantly. Leaves a cooling, protective film to help check bacteria, soothe irritated membranes, speed natural healing.

Vagisil is delicately scented, non-staining. At drug counters. Or for trial tube, send 25¢ to Vagisil, Box 328 TR, White Plains, N.Y. **Vagisil**

POWERFUL NEW PLUNGER CLEARS CLOGGED TOILETS

NEVER AGAIN that sick feeling when your toilet overflows

TOILAFLEX®

Toilet ALL-ANGLE Plunger

Unlike ordinary plungers, Toilaflex does not permit compressed air or messy water to splash back or escape. With Toilaflex the full pressure plows through the clogging mass and swishes it down. Can't miss!

Get the Genuine 'Toilaflex'

$2.98 AT HARDWARE STORES EVERYWHERE

Higher in Canada

Renew your Better Homes and Gardens subscription early!

GOOD FOR EVERYTHING YOU GROW!

RAPID-GRO

PETS Douglas M. Lidster

How to housebreak your pup

Does housebreaking have to be a hassle? Not necessarily—and that's fortunate since it's the most important step in your dog's training. Obviously, if he doesn't learn where he is supposed to relieve himself, he'll never be welcomed as a full-fledged member of the family. And, if you fail to establish your authority at this kindergarten stage of his training, you're going to have a very hard time ever convincing your dog that you're the head of the household.

Start by thinking positively. *To housebreak a dog is to teach a dog to relieve himself outside the house.* It's not to teach the dog that you become angry when he relieves himself indoors.

When to begin

The best time to introduce your pup to the rules of personal conduct is when he's about three months old. If you begin much earlier, you'll probably be wasting your energy—he won't be able to control his functions. At three months, the pup has developed a capacity for learning and reacting to new experiences rather than just depending on the instincts he was born with.

How to put his body on schedule

Although it seems that a young pup is in a constant state of elimination, his body functions are fairly predictable. He feels the urge to relieve himself after he wakes up, after he eats, and after he plays. If you'll schedule these activities, you'll know when to take him outside.

First thing in the morning, take the pup for a walk. Don't let the walk turn into an outdoor play period. At this point in his life, there's only one reason for the puppy's being outside. When he does what you took him out to do, praise him lavishly, love him enthusiastically—but get him back into the house quickly.

A three-month-old pup should be getting three meals a day. It's important that you schedule these meals at a time that's convenient for you so you won't be forced to alter the routine from day to day.

Allow the puppy just ten or 15 minutes to eat his meal. If he loses interest in his food in less time, assume he's full and take his dish away. Then take him for another walk. When the mission is accomplished, praise him and bring him back inside.

You'll have to repeat this same routine with each meal. The purpose is to train the puppy's body to operate according to your schedule. A secondary benefit is that the dog will learn to eat when he's fed; his food isn't going to be left out for him to nibble whenever he feels like it.

Naturally, between meals there are going to be times when the puppy will have to go out. If he's been romping or playing, assume a walk would be fruitful. If he's been napping, he should go out when he wakes up. If he starts acting nervous and sniffs around, he's signaling for an outing.

You can't be with the puppy all the time; when he's not under a watchful eye, he should be confined. While restricting his area of activity first appears to be a convenient method of limiting the area he can damage accidentally, the motive goes deeper. No dog will willingly soil his own sleeping quarters. You'll be capitalizing on this instinct by limiting his area to one just big enough for him to sleep and play in without feeling trapped. When he whines frantically, he just may be trying to tell you that he needs to get out. Respond quickly and take him outside.

How to deal with accidents

If the puppy makes a mistake to which no one was witness, there's just one course of action. Clean it up. If you grab him by the scruff of his neck, drag him back into the room, and rub his face in the mess, all you'll accomplish is to make the puppy fear you. He simply doesn't have the mental ability to connect his indiscretion with your anger.

Adherents of the rub-his-nose-in-it routine counter by saying, "He does understand. If he didn't he wouldn't act so guilty when we come back into the room." The point is that the pup associates the presence of the excrement with punishment, but does not connect his act of relieving himself with your displeasure. It's your job to help him make this association and this is possible only through correction, not punishment.

How to correct the puppy

Any time the puppy starts to make a mistake, you must act quickly. Say "No!" sharply and loudly enough to take his mind off what he's doing so he'll give you his undivided attention. Then sweep him up and carry him outdoors. When he finishes outside, the mishap has been avoided and he deserves your praise. Give him a lot of it; he's earned it.

Resist the temptation to swat him when you catch him about to make a mistake. You want his attention to be on you, not on what you might do to him.

Paper training

Paper training is not a preliminary step to housebreaking, but an entirely different form of toilet training. Naturally, you'll want to cover the floor in the pup's confinement area with newspapers, but don't encourage his substituting them for a trip outside. Treat an impending accident on the papers with the same correction as you would one on the carpet. Otherwise, the dog will learn that the paper is a suitable alternative to an outing, and you'll never be able to trust him alone if there are papers lying on the floor of the house.

But, if your dog is going to spend his entire life indoors, then he will have to be paper trained. The training technique is the same as for housebreaking, except a trip to the newspapers takes the place of the route through the front door.

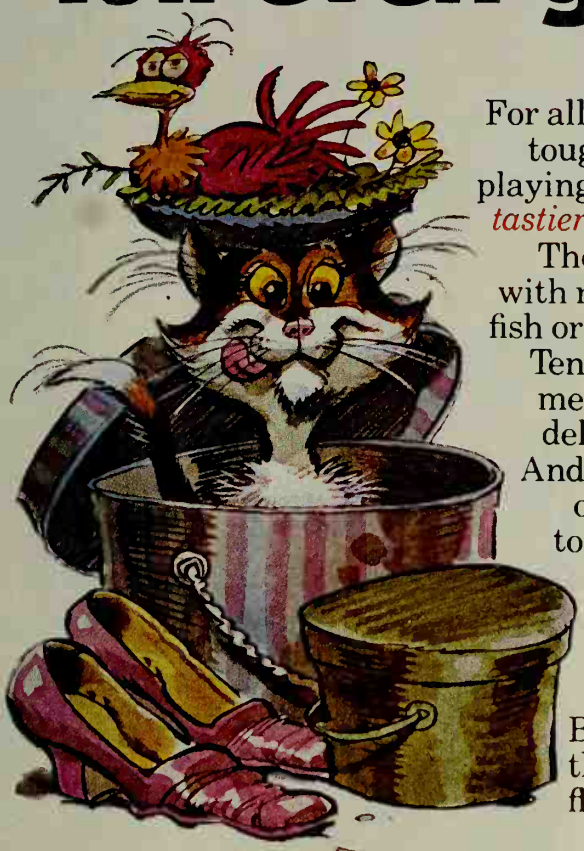
A puppy instinctively tends to return to the same place he has already used as a toilet. You can capitalize on this by sandwiching a slightly used piece of newspaper between two clean ones. The paper doesn't have to be distastefully soiled; your puppy can detect odors you miss completely.

How long should housebreaking take?

Housebreaking doesn't take as long as it seems at the time. You should note marked improvement in your pup's ability to control himself in just a week. Within three weeks even the most backward pup should understand what's expected of him and may even whine and scratch at the door. If you seem to be getting nowhere after a month's training, talk with your veterinarian. Your puppy may have a physiological problem or illness that makes him incapable of controlling himself. ■

New Tastier Tasting Tender Vittles.

It'll even get those Holdouts.



For all those Holdouts . . . those really tough problem eaters who are still playing hard to get, we introduce *new tastier tasting* Tender Vittles.

The beef variety is richly flavored with real meat. The others with real fish or poultry or liver.

Tender Vittles, the delicious moist meal in a pouch is now even more delicious.

And with the coupon at the bottom of this page, how can *you* afford to be a Holdout?

Beverly blew her lid over the *new tastier tasting* liver flavor.

Amelia was a closet cutie until she came out for the *new tastier tasting* beef flavor Tender Vittles.

Charleton thought a lot of food was for the birds. But with the *new tastier tasting* seafood flavor, he goes cuckoo.

Purina Tender Vittles.®
Real meat flavor
with a *new tastier taste.*

For your pet's health see your veterinarian annually

7¢ off

7c off on new Tastier Tasting Tender Vittles

MR. GROCER. Ralston Purina Company will pay you the face value of this coupon plus 5¢ for handling, if you have received it in accordance with all the terms of this offer and if upon request you submit evidence thereof satisfactory to Ralston Purina Company. Invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption must be shown on request. Any sales tax must be paid by customer. This coupon may not be assigned or transferred. Offer void where prohibited, taxed or otherwise restricted. Cash redemption value 1/20 of 1¢. To redeem this coupon mail it to: Ralston Purina Company, P.O. Box 1107, Checkerboard Square, St. Louis, Missouri 63188. Good only on the purchase of one package of Purina Tender Vittles. Any other use constitutes fraud. Unauthorized mechanical reproduction of this coupon is prohibited.

7c 52 TV 52 7c

Your strawberry shortcake looks so scrumptious. Should your glasses be spotty?

Get the Cascade look... virtually spotless.

Look—even clean water lets spots form.

But Cascade in your dishwasher gets dishes virtually spotless.

There's nothing like an old-fashioned dessert to delight your guests. But what about your glasses? You shouldn't have spots at a time like this, or anytime.

The spotty glass shows that plain water alone can leave dulling spots. So it's good to know that Cascade's sheeting action fights drops that spot...gives your guests glasses with the Cascade look!

Cascade fights drops that spot.

ALASKA

BY GORDON GREER

A FAMILY TRAVEL ADVENTURE IN THE PIONEER SPIRIT

For anyone considering a first visit to Alaska, this summer is the ideal time to go, while construction on the pipeline is proceeding full swing and you can witness the many monumental changes it's making. A few years from now our grandest and most primitive state will have a noticeably different face to show vacationers. Yet, hopefully, its most appealing characteristics will endure, including those attractions so well publicized already that lengthy elaboration here is not required. Just assume that what you've heard about the place is largely true. The splendor of some of its scenery is beyond exaggeration. The variety and abundance of its wildlife is awesome. Its people are the most fiercely independent in America and also among the friendliest. Its pioneering spirit, at this juncture of our history, is an encouraging reminder of what made this country great. And its sharp cultural contrasts are a sociologist's delight—Eskimos in umiaks hunting whales off Point Barrow while, a half hour's flight away, in the Prudhoe Bay oil fields, space-age technology is at work around the clock to help ease the energy crisis. The prospect of experiencing this land is exciting.

But don't dally, because everyone seems to have the same notion. The record flood of tourists to Alaska last summer is expected to be equaled or exceeded in '75. That suggests—considering the statewide pinch on accommodations, compounded by the invasion of the pipeline workers—that you'd be wise to start making your plans right now for a summertime departure.

How much of vast Alaska can you reasonably hope to see? What places should be included on your schedule or omitted? Will it cost a lot of money? What's the minimum amount of time? Should you travel independently or as members of a group? And by what means—airplane? tour bus? dogsled?

The answers obviously vary according to the travelers' circumstances. Teachers out of class for three months, for example, or backpacking kids without a nickel to their name, or hunters interested only in going home with a moose head, or anyone who has previously sampled Alaska—the itineraries of such people will be drastically different from those of the average family from the Lower Forty-Eight for whom the suggestions in this article are primarily intended. These typical travelers have from eight days to a month at their disposal, have never set foot in Alaska before, and because such a journey is by no means inexpensive will probably not be back this way again for quite some time. What they seek is an encounter with a cross section of Alaska that will provide them with vivid memories for a lifetime.

The first suggestion to such a family is easy: don't drive. For one thing, simply getting there would consume your whole vacation; Alaska is a *long* haul from any other state. For another thing, no roads go to many of the top points of interest; you'd either have to backtrack to pick up your car or pay a fortune to have it accompany you over railroad tracks and water. Besides, other means of getting around are much more fun.

Certainly the pleasantest way by which to make your arrival is on one of the luxury cruise ships that sail back and forth all summer from Canadian and American West Coast ports through the glorious Inside Passage. To go from Vancouver, say, to Skagway

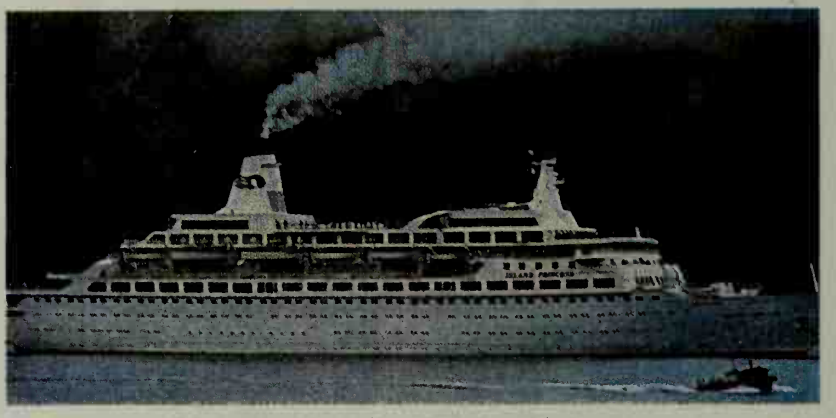
continued

Halibut fishing in Glacier Bay

Juneau, Alaska's capital—but not for long—wonders what comes next

Saxman Totem Park in Ketchikan

Valdez, where the pipeline empties



By luxury cruise ship up the Inside Passage: the ideal way to go

A creation of the Tlingit Indians

Everywhere, bridal veil waterfalls

Mt. McKinley, North America's highest point, towering above the tundra

A church built by the sourdoughs

takes these floating resorts four days and provides a perfect transition between the workaday world and the wonders that await you farther north.

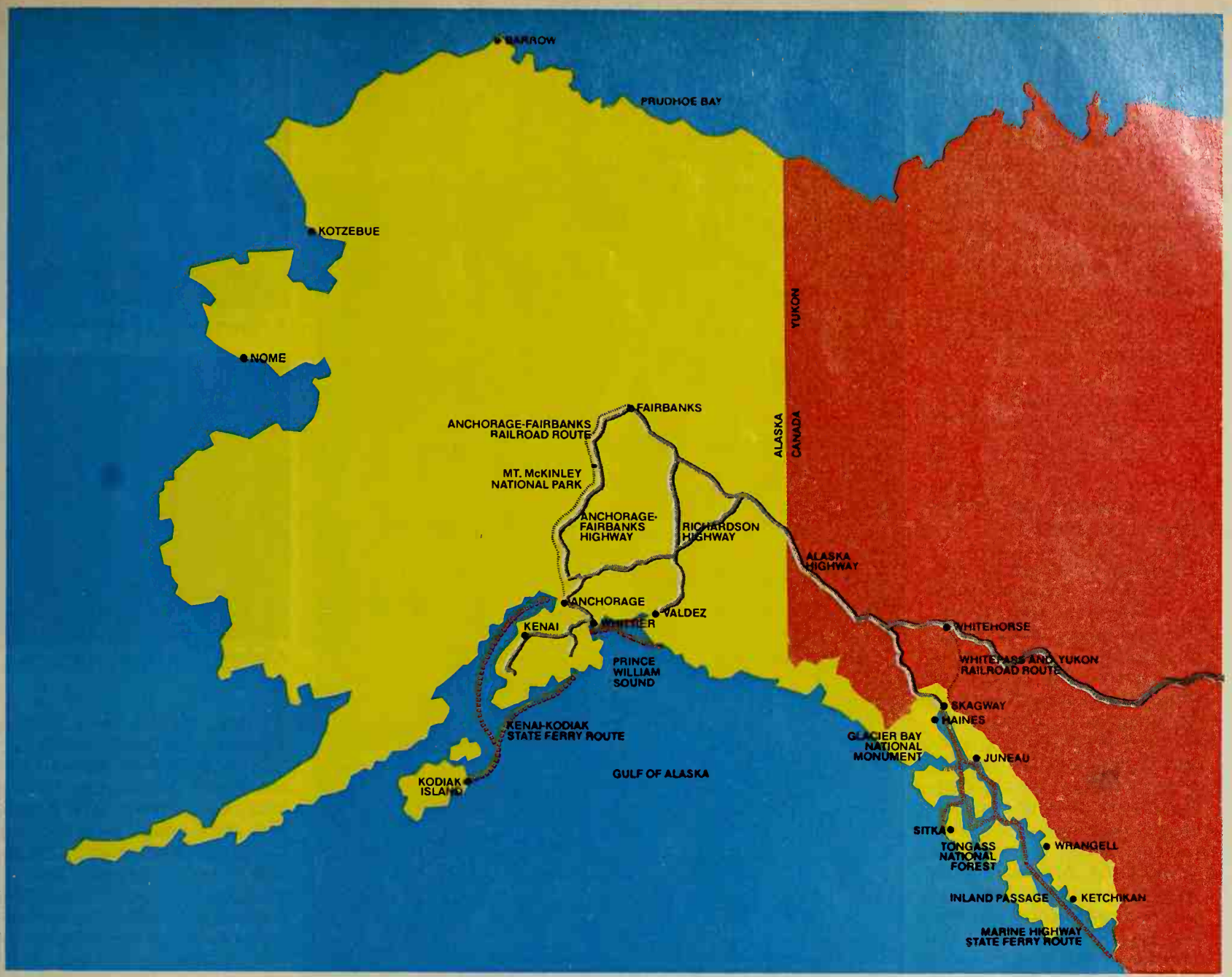
There are slight variations in specific ports of call, and in the sequence by which those ports are linked together, but basically the big cruise ships follow similar routes. Typically, they stop at Ketchikan and Juneau going north, let off some passengers and take on others at Skagway, make a brief stop at Haines, then spend a day in Glacier Bay—a National Monument whose icy mysteries are explained by a park ranger who comes aboard—before heading back home via Sitka. A round trip from Vancouver is an eight-day adventure, and if that's as much time as you can devote to Alaska, you couldn't pick a better way to spend it. True, you'll miss the Arctic and the Alaskan interior, but during a week or so in the Panhandle you'll get the state's essential flavor. You'll see totem poles in Ketchikan, glaciers outside Juneau, the quintessence of a small frontier town in Skagway, Chilkat Indian ceremonies in Haines, icebergs by the hundreds in Glacier Bay, and in Sitka some intriguing architectural reminders of the Russian occupation of this area. And of course you'll have the pleasure of a week aboard a cruise ship, whose sybaritic treats—fine wining and dining, professional entertainment, activities for all age groups—will enhance your appreciation of the pioneer existence you encounter every place you go ashore.

Another persuasive reason for touring the Panhandle by cruise ship is that arrivals and departures at each port of call give you just enough time there to see what's worth seeing. A few hours usually does it, because these towns are very small. Ketchikan, which lays claim to being the third largest in the state (it's really fourth, but Alaskans are as good as Texans at exaggeration) has a population of only about 7,000 people. And Juneau, the present capital, isn't all that much bigger—and is destined for further shrinkage after the planned transfer of the government to a yet-to-be-determined site in the more accessible Alaskan interior. As for Skagway, one glance down the street and you've seen it all.

But if some of Alaska's cities disappoint your expectations—in size, though not in their rough-and-tumble, no-nonsense atmosphere—the magnificence of the state's natural grandeur will exceed them. There's simply no way to prepare you, for example, for the sight-seeing flights that you can schedule in light airplanes in conjunction with your visit to Juneau. The Mendenhall Glacier there is stunning enough from ground level (see the photographs on the next spread and on the opening page of this article), and you'll enjoy the guided bus tours of the city that include it. But to view it from the air, and see the ice fields beyond, then to fly across the water for a look at Glacier Bay, then back over the jewel-like islands of the Inside Passage and among mountains that suggest organ music given physical form—well, the experience is nothing short of overwhelming. If Juneau is socked in when you arrive, as well it might be—fog, mist, and rain are very common in the summer—just delay going aloft until a later port of call. You'll find charter pilots everywhere who are eager to take you up. Light planes in Alaska are as common as mosquitos, and only a trifle larger.

For budget-conscious travelers, two suggestions might be made here as alternatives to experiencing the Panhandle by cruise ship. One concerns the cabins in the Tongass National Forest. In its wilderness areas, accessible only by seaplane or boat, the Forest Service maintains more than a hundred rustic cabins equipped with bunks, stoves, and pit toilets, but no electricity, bedding, or utensils. Skiffs are usually provided when the cabin is on a lake. If your family prefers stay-put vacations to moving around, and if what you're seeking in Alaska is a primitive retreat in a supremely scenic setting with good fishing and hunting, these cabins are an unbelievable bargain. The daily cost is only $5 per party, plus, of course, the price of being transported in and out. For a map and further details—and to make reservations, which are accepted (with full payment) up to six months in ad-

Photographs by Gordon Greer and Mike Greer



vance—write to the Supervisor, Tongass National Forest, P.O. Box 757, Sitka, Alaska 99835.

The other budget suggestion is to use the Alaska Marine Highway. If the big cruise ships are the equivalent of chauffeured limousines, the state-run ferry liners on this waterway system, which has routes in southwestern Alaska as well as along the Inside Passage, could be compared to public buses. They lack some of the cruise ships' luxurious frills, but as basic transportation they're convenient and economical.

Their biggest disadvantage is that they stay in port so briefly, usually no longer than it takes to reload; therefore, you must schedule layovers in cities you want to explore. This means complicated travel plans, hotel reservations, endless unpacking and repacking of suitcases, and the risk of being stuck for what seems like forever in towns you could see thoroughly between lunchtime and dinner. Even in the larger cities at the height of the tourist season, one ferry liner a day in each direction is about the limit.

But there's no denying the fact that ferry liners can save you a lot of money. For example, let's say your family starts its journey from Seattle. If you sail the Inside Passage round trip on the *Sun Princess,* which is typical of the sleek new luxury cruise ships, and if you go by ferryboat from Seattle to Vancouver to meet it, with an overnight stop in Victoria on your return, the lowest package price for the whole trip in midsummer is about $850 per person, which means sharing an inside stateroom on the ship. More favorable locations add substantially to the cost. On the ferry liners of the Alaska Marine Highway, however, a round-trip voyage between Seattle and Skagway commands a passenger tariff of just $154, with children from age six through 11 $80 and those under six carried free. Sleeping accommodations cost extra but aren't expensive; a shared two-berth cabin with complete facilities on the *Columbia,* the newest and largest (1,000 passengers) of the ferry liners, adds about $70 to each adult ticket. Meals aren't included, but the ship's restaurant and snack bar offer good, wholesome food at reasonable prices. For detailed schedules and rates, and to make your reservations, you can write to the Department of Public Works, Division of Marine Transportation, Pouch R, Juneau, Alaska 99811. Or—and this is smarter—see a travel agent.

The whole subject of using a travel agent deserves a few words here. Many families, for perfectly understandable reasons, balk at the suggestion that they call on such a person. "See your travel agent," like "See your lawyer," is a psychological roadblock; it tends to turn a lot of people off. First of all, most Americans don't *have* a travel agent (or lawyer), and they don't often feel a deep need for one. After all, how much professional expertise is required to make an airline reservation from Chicago to New York? You could do it as well yourself and skip the middleman. There's also the nagging suspicion that in both lines of business the performance of simple or unnecessary tasks results in extravagant fees. But such is not the case—not with travel agents anyhow. Their main sources of income are the commissions they receive from cruise ship companies, airlines, hotel chains, and so on. The people they plan trips for are generally charged nothing. Nor are prices jacked up to absorb their commissions. You'll pay exactly the same amount for most vacations you book yourself as you'd pay if you had a travel agent help you with it.

So the question is whether a travel agent's services are useful. Families headed for Alaska are almost certain to find them so. To begin with, he can supply you with an armload of brochures, thus saving the time and trouble it would take to write away for them. He probably has a full rack of brochures about Alaska and will invite you to help yourself. Obviously, these are sales tools put out by interested parties—every tour operator and cruise line distributes its own—and of course they show their offerings in a highly favorable light. But they also serve as reservoirs of solid information, complete with rates, dates, and other important logistical details. Take the brochures home, pore over them, and compare their specifics.

continued

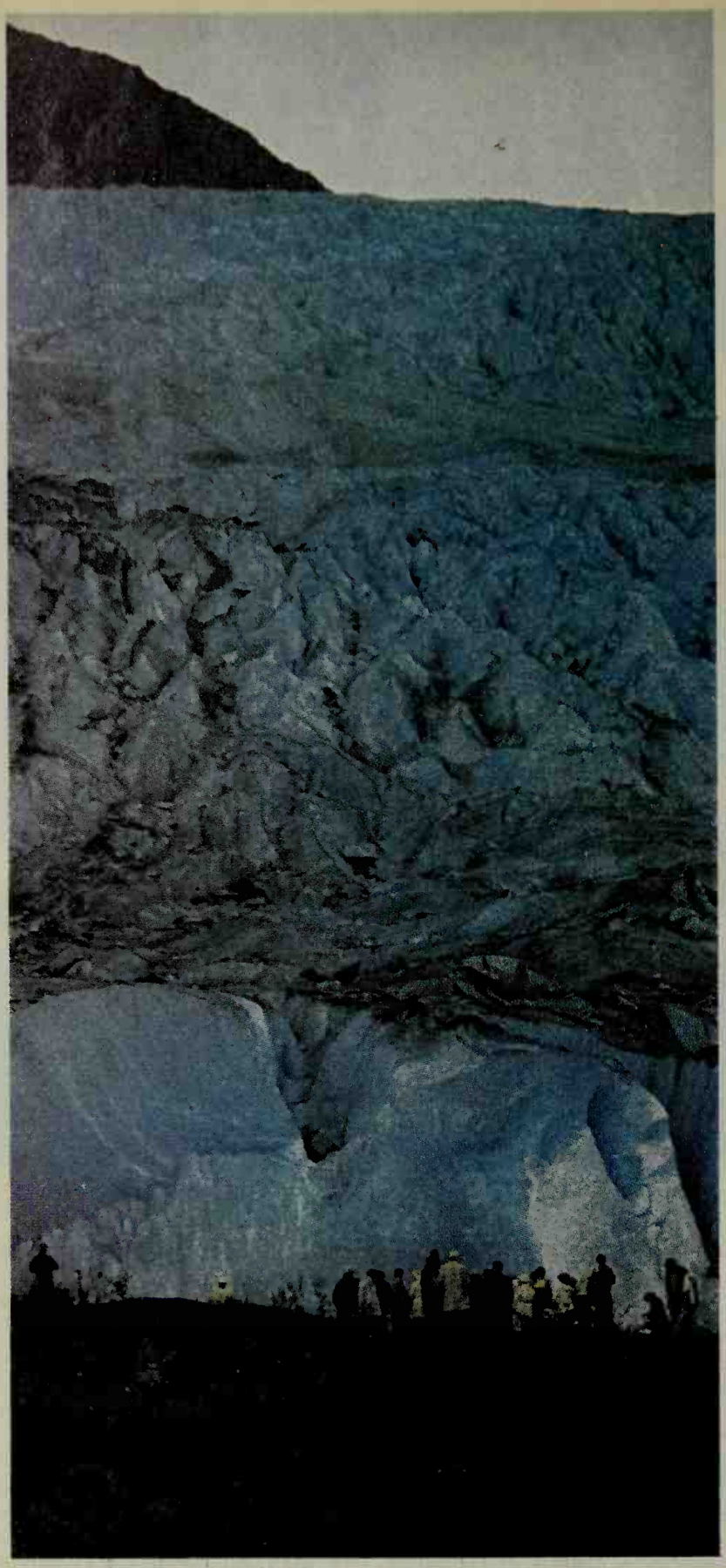
Photographs by Gordon Greer and Mike Greer

You'll note that some companies specialize in bus tours, for instance, while others might be pushing air/sea combinations, or maybe recommending a personal guide for each group. There are short tours, long tours, budget tours, posh tours, an array of possibilities that at first glance seems bewildering. The richest abundance of choice is in the fact-packed brochures put out by Westours and Princess Tours—one, two among Alaskan operators—which offer a smorgasbord of itineraries from eight to 25 days.

If luck is keeping you company, you might find the perfect trip—exactly the itinerary that would suit your family best, beginning the very day you'd like to start your vacation, and with a price tag not in conflict with your pocketbook. But the chances are somewhat better that frustration will attend you. You'll find yourself wishing you could combine different routings to blend the best features of each. At this point a travel agent can help out again. He can't piece together a luxury journey on a shoestring, but through the skillful rearrangement of the basic segments of Alaskan packages, which fit together like the elements of a modular bookshelf, he can construct an approximation of your optimum vacation. And he'll handle the rather complicated bookings.

Another consideration is that if, instead of doing it yourself, you let a major tour operator schedule your trip, you acquire a little clout, which might prove handy. Let's say you want to visit Valdez, for example (pronounced as if it were spelled Val*deez,* incidentally). This once-sleepy outpost of 1,000 or so people, destroyed by the earthquake of 1964, is now the southern terminus of the trans-Alaska pipeline and the epitome of a present-day boomtown. Its population has tripled in the last couple years, and that's only the start of what's coming. It's also the eastern terminal for Columbia Glacier passenger ships, which makes it a very busy place indeed. Hotel accommodations in Valdez have not kept up. There aren't many places where you'd feel comfortable staying, and if you were to show up unannounced and ask for a room in midsummer you wouldn't have a ghost of a chance. Writing personally for reservations might help or might not. Far safer to make arrangements through one of the big tour operators, who bring hundreds of other visitors into town every week, book blocks of hotel rooms many months in advance, and wield a considerable amount of on-the-scene influence.

Other examples could be cited to further illustrate the point. For instance, who do you think is more likely to get a window seat on flights that pass near Mt. McKinley—the private traveler who buys one or two plane tickets a year, or the client of a tour operator who might book a thousand seats in one day? Such preferential treatment may be the exception, not the rule, but it happens, so take heed and make the most of it.



The stern splendor of the Mendenhall Glacier, outside Juneau

From the brochures you study, and from whatever background reading you might do in preparation for your journey, you'll discover that if you have time to see more than just the Panhandle, if you plan to head north out of Skagway, that is, there's really only one way to go: on the old narrow-gage White Pass & Yukon railroad up the St. Elias Mountains and over White Pass, the same route taken during the gold rush to the Klondike in 1898. Indeed, the Trail of '98 lies right beside the track, and you can easily imagine the hardships that confronted the stampeders on this narrow, rocky route up into the Yukon.

For that matter, the train finds it rough going, too, dragging freight, automobiles, and several carloads of passengers through marvelous scenery and up formidable grades in the venerable tradition of The Little Engine That Could until eventually (which sometimes means long behind schedule) it manages to attain Lake Bennett. You disembark there briefly for a miner's stew lunch break, then re-board and begin the descent. Besides being scenic, the downhill run can be exciting. What happens, albeit quite rarely, is that the cars somehow uncouple—just break their association and part company. But since the emergency brakes perform to utter perfection on these occasions, flinging you efficiently into your neighbor or the nearest wall, the experience is more adventurous than risky.

A moose enjoys a midstream drink

A salmon in its spawning ground

It's certainly more entertaining than anything that awaits you in Whitehorse, which is only 110 miles removed from Skagway but seems like half a continent after all day on the train. Your first night in town, you should go to the "Frantic Follies," a sort of sourdough vaudeville show that's lots of good-natured fun. And if you stay in town a second night, you can see the same show again; there's very little else to fill your time here after dark.

Two days aboard a bus and you can be in Valdez. The ride is rather pleasant, relaxed and unhurried, with the driver pointing out the topographic points of interest and stopping frequently to observe the local wildlife—a moose beside the road, perhaps, or salmon in their spawning grounds. It's the best opportunity many visitors have for leisurely enjoyment of the countryside.

If your itinerary doesn't take you as far north as Prudhoe Bay, Valdez is where you'll see the strongest evidence of the pipe-

"Christmas trees" at Prudhoe Bay

The face of the Columbia Glacier viewed from Prince William Sound

Oil pipes and caribou coexisting

Native Alaskan Indian, mod style

A gloriously soft Alaskan morning

An Eskimo blanket toss at Barrow

Taxis to areas where no roads go

Mt. Alyeska, a skier's delight

line. This is where it will empty when the oil starts flowing southward in 1977. At full capacity, the daily volume will be some two million barrels, to be loaded on supertankers in ice-free Valdez harbor for transportation to refineries in Washington and California. This formerly quiet hamlet will be one of the world's most vital ports. Construction on the storage tanks and terminal has started, and on the outskirts of the community high stacks of pipeline sections are presently awaiting placement.

From Valdez, the excursions across Prince William Sound to see the three-mile-wide face of the Columbia Glacier—not the largest in Alaska but probably the most spectacular—take 5½ hours on the swift *Glacier Queen*, a modern excursion boat whose capacity is just 49 passengers, or seven hours on the ferry liner of the Alaska Marine Highway, which is not only slower but much larger and cheaper ($17, as compared to roughly twice that much).

On either ship, you'll find the voyage memorable. You sail out Valdez Arm, the future route of the supertankers, and before long start noticing the sea life—harbor seals, porpoises, possibly a whale, and at the other end, near Whittier, a large kittiwake gull rookery. But the highlight of the cruise is the Columbia Glacier itself, rising straight out of the water for about 250 feet with an immensity that's hard to comprehend. As the ship edges closer, you can pick out subtle colors—soft pinks and blues and sometimes browns among the whites. Seals are usually cavorting near the face, buzzed by sea gulls. When the captain shuts the engines down, you can hear the glacier creak. Then a sharp crack announces that a piece has broken off, and you watch the precipitous plunge and giant splash. The boat comes no nearer than a quarter mile or so because a particularly massive fall might then endanger it.

The bus that transports you between Whittier and Anchorage, piggybacking partway on the flatcar of a railroad, stops briefly at another proud glacier, Portage Glacier, but this one is anticlimactic. In fact, there's very little that does *not* seem anticlimactic after you've seen the Columbia Glacier and before you arrive at Mt. McKinley. Oh, you'll like the views from atop Mt. Alyeska (a ski lift carries you part way and then you climb), and a couple miles away there's a place to pan for gold, but that's about it, except for a city tour of Anchorage, an essentially unremarkable town. It's the largest in Alaska and also the least interesting. There are no shanties clinging tenaciously to the hillside as in Juneau, no false-front gold rush buildings and wooden sidewalks as in Skagway, just a pleasant but nondescript American community, complete with Pizza Huts and McDonald's golden arches.

A number of first-rate side trips are available out of Anchorage, however, should your schedule leave time to include one. The usual rule of thumb, and it's a good one, is this: If you can spend only a week or ten days in Alaska, you'd be wise to confine your wanderings to the southeast, the Panhandle; with two weeks, you can add the central core of the state, the area with convenient access to the Anchorage-to-Fairbanks highway; and with three weeks or longer, you can venture into the hinterlands, which you'll discover are quite expensive to visit but eminently worth it. What a pity to miss seeing these outlying regions when you might never have occasion to get this close to them again.

For example, you can fly over to Katmai National Monument and spend a couple days in the Valley of 10,000 Smokes, the beautifully stark site of a volcanic eruption that was used by Apollo astronauts as a training ground for moon walks. The all-inclusive price for a three-day expedition is about $250 per person.

Or perhaps you'd enjoy a journey to the Pribilof Islands, north of the Aleutians way out in the Bering Sea. They're the breeding ground in the summer for more than a million and a quarter fur seals and a sanctuary for about 180 varieties of birds. To take a three-day trip from Anchorage, meaning two nights in the Pribilofs, costs $315 per person. For an extra $30 you can stay another day.

The most popular of the side trips that you can schedule out of Anchorage is to Eskimo country on the edge of the Bering Sea, to the communities of Kotzebue and Nome. An overnight excursion costs $220. It's a good trip, but there's a similar one out of Fairbanks that's better. We'll get to that one shortly. First comes Mt. McKinley.

Mt. McKinley, or *Denali* as the Indians call it, by either name North America's highest peak, can also be the high point of your Alaskan vacation or, with bad luck (or bad planning), a monumental disappointment. A lot depends on the weather. Low visibility can conceal the peak from view for day after day in the warm-weather months, and all you can do about it is keep your fingers crossed and pray. But you have only yourself to blame if you've planned your trip unwisely—in that you haven't allowed yourself enough time here. True, it might not be entirely your fault. There are package tour operators (and shame on them for it) who whisk their clients through Mt. McKinley National Park in two hours. Even in perfect weather, these people won't

continued

see the mountain. It lies about 85 miles from the park entrance, hidden by other peaks that you must pass before you see it, after driving a considerable distance. No *way* can you cover it during a two-hour stopover. So be warned: When an itinerary claims to include Mt. McKinley, check to make sure it's not an absurdly brief kiss-off. Staying there at least one night is mandatory.

The best introduction to the wonders of the park is the eight-hour tundra wildlife tour that departs from the lodge by bus at 4 a.m. An hour earlier, one of the room clerks comes pounding on your door to wake you up in time to have some breakfast. The shock of being routed out of bed at such an hour is eased by the fact that it's already daylight. You're close to the Arctic Circle now, and the nights in midsummer are barely two hours long.

The tour extends 65 miles into the park, as far as the Eielson Visitor Center, which in good weather provides a stunning view of the peak. You're served a meal there before starting back. The tour guides are excellent, well informed and articulate, and sufficiently attuned to the daily rhythms of the wildlife to know just where and when to look for what. Within its 3,030 square miles of terrain (among National Parks only Yellowstone exceeds it in size) Mt. McKinley has 37 known varieties of mammals and about 130 different kinds of birds. Some species—the caribou and the Dall sheep, for example—are found in no other National Park.

Remember, you're not riding through a carefully tended zoo here. This is a vast, subarctic wilderness in which the animals all roam free. They may or may not make an appearance as you pass. Again, a lot depends on your luck. But one reason why the bus tour is scheduled so early is to coincide with periods judged best for viewing wildlife. A second reason is that the clouds that may form later in the day have not yet engulfed Mt. McKinley. And a third reason is that the Vistaliner train that goes back to Anchorage departs from the park entrance at 12:50 p.m. People on the bus tour, returning about noon, are driven directly to the station, where their luggage already awaits them.

The reason a fast turnover is encouraged at Mt. McKinley (and why tour operators hustle some of their clients through in two hours) is the squeeze on overnight accommodations. The park's one hotel burned to the ground a couple years ago, and no really adequate replacement has been built. There's an overcrowded lodge now with some railroad cars beside it that have been converted into sleeping quarters—rather pleasant ones at that—but this isn't nearly enough to meet the demand in midsummer. If you decide once you get there that you'd like to stay longer, a room may simply not be available. So reserve your space early, and include some extra time; almost everyone who comes here is reluctant to leave.

After the bus tour, which gives you only some general impressions of the park, you can explore it with greater thoroughness on your own. Near the lodge, you can climb to the peak of Mt. Healy—not *Denali,* to be sure, but a reasonable challenge and with a spectacular panorama at the top as your reward. Or you can hop aboard the shuttle bus and ride to Wonder Lake, 87 miles back into the park, as close as you can drive to Mt. McKinley; from there, you can hike over farther north than this only a few people ever get.

The two-day tour from Fairbanks costs $276, and you won't regret a penny of the price. Fairbanks, incidentally, where you should probably spend one day, is Alaska's second largest city, considerably more intriguing to investigate than Anchorage. You can take a pleasant four-hour cruise at Fairbanks aboard the stern-wheeler *Discovery* on the Chena and Tanana Rivers to a native fishing camp.

On the flight from Fairbanks to Barrow, you cross the Arctic Circle and Wien Air Alaska gives you a certificate of achievement. You can hang it on your wall back home and impress your friends. Then the airplane deposits you at the edge of the Arctic Ocean, which is usually clogged with ice every month except August, and cultural shock instantly sets in. Barrow is an authentic Eskimo village not given to sprucing itself up for outsiders. It's surely among the grubbiest places on earth. Its streets are rutted sand paths, its amenities are few (until as recently as this spring, every toilet in town consisted of an oil drum cut in half), and garbage is disposed of by simply hurling it out the door. This makes for a certain amount of unsightliness in summer, but summers are very short here and the snow will soon cover it. There's no problem with insects or rodents, of course; this climate would freeze their little tails off. Wintertime temperatures of 40 below zero are regarded hereabouts as a warming trend, with 75 below not unheard of.

In Glacier Bay, the fragile beauty of a newly overturned iceberg

to the edge of Muldrow Glacier, the lowest finger of the icy pattern that ascends to the summit, some 16,000 feet above the landscape and 20,320 feet above sea level. By comparison, the Rocky Mountains look like foothills.

Anywhere along its route the free shuttle bus will drop you off (and pick you up later), so you can strike out across the tundra or the springy surface of the permafrost and let the wilderness enfold you. Take food and a light backpack and you can stay out overnight. You might see a cow moose with her young along a riverbank, or perhaps a golden eagle soaring over a herd of caribou, or even a couple grizzlies.

About the only thing in Alaska that can follow Mt. McKinley without being something of a letdown by comparison is the side trip out of Fairbanks to Barrow and Prudhoe Bay. Look at the map and you'll see them stuck there way up at the top. They lie in the true Arctic, where for 82 days the sun never dips below the horizon. Take a snapshot at midnight and it looks like high noon. You can label it "Our Family at the Top of the World," because

In the tourist season the temperatures are cool but not cold, and, besides, you're driven directly from the landing strip to the dance hall, where there's a supply of boots and parkas you can borrow. Then the Eskimos (as at Nome) put on a show of songs and dances, followed by demonstrations of their native crafts. For dinner, the choice of entrées is between reindeer steak and whale meat. For fastidious travelers, Barrow demands a little getting used to, but everyone agrees when it's time to move on that they wouldn't have missed seeing it for anything.

The same holds true for Prudhoe Bay. Even if you're one of those hard-core environmentalists who think the pipeline perpetrators should be boiled in their own oil, the dimensions of the project will impress you. It's the largest single construction task ever undertaken—the latest estimate for the total cost is about $6 billion—and the logistical complications are incredible. What location on the entire continent is less convenient than Prudhoe Bay? The weather is atrocious, winter darkness lasts for months, ice limits the transportation of equipment by sea to a period of only four or five weeks the whole year, and until recently there wasn't even a suggestion of a road within 300 miles of the place. Yet here beneath the permafrost lies an enormous supply of oil, badly needed in the energy crunch. The job that faces the Prudhoe Bay work crews is simple: tap it, bring it up, and move it out.

Do you remember Clark Gable and Spencer Tracy in "Boom Town"? Prudhoe Bay is a 1970s version of that scene—a world of tough professionals, almost exclusively male, doing a difficult job in an unfriendly setting because of sizable financial incentives. There are 18-year-old kids washing dishes at Prudhoe Bay for $721 a week. A construction worker's pay can exceed twice that amount easily. Well, how much money would it take to get *you* to go up there to work seven-day weeks, 12 hours every day, relieved only by an occasional R&R trip to Anchorage, in so forbiddingly harsh an environment? It's probably the worst place in the whole world to earn a living.

But it's fascinating to visit, every minute an education. A crude road down to Fairbanks was completed last fall, and this spring the first sections of the pipeline will be laid. You'll see thousands of those sections in giant stacks at Prudhoe Bay, caribou often lying in their shadows. At Pump Station Number One, you'll see where everything starts. At the ARCO dining hall, you'll enjoy a meal and conversation with work crews. You'll see drilling pad wellheads, so-called "Christmas trees," waiting patiently to be connected over 798 miles of wilderness—from the North Slope over the Brooks Range and across the Yukon River—to the storage tanks down in Valdez. In all, it's a perfect climax to an Alaskan adventure that will dwell in your memory forever. ■

Cheering up a stern old house

Photographs: David Jordan. Exterior remodeling: Eugene D. Duncan. Source: Lois Rea

What can you do about an older house with an off-putting personality? Before this 80-year-old house was remodeled, it was dull and uninviting. To make it warm and welcoming, the St. Louis family who live here did just the opposite of what happens all too often—they *added* a porch. And, as you can see, the new shape gives the house an entirely different personality.

The project consisted of extending the first-level living room to the front of the house, then adding an L-shaped porch that wraps around from front to side.

Now the entrance to the remodeled house invites you in with a tucked-in front porch and a sidewalk leading in from the front yard. The extended roofline not only relieves the boxy shape of the house but also softens the staring windows on the front of the house. Yellow siding with cream-colored trim and a terra-cotta floor help sunny up the exterior. White columns supply structural support for the porch and add a touch of charm where it's needed.

To harmonize the interior of the house with the refurbished exterior, the family decided to face-lift the living room. The room was enlarged from the edge of the television console to the front wall (see interior picture). Although the actual space was not greatly increased, the room now appears much larger than before because of the addition of three large windows, including a bay window on the front of the house. A stained-glass window on the stairway landing supplied the unifying color scheme for the entry hall and the living room.

This is the year for your vacation in YELLOWSTONE

FUN Over two million acres of fun, with enough to see and do for an entire vacation.

ECONOMY Take a vacation from budget worries and energy shortages. You'll find economy accommodations for as low as five dollars a night, packaged vacations and scenicoach transportation.

SOLITUDE Get away from the world in the backcountry.

NATURAL WONDERS
The world's largest concentration of hydrothermal wonders.

WILDLIFE Elk, bison, deer, antelope and more.

SCENERY Mountains, lakes, streams, waterfalls, canyons.

FISH Scrappy cutthroat trout for great angling.

HORSES For breathtaking rides into the backcountry.

STAGECOACHES
Authentic Concords bring back the old west.

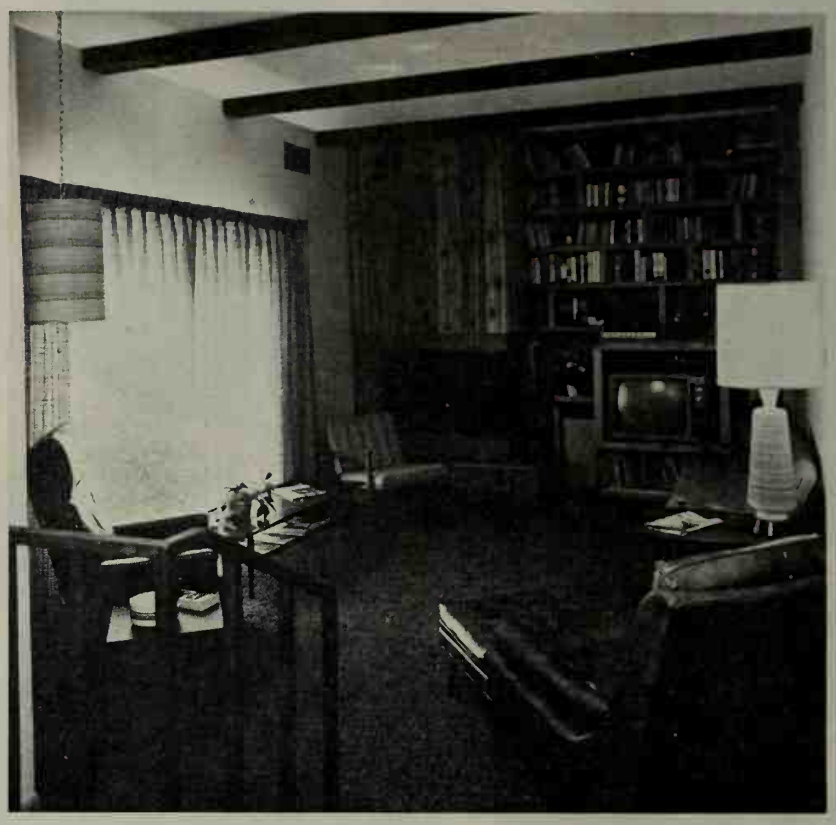
BOATS Fishing boats, scenicruisers for fun afloat.

A FREE VACATION GUIDE FULL OF REASONS
Photos, maps, helpful information on what to see and do, where to stay.

Write Yellowstone Park Company Room 337
Yellowstone National Park, WY 82190

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

A one-room solution to the space squeeze



These homeowners went all out to get extra living space they needed. They opened the back wall of their kitchen and built a two-level 12x34-foot room which opens to outside decks.

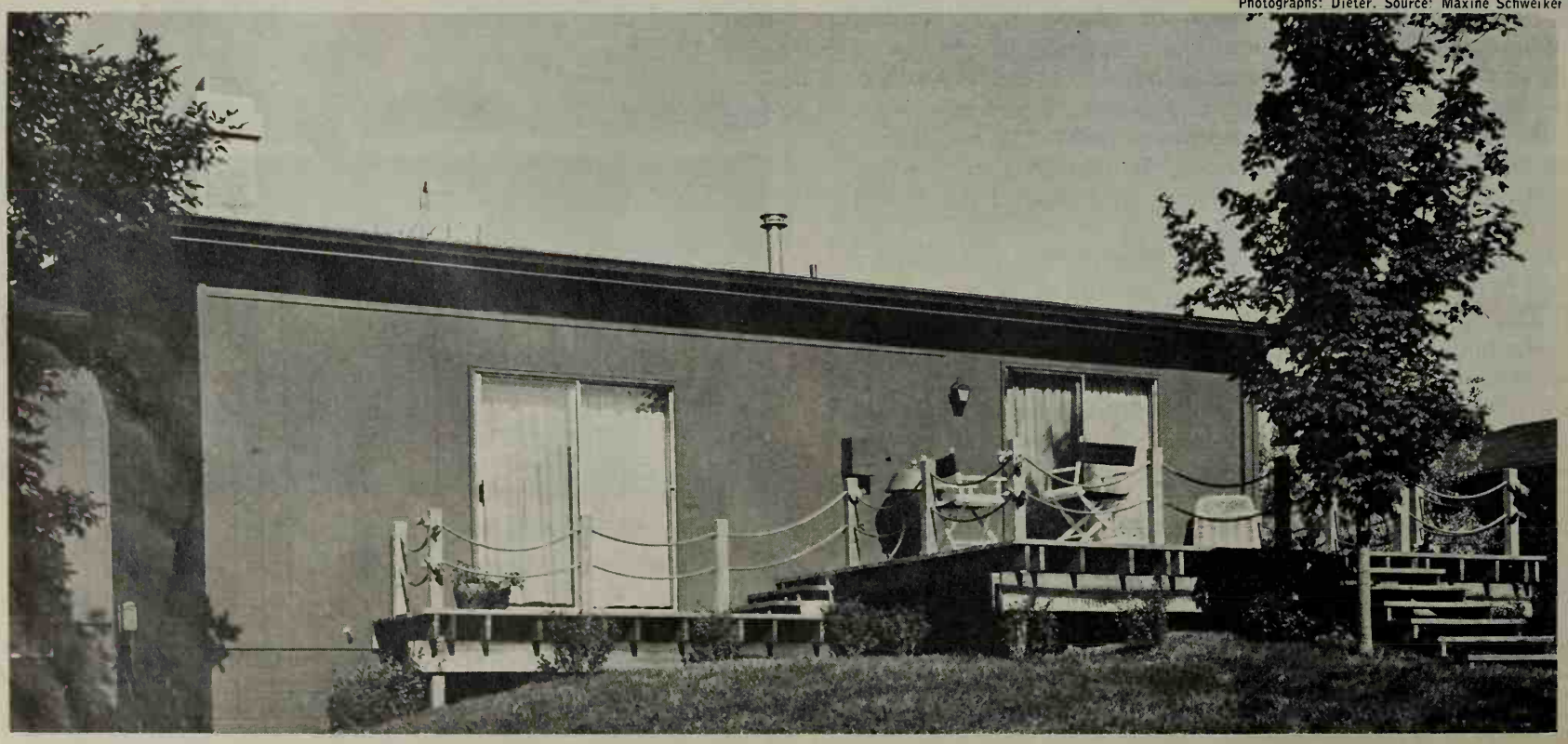
The first level serves as a combination breakfast room, utility room for sewing and laundry, and pantry storage room. Yet, this all-purpose area doesn't appear crowded or cluttered, thanks to the compact arrangement of the different areas. A louvered door leads to the pantry, and the accordion door conceals the sewing/laundry area when it is not in use. A half bath is located near the sliding glass door to serve the new room, thus reducing traffic through the kitchen area.

A railing defines and separates the two areas of the double-level room, without detracting from its open feeling. The lower level also serves a variety of purposes—reading, television watching, listening to music, or just relaxing. Since it is separate from the bedroom area of the home, this room is ideal for entertaining when the children have gone to bed. Shag carpet and bulky draperies also help to absorb noise.

To conserve floor space, the television, tape recorder, and stereo, as well as books and records, are all neatly housed in carefully dimensioned shelves. The tops of the shelves are reinforced with plywood, covered by decorative cedar facing. A corner fireplace with a slate hearth makes the room extra inviting.

Ample outside decks, corresponding to the inside double-level room, stretch living space even farther. While children play on one deck, parents can relax on the other.

Photographs: Dieter. Source: Maxine Schweiker



or design copyrighted by Armstrong.

Now there's an Armstrong no-wax floor with color-coordinated fabrics and wallcoverings!

Go to your nearest Armstrong Floor Fashion Center® store to see new FFC™ Solarian®. Just pick your floor, and your color-coordinating job is done! Since Armstrong's own Interior Designers have selected the just-right fabrics and wallcoverings, you end up with a beautiful, professionally color-coordinated room. The FFC Solarian shown is just one of the family of fine Armstrong Solarian floors that shine without waxing, far longer than an ordinary vinyl floor. When you mop them clean, they *really* look just-waxed!

You'll find floors, fabrics, and wallcoverings all in one place

. . . at your Armstrong Floor Fashion Center store. You'll also find hundreds of other Armstrong styles and colors to choose from. With all these handsome floors, including FFC Solarian, you get the Armstrong Floor Fashion Center Guarantee that covers both your floor *and* the custom installation, too! Ask for details of this powerful guarantee!

Armstrong floor fashion center

E FFC SOLARIAN, WITH COORDINATED FABRICS AND WALLCOVERINGS AT THE ARMSTRONG FLOOR FASHION CENTER STORE NEAREST YOU:

KERSFIELD
ADDIN INTERIORS
19th Street • Phone (805) 324-4908

ST FLOOR COMPANY
Oak Street • Phone: (805) 327-7701

E DAWN COMPANY
East 21st Street • Phone: (805) 324-9893

N JOAQUIN FLOOR COVERING
Ming Avenue • Phone: (805) 832-8450

LANO
STOM PAINT & DECORATING
Main Street • Phone: (805) 724-2212

EUREKA
EUREKA FLOOR COMPANY
2385 Myrtle Avenue • Phone: (707) 442-0228

FRESNO
ALLIED LINOLEUM COMPANY, INC.
1437 East Belmont • Phone: (209) 266-0177

KERR RUG COMPANY
4535 North Blackstone • Phone: (209) 233-2293

VALLEY LINOLEUM
4636 East Belmont • Phone: (209) 233-1887

HANFORD
FASHIONS IN FLOORS
230 North 11th Avenue • Phone: (209) 582-9394

PORTERVILLE
THOMPSON FLOOR COVERING
591 West Olive • Phone: (209) 781-1404

SHAFTER
SHAFTER FLOOR COVERING
537 Central Avenue • Phone: (805) 746-2367

VISALIA
FRANEY FLOOR COVERING
121 North Encina • Phone: (209) 732-8686

SAN JOAQUIN RUG COMPANY
26644 South Mooney Blvd. • Phone: (209) 732-4506

OFFERING A glass of wine to guests is an old custom—one that man has carried with him wherever he settled. Grape vines from home have always been among the first plantings in a new area. The grapes took on the character of the new land, but the wine still reminded people of the place they had left. And it was a sign of hospitality and friendliness. Sherry is a wine with such a history. Where did it begin?

WE HAVE THE ENGLISH TO THANK FOR THE NAME

Obviously not all soils and climates can produce good wines—so man has frequently looked around for sources of supply. Probably as early as the 12th century, British ships were bringing home a wine from Spain in wooden casks. The popularity of the wine is apparent, for it soon was given a nickname we still use. Word experts tell us Sherry was the English way of pronouncing Jerez, the town where the wine was made.

A WINE SHAKESPEARE ENJOYED

Falstaff, in Henry IV, joyfully declared that if he had a thousand sons, he'd teach them all to drink "Sack" (i.e. Sherry). A splendid endorsement. But the heyday of Sherry came later in Victorian England. Novelists of the period paint a scene of gentility and graciousness in offering Sherry and biscuits to guests. It was a way of life to be aspired to.

And that is most likely how your grandmother came to serve Sherry.

WHAT EXACTLY IS CALIFORNIA SHERRY?

The early California winemakers brought the idea of making Sherries with them from other lands. And the vines, as well.

Wine has long been a favorite subject with artists.

OUR CELLARMASTER'S NOTEBOOK

What exactly is Sherry?

OUR CELLARMASTER, BROTHER TIMOTHY, TALKS ABOUT THE WINE YOUR GRANDMOTHER KEPT IN A DECANTER FOR COMPANY—AND SUGGESTS HOW IT CAN BE ENJOYED TODAY.

The Christian Brothers were among the pioneers. We have been making wines in our cellars since 1882. Sherries are special favorites of ours.

California is blessed with an almost unending variety of soils and climates suitable for growing the true European wine grape: Vitis vinifera.

To make our California Sherries, we chose the heart of the great Central Valley. The dry, hot summer there brings splendid character to the noble Palomino grape, an émigré from Spain. Choice, sun-ripened clusters are selected and along with other pedigreed varieties are taken to our nearby Mount Tivy winery. Here the wines are made, and each is aged in wooden casks till it meets our standards for taste and quality.

Each land gives individual character to its grapes. Each winemaker gives style to his wines. We are justly proud of our California Sherries, and invite you to enjoy the goodness from our vineyards and our cellars today.

OUR CALIFORNIA SHERR[IES] COME IN FIVE STYLES

We follow another tradition in The Christian Brothers cellars--that of bl[ending] a variety of styles, ranging from pale [and] dry to rich and sweet. Each Sherry ha[s its] own appeal. Serve or use them whene[ver] like. Your best guide is your own taste

DRY SHERR[Y]
This is a light-bodi[ed] deliciously dry Sher[ry] a fine pale gold colo[r] very smooth. A plea[sant] before-dinner drink [or] chilled, or over ice.

COCKTAIL SHE[RRY]
The lightest of our Sherries. Very pale, [and] dry, and a classic "ni[ce] like" taste. Try it ove[r] a delightful appetize[r] compatible with din[ner] wines you enjoy late[r]

GOLDEN SHER[RY]
Many people prefer [the] taste of this medium Sherry. A bit sweeter [than] Dry or Cocktail—no[t as] rich as Cream. Its ful[l] flavor is good in recip[es] that call for Sherry.

CREAM SHERR[Y]
A fine golden amber [color] distinguishes this She[rry]. "Cream" is a good des[cri]tion for its smoothne[ss] and richness. It is enj[oyed] as a dessert wine with [fruit] cakes, cheeses and fru[its]

MELOSO CREAM SHERR[Y]
Our own truly luxuri[ous] Sherry, with a smooth, mellow, honeylike fla[vor] for which the Spanish have a word: Meloso. blended from speciall[y] chosen and aged casks. Only limited amounts available each year.

FEW TIPS ON WHEN AND HOW TO SERVE OUR SHERRIES

of our premium California Sherries keep their fine flavor after opening. t's why you find the wood-top, pull cork ure on our bottles. This "keeping" ity gave Sherries their decanter reputa-. It's still a fine idea. The rich color of rry is most inviting offered in a crystal nter, surrounded by sparkling, stemmed ses.

But lest this sound too formal, re-nber, the right glass to serve them in is glass. Many people prefer Sherry chilled over ice. And what to serve it? Salted nuts, olives, p cheeses are good ces before ner. For ert, offer s and un-ted cakes. The flavor of ry also es it a

Each of our Sherries is tested many times before bottling.

lar cooking wine. Add it to soups, to erts, cakes, cream sauces, or gravies. And why use a fine Sherry for cooking? the same reason you use other fine edients. Our Sherries are made from the cest grapes. Each is blended to our stan-s. Through the years we have changed y methods to improve that quality—but tradition of care and pride is there for you ste in each bottle from our cellars.

Brother Timothy F.S.C.

Cellarmaster, The Christian Brothers,
Napa Valley, California

Worldwide Distributors: Fromm and Sichel, Inc., San Francis

Before he installs central air conditioning in your home, he installs it on paper.

This man is a Day & Night air conditioning dealer.

He's been burning the midnight oil at one of Day & Night's factory training schools.

When he graduates, he'll know just about everything there is to know about central air conditioning.

He has to.

Because making you comfortable is his only job.

No matter what size your home, your Day & Night dealer is well-qualified to satisfy all of your air conditioning needs. From proper system design and installation to after-sale service.

And because he's a Day & Night dealer, he offers a complete line of dependable equipment that's easy to live with.

Like Day & Night's new high-efficiency central air conditioning. Keeps you just as cool as standard models. But it's a lot cheaper to operate.

So if you're thinking about making an investment in central air conditioning, you should be talking to someone who really knows his business.

Your local Day & Night dealer. Call him soon. You'll find this skilled professional in the phone book.

day & night air conditioning

day & night

Day&Night
Air Conditioning
Company

La Puente, Calif.

SKILLET BEEF ITALIANO

1 package (10 oz.) Birds Eye® Italian Style Vegetables
¾ lb. ground beef
1 can (8 oz.) spaghetti sauce
½ cup water
⅛ teaspoon oregano

Brown ground beef in skillet, leaving meat in large chunks. Add spaghetti sauce, water, and oregano. Add vegetables. Bring to a full boil; separate vegetables and stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.

SEE COLUMN ON THIS PAGE FOR MORE RECIPES.

GF GENERAL FOODS KITCHENS

WITH OUR VEGETABLES AND YOUR HAMBURGER WE CAN MAKE BEAUTIFUL DINNERS TOGETHER

MORE INTERNATIONAL DINNER RECIPES.

GROUND BEEF SHANGHAI
*3/4 pound ground beef • 1 medium onion, chopped • 1/4 cup water • 2 tablespoons soy sauce • 2 teaspoons sugar • 1 package (10 oz.) BIRDS EYE® Chinese Style Vegetables with a Seasoned Sauce**
*Or use 1 package (10 oz.) BIRDS EYE® Japanese Style Vegetables with a Seasoned Sauce, decreasing water to 2 tablespoons.

Brown beef well with onion in skillet, leaving meat in large chunks. Combine water, soy sauce and sugar; add to skillet. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 2 to 3 minutes. Makes about 3 cups or 3 servings.

SAUTÉED CHICKEN AND VEGETABLES *3 chicken breasts, skinned and boned (3/4 lb.) • 1 egg white, slightly beaten • 1 teaspoon salt • 1/4 teaspoon ground ginger • 3 tablespoons salad oil • 1 package (10 oz.) BIRDS EYE® Japanese Style Vegetables with a Seasoned Sauce • 1/4 cup water*

Cut chicken into thin slivers. Combine chicken, egg white, salt and ginger. Heat oil in a large skillet; add chicken and sauté 3 minutes—just until chalky white. Move chicken to sides of skillet. Add vegetables and water. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes about 3-1/2 cups or 3 servings.

CHICKEN LEILANI *1/4 cup unsifted all-purpose flour • 1 teaspoon salt • 1/8 teaspoon pepper • 2 pounds frying chicken pieces • 3 tablespoons salad oil • 1/2 cup water • 1 package (10 oz.) BIRDS EYE® Hawaiian Style Vegetables with Pineapple with a Seasoned Sauce • 1 tablespoon catsup*

Combine flour, salt and pepper; dredge chicken pieces. Heat oil in large skillet; add chicken and brown well on both sides. Turn chicken skin side up and add water. Bring to a boil; cover and simmer 30 minutes, or until chicken is tender. Place chicken on a platter and keep warm. Add vegetables to skillet. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Stir in catsup, and serve over chicken. Makes 3 servings.

SEND FOR FREE RECIPE BOOKLET.
Write to: General Foods Corporation
Box 5007, Kankakee, Illinois 60901

TIPS FOR TRAVELING OVERSEAS

Here are some tips that will help make your trip more carefree when you travel overseas.

Carry a pocket guide that contains such information as money and measurement conversion tables, key foreign phrases, shopping tips, customs duties, and addresses of U.S. consulates. You can usually obtain these booklets from your travel agent, bank, motor club, or international carrier.

Travel as light as you can. Drip-dry and permanent press clothing is good for foreign trips; also an adequate multipurpose topcoat or raincoat.

Take along the little extras you may need: a travel clock; soap and washcloth (some foreign hotels may not provide them); an extra pair of glasses or your lens prescription; headache and motion sickness remedies and your prescription for any special medication; current adapters and plugs for your electric shaver or travel iron if it's a long trip; extra luggage keys; plastic bags for packing clothing still damp from laundering.

If you lose your passport while abroad, report the loss immediately to the nearest U.S. consular office.

Carry an International Drivers Permit. Most countries honor a U.S. permit, but in every case the international permit is valid. You can get one through your local AAA office.

Take your address book so you can send cards to friends, and a list of clothing sizes for persons you intend to buy gifts for.

Rely on government tourist offices for assistance. To find out where they're located, inquire at major transportation terminals or your hotel.

Use traveler's checks, the best and easiest cash substitute. You don't stand any loss if they are misplaced or stolen; and they're readily exchanged for local currency at shops, hotels, and banks almost everywhere. ■

PROJECT PLANS CATALOG
Choose from 168 of our readers' favorite home carpentry plans. Contains pictures and description of each plan. Select the projects you want and order plans. No. 04214, 50c Better Homes and Gardens, Dept. 2RV, Box 374, Des Moines, Iowa 50336.

Get out of the kitchen and bake.

After a long, cold winter the best way to bake is on an American Airlines vacation.

American has over 400 vacation packages to nice, warm places. With an incredible variety of ways to soak up the sun, and lots to do when the sun goes down.

Fill in the coupon and we'll send you brochures describing them. Call American or your Travel Agent.

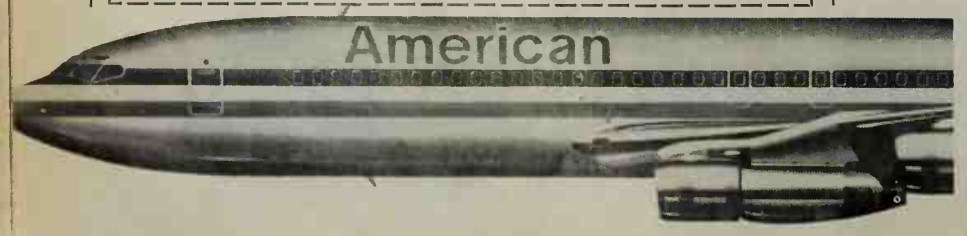
And get ready to catch a wave. Instead of a cold.

American Airlines, P.O. Box 1000, Addison, Illinois 60101
Please send me the vacation brochures as checked:

☐ Puerto Rico ☐ West/Southwest ☐ California
☐ Virgin Islands ☐ Haiti ☐ Mexico
☐ Aruba/Curacao ☐ Great Tennis Resorts

Name _____
Address _____
City _____ State _____ Zip _____

BHG-475



Canned hams

Next time you shop for canned ham, take time to read the labels. They tell you what you'll be paying for. Hams with ten percent or less water added will be labeled, "Ham, Water Added." Those hams labeled "Ham with Natural Juices, Gelatin Added" contain no extra water. Remember the net weight of a canned ham, which ranges from one to 13 pounds, includes a dry gelatin. The processor adds this to the can in order to hold the cooked out juices. Don't throw this flavorful gelatin away. Use it for gravies and basting or in a broth stock for homemade soup.

Canned hams are fully cooked and can be served either hot or cold. To heat a canned ham, figure 10 to 15 minutes of cooking time per pound on a roast weighing over eight pounds. For smaller hams, allow 15 to 20 minutes per pound. Some hams have special glazes already added. These add to the convenience of the meat—and to the cost.

But there is a big cash bonus built into all canned hams—no waste because there's no bone and little excess fat. That means you can plan a four-ounce serving of meat per person with no guesswork about shrinkage or bone weight. If you'd like to stretch the goodness and your food dollar even further, grind or dice the ham and add crunchy vegetables, fruit, rice, or pasta.

You can store canned hams unopened in the refrigerator for approximately six months without food spoilage. Freezing isn't recommended, however, because it tends to reduce the intensity of the smoked flavor.

Start with the whole ham for Baked Ham Medley below, then use leftover meat for Sweet and Sour Hamnicks

BAKED HAM MEDLEY
3-pound canned ham
1 20-ounce can pie-sliced apples, drained
1 17-ounce can vacuum-packed sweet potatoes
½ cup packed brown sugar
1 teaspoon ground cinnamon
1 slice (1 ounce) process Swiss cheese

Scrape gelatin and excess fat from ham, reserving ⅓ cup of the gelatin. Make 4 evenly spaced slits in top of ham about 1 inch deep. Place ham and reserved gelatin in 10-inch round or 11½x7½x1½-inch baking pan. Arrange apple slices and sweet potatoes around ham. Combine brown sugar and cinnamon; sprinkle over all. Bake, uncovered, in 325° oven for 1¼ hours, basting occasionally. Remove from oven. Cut cheese diagonally to form 4 triangles. Insert one triangle in each ham slit. Return the ham to oven. Bake 1 minute more, or just till cheese triangles melt slightly. Makes 8 servings.

Photographs: Dieter

SWEET AND SOUR HAMNICKS
1 recipe Sweet-sour Sauce
1½ cups soft bread crumbs
1 8¼-ounce can crushed pineapple
¼ cup chopped green pepper
2 tablespoons chopped onion
1 slightly beaten egg
⅛ teaspoon pepper
3 cups (1 pound) ground or finely chopped cooked ham
8 hamburger buns, toasted

To make Sweet-sour Sauce: In saucepan, combine ⅓ cup sugar, ¼ cup vinegar, ¼ cup water, 1 tablespoon chopped pimiento, ½ teaspoon paprika, and ¼ teaspoon salt. Simmer 5 minutes. Combine 2 teaspoons cornstarch and 1 tablespoon cold water; add to hot mixture. Cook and stir till thickened and bubbly.

In medium bowl, combine bread crumbs, pineapple, green pepper, onion, egg, and pepper. Add ham; mix well. Shape into eight patties. Broil 4 to 5 inches from heat for 6 to 8 minutes on one side. Brush with Sweet-sour Sauce. Turn; broil 5 to 6 minutes. Brush with remaining sauce. Broil 1 minute more. Serve on toasted hamburger buns. Makes 8 sandwiches.

Slurp

Del Monte® Pineapple in its own juice. Sounds delicious.

Dining ideas to fit your style

If formal dining rooms aren't for you, check these three ideas. Each dining area avoids the stiff, showroom look and evidences a personal style. At right, a fresh and airy feeling was created by using lots of white, plenty of plants, and understated furniture—a glass-topped table and rush-seat chairs. Plastic shelf units line one wall to provide open storage and display for dinnerware, and a buffet when there's a party. A shortage of wall space prompted the idea of placing the tall shelf unit in front of a viewless window. This eliminated the need for curtains, and made an ideal spot for plants. What looks like a print on the wall is a framed piece of wallpaper.

Photographs: Bill Helms. Designer: Peg Walker. Source: Carol Bassin Helms

Designer: David Eugene Bell, A.S.I.D.

Easy-to-install fake beams on the walls and ceiling give this dining room an authentic Early American look. The rustic atmosphere is emphasized by the bare hardwood floor, four spindle-back chairs, and a quilt-covered table. Notice how the quilt pattern echoes the beam design on the walls. To save space, the table is pushed close to the buffet. When company comes, the table is pulled out and two more chairs are added.

Designer: Jack Metherell, A.S.I.D., for The H. Chambers Co. Source: Eileen Leubecker

When dining and living areas must share the same room, how do you visually separate them? Here a large modern painting does the trick by providing a strong focal point for the skirted table and four bentwood chairs. Notice the pleasing juxtaposition of the sharp angularity of the painting and the graceful curves of the furniture. A bold area rug can also be used to visually separate and define two areas in the same room.

Celebrate Hawaii Family style.

United's Hawaii Condominium Vacations give you the comfort and economy of your own home in the Islands.

Imagine your own bit of privacy in paradise. A beautifully furnished home or apartment by the beach. Big bedrooms. Bar. Maid service. A fully equipped kitchen. Maybe a rental car with unlimited mileage waiting outside the door.

United's got it for you with a Hawaii condominium vacation.

The condominiums are conveniently located near golf, tennis, restaurants, shopping and entertainment. And that beach can be on Oahu, Hawaii, Maui or Kauai.

Imagine how your family or group of friends will save with a condominium vacation. And all for a price as low as $10 a night, per person, for 4 people, including tax.

Now stop imagining. Send for United's Privacy in Paradise brochure. Or see your Travel Agent. And celebrate Hawaii in the spirit of Friendship. United's condominium vacations.

1009-0300

United Airlines, Dept. 53
Box 1766, Peoria, Ill. 61601

Please send me your free "Privacy in Paradise" Tour brochure (FO 803)

Mr./Mrs./Miss _____

Address _____

City _____

State _____ Zip _____

My Travel Agent _____

The friendly skies of your land.

UNITED AIRLINES

Announcing the Newest, Most Modern Calculator for Home and Business

... from Better Homes and Gardens

Just look at all these features:

- New, easy-to-read green fluorescent number display twice as large as others
- % key gives one-step automatic percentage
- MT key totals and clears memory
- MR key automatically recalls memory without totaling
- M+ key adds answers to memory; you choose answers to save
- M− key subtracts answers from memory
- EX key automatically reverses a calculation
- C key is dual function: depress once to clear last entry; depress twice to clear entire calculation
- Signal light shows when memory is in use
- Rechargeable, lifetime batteries with low battery warning signal
- Full, 8 digit capacity
- Automatic decimal always keeps decimal in right place
- Automatic constant retains multiplier or divisor for repetitive calculations
- Weighs only 6 oz.; fits pocket or purse
- Comes with adaptor for plug-in use, and carrying case.

Today, more than ever, a calculator is a necessity, not a luxury. You can save hours of time and money with this handy tool. Use it to balance the household budget, tally daily shopping costs, compute cost to run home and car (utility bills, mortgage payments, gasoline and car repairs), figure interest on loans and savings, determine amount of material needed for sewing, compute income tax, figure profits and costs on investments, tally scores for bowling and card games—and a dozen more uses. Great for students. And its the perfect gift for everyone.

You deserve top value for your money. We wanted to make sure we could offer you just that. This calculator has more features than any other at this price, features normally found only on machines costing twice as much. Manufactured by one of the world's leading firms, it carries a full year warranty.

HOW TO ORDER

1. Please specify No. 13841 Calculator, $37.88 each; 2 for $70.88
2. Please include $2.00 postage and handling for each calculator ordered.
3. Send name, address, order and remittance to:

Better Homes and Gardens, Dept. 2RA
Box 374, Des Moines, Iowa 50336

Residents of CA, IA, IL, and NY please include sales tax.

OUR GUARANTEE: Money back if not completely satisfied.

Play up the pattern

Emphatic black and white wool plaid gives a unified look to this entry hall and adjacent living room. The fabric was applied with vinyl paste to the end of the hall. Vinyl tile squares and lacquered Parsons table shine up the contemporary scheme. An ornate mirror frame of Mexican tin shows off more pattern on a smaller scale and brightens the black and white hall.

Photographs: Hedrich-Blessing. Decorator: Famous-Barr, Northwest North. Source: Lois Rea

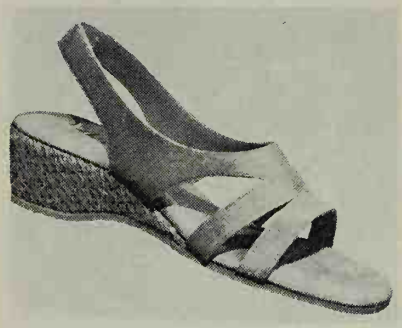
In the living room, the plaid stands out smartly against white paneled walls. The fabric updates a traditional sofa and covers strips of hardboard that frame a shuttered window. Solid black armchair upholstery and a steerhide rug carry out the black and white theme while painted hardboard flooring adds a subtle diagonal pattern. For shine, there's a see-through coffee table.

Better Homes™
Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

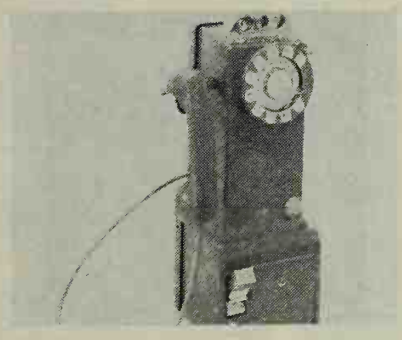
Ann Lively

chic for spring



summer too; with full cushioned soles. Made of soft urethane up-, crepe soles, 1½" rope-covd heels. Sizes 4-12, narrow, dium or wide widths. In white, ge or navy. Order "Jill," $11.95 s 90¢ postage. Sizes over 10, $1 ra. Sofwear Shoes, Dept. BH-4, 1 Main, Houston, Texas 77002.

iginal pay station phone



built and refinished, use as a ular telephone. Place money in n slot, it drops through to coin , use as a savings bank. Ideal for or playroom, clever way to pay extra calls. Green or black, $125 $20 Shp. Chg. Catalog 50¢. nd Com, Inc., Dept. BH4, 324 Ave., N.Y., NY 10001.

ental wok—to fry food

ensible way with a minimum of rtening and calories. A few teaons of oil will quick-cook vegeles, meat, chicken etc. without rching. Everything stays crisp flavorful. 12" dia. 4⅛" high. h recipe book. $3.98 ppd. Walter ke, BH01 Drake Bldg., Colorado rings, CO 80940.

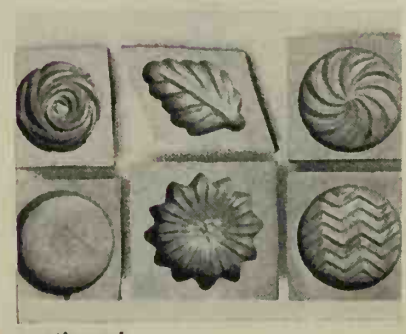
r Mother a lovely plate

traditional blue and white porain, perfect for birthday, Moth- Day, any day. 9½" diameter, decorative use only. Nice on the el. #7629 plate only $2.98; #7838 te plus black lacquered wood el $3.98 + 50¢ post. Lillian non, Dept. H4E, 510 So. Fulton ., Mt. Vernon, NY 10550.

stom-printed shirts

thing can be printed on these nfy sweaters or T-shirts. Choose r slogan-up to 30 letters. They're chine washable in powder blue navy. Sizes S,M,L,XL. Sweatshirt 95 postpaid. T-shirt $4.95 postd. $2 extra for printing on both es. Holiday Gifts, Dept. 404-H, eat Ridge, CO 80033.

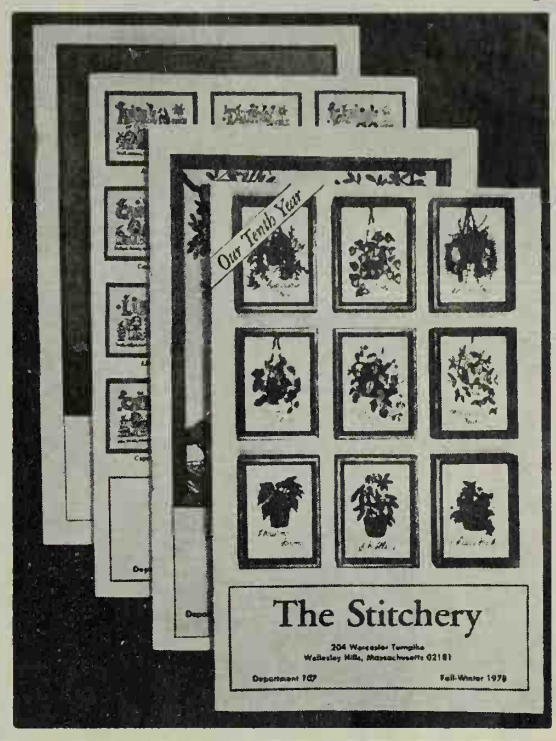
ndy molds—make mints



using these pure rubber molds can make professional looking dy mints. Order Rose, Leaf, cy Mint, Plain Mint, Daisy or rugated Mint. Each mold $1.90; 3.50; 6/$5.75. (CA res. add sales) Catalog 25¢, or free with order. dy's of California, Dept. 245, Box , Lompoc, CA 93436.

continued

ONE YEAR SUBSCRIPTION TO NEXT 4 ISSUES OF The Stitchery CATALOG



ONLY—25c

Hundreds of exciting new needlecraft kits—many available only through us . . .

Now you can select from hundreds of different art needlecraft kits in The Stitchery's quarterly full-color catalogs. Items include needlepoint, crewel, cross-stitch and a virtually unlimited number of clever ideas—page after page of pillows pictures, doorstops, bell pulls, handbags, tote bags, luggage straps and racks, footstools and footstool covers, belts, dolls, rugs, eye glass cases, pin cushions, afghans etc. Many designs are exclusives. Send only 25¢ for the next 4 colorful issues.

Send me a one year subscription (4 quarterly issues) to The Stitchery's catalog of new needlepoint kits. My 25¢ is enclosed.

NAME_____

ADDRESS_____

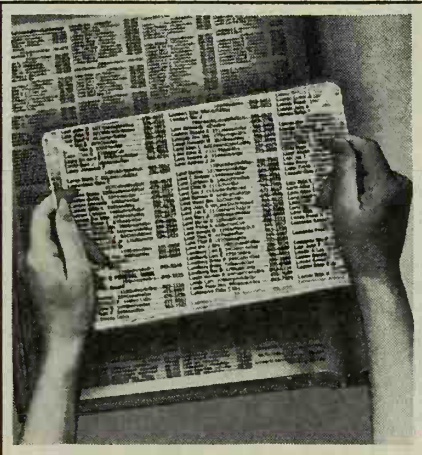
CITY_____

STATE_____ ZIP_____

Our 10th Year

The Stitchery

Dept. BHG304
204 Worcester Turnpike
Wellesley Hills, Mass. 02181



PAGE SIZE MAGNIFIER

Page Magnifier is handy for looking up telephone or map directory listings, stock market reports, etc. The whole page is magnified at one time. Wafer thin and measures 7" x 10".

PAGE MAGNIFIER
$2.98 + 25¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-45
585 Market St., San Francisco, Calif. 94105

EXTRAVAGANTLY JEWELED SANDALS

"DAWN" — Dazzling new approach to casual elegance . . . square-cut, multicolored "gems" set in individual, gold-toned mountings. As comfort-conscious as they are fashion-conscious with cloud-soft, foam-cushioned insoles and 1½ inch heels. Adjustable back straps assure perfect fit. Choice of Gold, Black, Silver or White leather. Sizes: 4 through 12, Narrow, Medium or Wide widths. All colors, $11.95. No half sizes over 10, $1.00 extra per pair for sizes over 10. Add 90¢ postage for each pair ordered. Refund if not delighted. Free catalog.
Write SOFWEAR SHOES, Dept. D, 1711 Main, Houston, Texas 77002.

MIST OR SPRAY

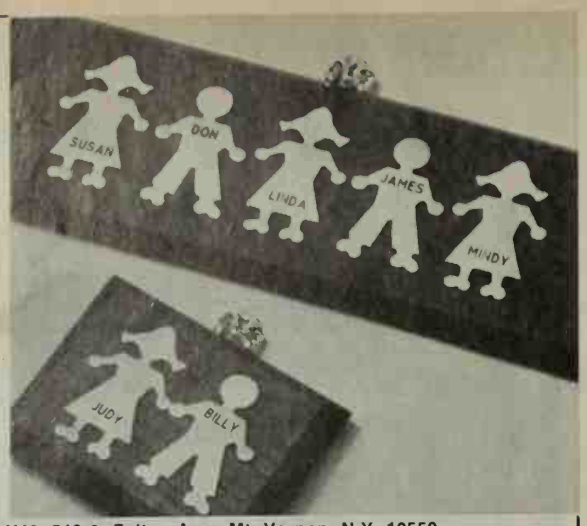
Ideal for plant care, home or auto cleaning. This pastel green polypropylene trigger sprayer and 16 oz. bottle features a fully adjustable nozzle which gives you a steady stream, a generous spray or extra fine mist. Easy to read 2 oz. graduation marks make mixing a breeze. For water, cleaners and light oils. $1.89 plus 50¢ postage and handling from Lorrill House, 1703 E. Illinois, Wheaton, Illinois 60187.
Ill. res. add 5% tax.

FOR MOTHER'S DAY!
PERSONALIZED PLAQUES, CUSTOM ENGRAVED!

Adorable boys and girls count the children in lifetime solid brass! Solid wood plaques are stained, beveled with handsome hanger. 1- or 2-child plaque is 3x3⅞", 3-4 is 3½" x 7½", 5-8 is 3½" x 9½", 7-12 is 3½" x 14½", 10-12 arranged vertically.

#1390—1 child	$1.98
#1391—2 children	$2.98
#1392—3 children	$3.50
#1393—4 children	$3.98
#1394—5 children	$4.98
#1395—6 children	$5.50
#1397—7 children	$5.98
#1398—8 children	$6.50
#1389—9 children	$6.98
#1376—10 children	$7.50
#1377—11 children	$7.98
#1378—12 children	$8.50

PRINT names, specify boy or girl. Add 50¢ post. & hdlg., N.Y. res. add tax.



LILLIAN VERNON Dept. H42, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550

SHRINK STOMACH

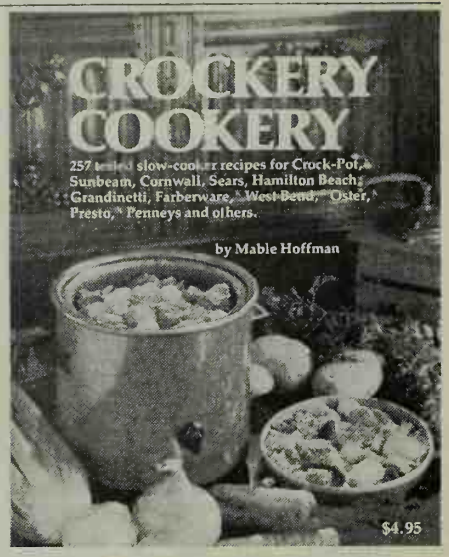
Waist Watchers will feel muscle tighten and see stomach shrink from first day you use the Waist Wheel. A few rolls back and forth from knee position equals 100 sit-ups. Progress Chart included.

SINGLE WAIST WHEEL **$5.98**
Mailing 80c Each

DUAL WAIST WHEEL **$7.98**
Mailing $1.00 Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-45
585 Market St., San Francisco, Calif. 94105



Delicious food from your Crock-Pot® or other slow cooker. Rib-sticking stews, hearty soups, tasty meats, poultry and vegetable dishes to whet your family's appetites. Elegant gourmet dishes include Teriyaki Steak, Stuffed Turkey Breasts, Chicken Marengo, Gourmet Leg of Lamb, Burgundy Duckling, Flank Steak in Mushroom Sauce, and Rhineland Sweet-Sour Cabbage. Hot appetizers and beverages. Includes breads, cakes and puddings! $4.95 paperback, $6.95 hardback. Add 50c shipping. Satisfaction guaranteed! **H. P. Books**, Box 5367, Dept.BH-45, Tucson, AZ 85703. 4058 N. 14th Ave.

NEW DELUXE HI TIME CLOCK

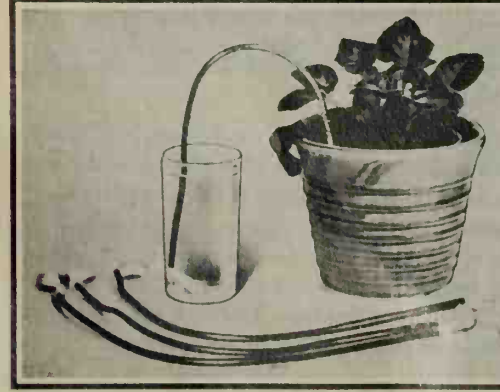
Imagine! Time "tip-toeing" across the ceiling over your bed. You won't have to rouse yourself into wakefulness merely to check on the nightly hour . . . just glance at the ceiling and there it is. Projected by an invisible beam in large clear numerals 3" in size so you won't need your glasses (when clock is placed 62" from ceiling). A warm Walnut wood and gleaming Brass finish. Electric with alarm 2¾"x6¼"x5½". 1 year factory warranty—$39.95. Ppd. ILL. RES. ADD 5% TAX. GIFT CATALOG 50¢. Charge Cards Accepted.

HOUSE OF MINNEL
Deerpath Road, Dept. 45, Batavia, IL 60510

Foot Lawn Aerator

Step lively to loosen compacted turf and soil, let air and water reach and revive the roots to improve your lawn. Strap on a pair of spiked sandals to mow or water the lawn and do 2 jobs at once! Each Poly non-skid sole has 13 replaceable steel spikes that pierce ground 1½" deep. Non-slip buckles on heavy duty straps. PAIR $10.98 plus .75¢ hdlg.

HOLIDAY GIFTS
Dept. 404-C, Wheat Ridge, Colorado 80033



PLANT "NURSEMAIDS"

Water plants while you're away. Amazing wicks feed moisture to plants for up to 8 weeks. Insert one end of wick in soil, other end in water. Will not rot or mildew. Set of 4.

Plant Nursemaids
$1.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax
Satisfaction guaranteed

Anthony Enterprises
585 Market St., Dept. BHG-45
San Francisco, Calif. 94105

La Cotta steak maker

A new discovery from Northern Ita Made of special, porous volcan rock that draws out fat, bitterne and acidity from steaks, chops, fis and chicken while it preserves na ural juices to make meat succuler $9.98; 2/$18.98 + 50¢ post. Amer can Consumer, Dept. LS-54, Car line Rd., Phila., PA 19176.

Five fiery gems-prong set

Handsome fishtail setting (A) ac cents the beauty of these five ¼ ca at diamond-like white spinels. Syn thetic stones dazzle. In Sterling Si ver or 18 kt. Yellow Gold Plat (specify). $10.95 ppd. Matchin Solitaire (B) $12.95 ppd. Send rin size. Lions, Dept 94BG, 665 Middl Neck Rd., Great Neck, NY 11023.

Dry clothes—rain or shine

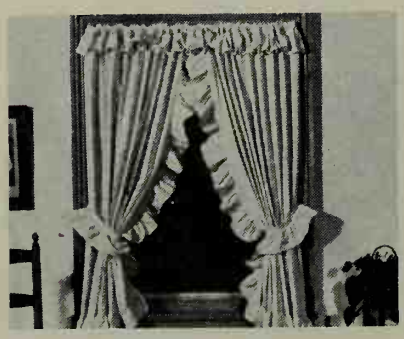
Drip-Dri Bar hooks over shower ro and locks in place. Attaches in sec onds, no screws, no adhesive. Ad justable 25" to 31"; fits any standar bathtub. Holds full-length garments Water drips into tub, not on floo $3.98 + 60¢ post. Anthony Enter prises, Dept. BHG45, 585 Marke San Francisco, California 9410

Tuck away shoe carousel

Of polished steel, carousel holds 3 shoes neatly. Twirls for easy selec tion and rolls on smooth casters 24" high, 15" across, airs shoes keeps them off the floor and save closet space. Makes closet cleanin easier, too. $9.98 + $1.50 postage Crown-Castle, Dept. SC9, 51 Ban St., Stamford, Conn. 06901.

Plant doctor kit

Provides good indoor plant care ir one handy kit. Includes booklet or plant care; stainless steel rake spade & shovel; food tablets; in secticide; misting bottle; 12 feedin & watering stickers & more. Style Q-37 $9.95 postpaid. Order from Spear Eng. Co., 3094 Spear Bldg. Colorado Springs, CO 80933.



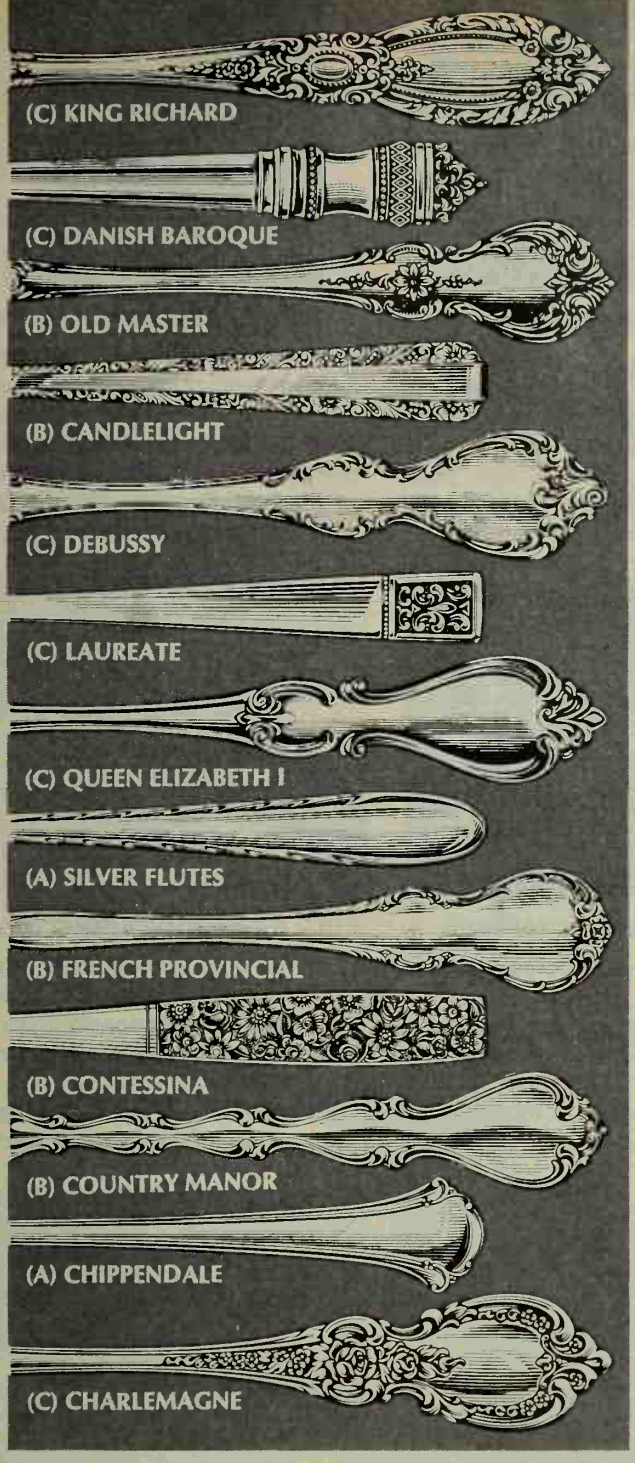
Charming country curtains

You'll love the way they spruce up any window in your home. Of per manent press cotton and polyeste with 4½ inch ruffles. 84" wide pe pair; 45", 54", 63" $13 pr. 72", 81", 90" $15 pr. Add $1.75 per orde post. Eggshell or white. Brochure free. Country Curtains, Dept. BHG 4, Stockbridge, MA 01262.

Cushion-Lift Chair -

It's been a blessing to many arthrit ics, Parkinson's patients, stroke victims etc. Push a button and you get a lift, slow and gentle until you're standing. Get some walking exer cise, reduce the pain of getting up. Write for more information to: Cush ion-Lift, Dept. BH-4, Box 2000-2, Waukesha, WI 53186.

continued

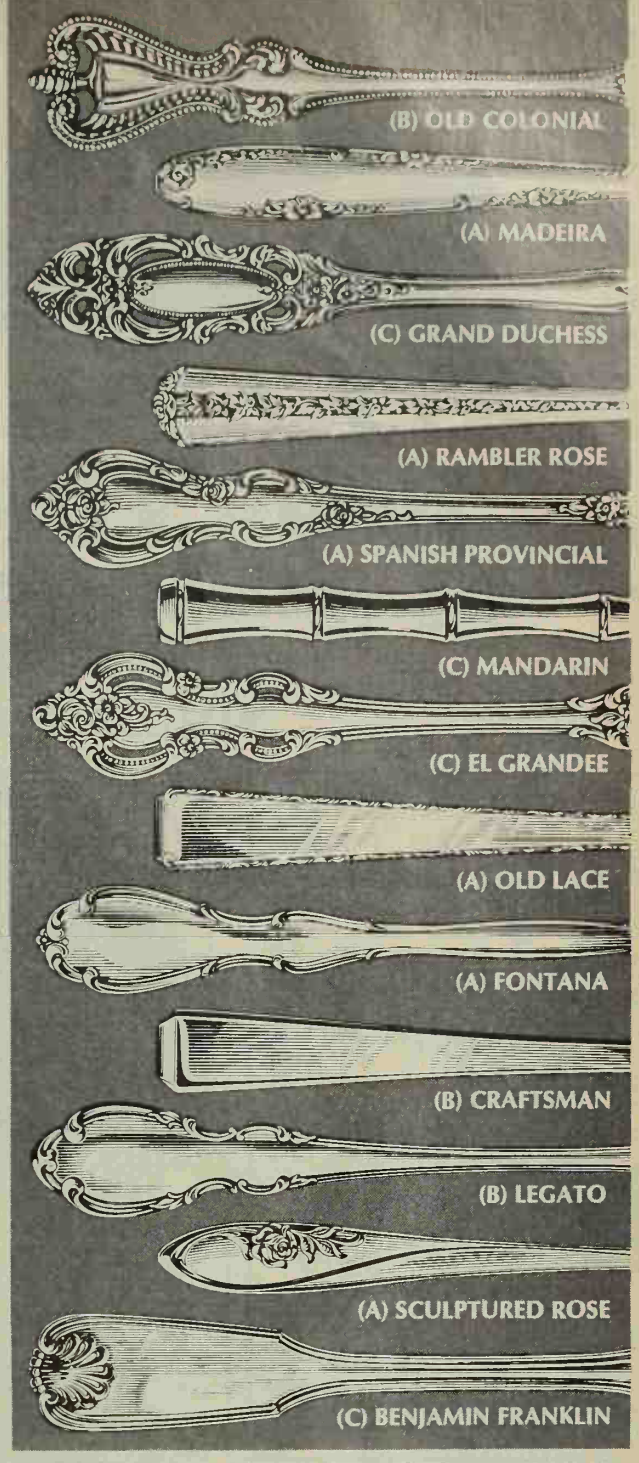


1/3 OFF TOWLE STERLING SILVER

3 PIECE PLACE SETTINGS!

PLUS 25% OFF ALL TOWLE OPEN STOCK INCLUDING THE NEW PATTERN CARPENTER HALL!

CREATED TO COMMEMORATE THE BICENTENNIAL, TOWLE'S EXCITING NEW FULL DIMENSIONAL PATTERN CARPENTER HALL (C) FEATURES HOLLOW HANDLES ON ALL PIECES!



24 MONTHS TO PAY

WITHOUT ANY FINANCE CHARGE

Buy your Towle Sterling on Jaccard's Silver Club Plan with 10% down and balance in 24 equal monthly payments. ($5.00 minimum). Deferred payment price is the same as cash... no finance charges are added. The sale ends May 24, 1975, so act now.

FREE SILVER CHEST!

Holds 130 piece service. Pacific Cloth lined silver chest free with purchase of $300 or more.

JACCARD'S
JEWELERS SINCE 1829

Order your Towle Sterling by mail from Jaccard's.

JACCARD'S, 22 Petticoat Lane, Kansas City, Missouri 64106

Name:

Address:

City: State: Zip:

- ☐ Cash. Check enclosed for full amount (add sales tax as applicable).
- ☐ Master Charge or Expiration Date
- ☐ BankAmericard No.
- ☐ Jaccard's Silver Club Plan (complete the following only if you are using Jaccard's Silver Club Plan and enclose 10% down payment).

Employer's name and address:

Position: Length of service:

Bank reference:

3 piece place setting is fork, knife, teaspoon. 24 piece set is 8 three piece settings. 32 piece set, add 8 salad forks to 24 piece set. Partial listing shown. Complete sale price list available upon request. Please add $2.50 handling/shipping charge. The cost of credit is included in price quoted for goods and services. If matching present silver, be sure to include tracings of knife, fork, soup spoon, butter spreader.

Please ship the following in pattern Towle.

QUANTITY/ITEM	GROUP A REG.	GROUP A SALE	GROUP B REG.	GROUP B SALE	GROUP C REG.	GROUP C SALE
___3 piece place setting	$82.00	$54.66	$93.50	$62.34	$105.00	$70.00
___24 piece set	656.00	437.25	748.00	498.70	840.00	560.00
___32 piece set	880.00	605.25	1,004.00	690.70	1,128.00	776.00
___Teaspoon	20.00	13.33	23.50	15.67	27.00	18.00
___Place knife	30.00	20.00	34.00	22.67	38.00	25.33
___Place fork	32.00	21.33	36.00	24.00	40.00	26.67
___Salad fork	28.00	21.00	32.00	24.00	36.00	27.00
___Place spoon	28.00	21.00	32.00	24.00	36.00	27.00
___Spreader, hollow handle	20.00	15.00	23.50	17.63	27.00	20.25
___Iced beverage spoon	25.00	18.75	29.00	21.75	33.00	24.75
___Cocktail fork	20.00	15.00	23.50	17.63	27.50	20.63
___Tablespoon, regular	53.50	40.13	60.00	45.00	66.50	49.88
___Tablespoon, pierced	53.50	40.13	60.00	45.00	66.50	49.88
___Sugar spoon	29.50	22.13	32.00	24.00	36.00	27.00
___Butter knife, hollow handle	25.00	18.75	27.50	20.63	30.00	22.50
___Cold meat fork	58.50	43.88	64.00	48.00	69.50	52.13
___Gravy ladle	58.50	43.88	64.00	48.00	69.50	52.13
___Pie/cake knife	30.00	22.50	35.00	26.25	40.00	30.00
___Olive/pickle fork	20.00	15.00	22.50	16.88	25.00	18.75
___Cream ladle	29.50	22.13	32.00	24.00	36.00	27.00
___Jelly server	29.50	22.13	32.00	24.00	36.00	27.00
___Lemon fork	18.00	13.50	20.00	15.00	22.00	16.50

SAVE 50% ON CHEWY RAWHIDE BONES

Dogs love these ... quality, top grade rawhide chew bones. (Not sticky like the inexpensive brands.) They're an aid to cleaner teeth, healthier gums. And they have an appetizing meaty scent, look and taste.

YOUR CHOICE...FOR ONLY $9.49/PACK...½ THE RETAIL PRICE!

- ☐ Pack(s) 60 Twists (ea. approx. 4½" long; ½ oz.)
- or ☐ Pack(s) 20 Small Size Chew Bones, ideal for dogs under 20 lbs. (ea. approx. 4" long, 2 oz.)
- or ☐ Pack(s) 8 Large Size Chew Bones, ideal for dogs 20 lbs. and up (ea. approx. 8" long; 5 oz.)

Your money back guaranteed if not satisfied.

ORDER NOW WHILE SUPPLY LASTS.

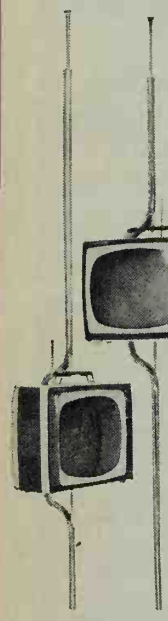
Send check or money order for $_____($9.49/pack includes postage and handling; residents of California add 6% sales tax) to Double Play Co., Dept. #6, 3920 Campus Drive, Newport Beach, California 92660.

NAME_____

ADDRESS_____

CITY_____STATE_____ZIP_____

ADJUSTABLE T.V. POLE



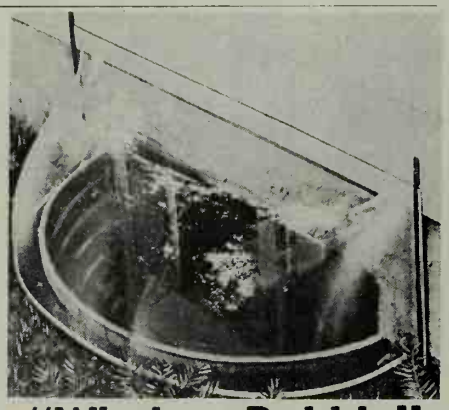
Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14" deep. 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U. S. A.
Extension for higher ceiling, add $2.00
We ship in 24 hrs.

$13.95 Plus $1.00 postage

Write for FREE catalog
Holiday Gifts

Dept. 404-A
Wheat Ridge, Colorado 80033



"Window Bubble"

BUILT TO YOUR WELL MEASUREMENTS

ALL SIZES AND SHAPES! Insulate and protect cellar windows. Clear, rigid Plexiglas® will not buckle under snow loads. Model shown covers semicircular wells up to 40"L, 12"H with 16" projection. Metal stakes. $16.95 ea. + $3 shipping (1 to 3 units). Shipping Coll. W. of Miss. R.

COMPLETE SATISFACTION GUARANTEED
Send rough sketch with well measurements for any special size or rectangular bubble.

DILWORTH MANUFACTURING
Box 158, BHG4-S, Honey Brook, Pa. 19344

WICKER WONDERLAND

HANGING BASKET
Closely woven rattan, 8½" dia. 7" deep, swings on 22" rattan chain, can support up to 7 lbs. rattan bracket included.

RATTAN SWAG LAMP
Fully electrified with dimmer switch, adjustable height from ceiling. 14" spread, 11" high with 18 ft. chain and hooks for hanging. Painted in white, yellow, green, pink, orange or black adl $3.00. Globe bulb 5" dia., 150 watt, $3.00.

SEND 25¢ FOR CATALOG

$18.95 plus $2.00 postage

$4.95 ea. two for $8.95 plus $1.00 postage

VISIT OUR WAREHOUSE SHOWROOM

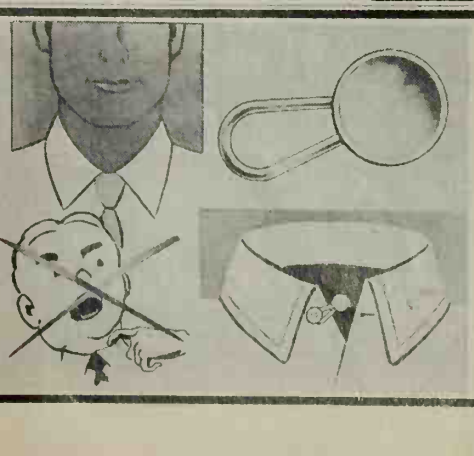
FRAN'S BASKET HOUSE
Route 10, Dept. BH4, Succasunna, N.J. 07876

PUT SHELVES IN YOUR SHOWER!

SHOWER CADDY

Put shelves on your shower without any special installation. This rust-proof chrome-plated metal shower caddy simply snaps onto neck of shower nozzle. Held in place by rubber grips at top and a suction cup at bottom. A shelf for bottles; a place for soap and a hook. 17" x 5". $3.95 plus 45¢ post.

WEST-BERG ENTERPRISES, LTD.
Dept. 504-B, 2842 E. Serendipity Circle
Colorado Springs, CO 80917



END SHIRT COLLAR "SQUEEZE"

Collar-Extender button "loosens" tight shirt collars. Ends all-day tugging. Expands collar up to ½ size larger for that "just right" feeling. Invisible behind tie. Can be transferred from shirt to shirt in seconds. Set of 2.

Collar Extenders
$1.00 + 15¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-45
San Francisco, Calif. 94105

Tub tape does the job

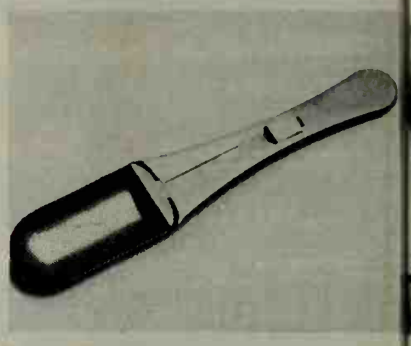
Self-adhesive white vinyl tape seals the cracks and openings around the bathtub, sink or basin. Press tape onto surface and it's ready to work. ¾" x 11 ft. $2.98 + 40¢ post. Anthony Ent., Dept. BH45, 585 Market St., San Francisco, CA 94105.

World's largest space stamp

Giant stamp documented in the Guiness Book of World Records. Free to introduce approval service of world-wide stamps. (Buy any or none, cancel service any time.) 10¢ for mailing. Kenmore Stamp Co. Dept. FL-998, Milford, NH 03055.

Moist-O-Meter to test soil

Push into soil, instantly easy to read dial indicates whether or not the plant is wet, dry or just right. 10" length, with standard penlight battery. $9.95 + 50¢ post. Charles Company, Dept. BH-4, 7575 Mission Gorge Rd., San Diego, CA 92120.

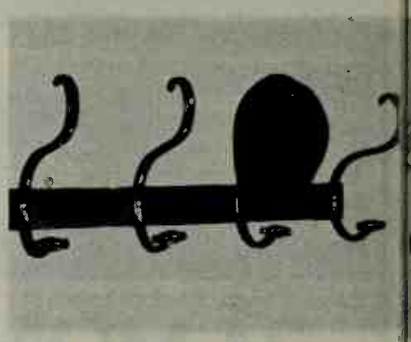


7 in 1 measuring spoon

Combines seven spoons in one convenient utensil. Accurately measures from ¼ teaspoon to 1 tablespoon of dry ingredients. 7¼" long. Style Q-43, $1.95 each, ppd; 2/ $3.50 ppd. Spear Eng., 3096 Spear Bldg., Colorado Springs, CO 80933.

Artistic plates

Simulated pewter with a hand rubbed antique look. 6½" in diameter. Available in "Enchanted Bird" (above) and "The Swooping Thrush". $4.98 ea. 2/$8.98 + 50¢ post. American Consumer, Dept. PN-3, Caroline Rd., Phila., PA 19176.

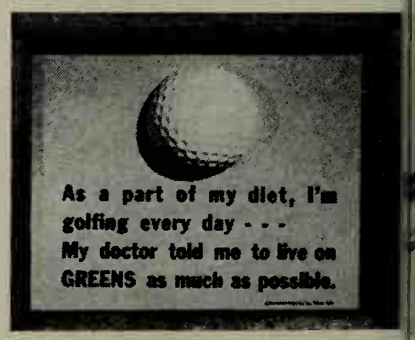


Bentwood is back

Imported from Spain to make a most practical hang-up for hats, coats, scarves etc. In two sizes both 14"H. 3 hook rack 18"L, $14.95; 4 hook rack 26"L, $17.95 ppd. Yield House, Dept. D54X, North Conway, NH 03860.

Wallpaper kit to save time

Consider hanging cheerful wallpaper. You'll find the job easily and quickly done with this kit: smoothing brush, line and bob, razor knife, paste brush etc. Style Q-52, $6.95 ppd. Spear Eng., 3097 Spear Bldg., Colorado Springs, CO 80933.



Sleeps and eats golf?

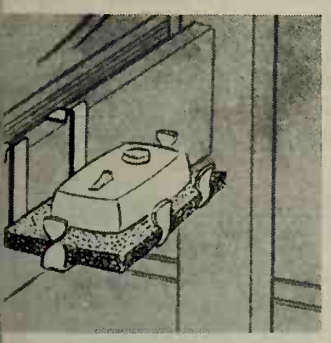
Framed and ready to hang, a tasteful joke for the serious golfer. With green backing and replica golf ball dear to his heart. a gag gift for every golfer. $2.98 + 35¢ post. Anthony Enterprises, Dept. BHG45, 585 Market, San Francisco, CA 94105.

lclzed sling strap

ushioned insoles and orna-
on straps that add a dressy
izes 4-12, N, M, or W widths.
e, bone or blk. Order "Kris,"
+ 90¢ post. Sizes over 10, $1
Sofwear Shoes, Dept. BH-4,
Main, Houston, Texas 77002.

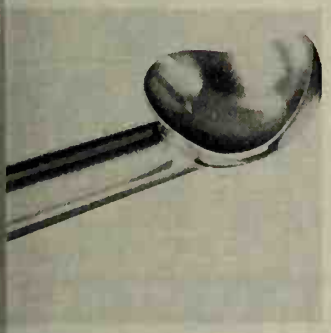
baby's food

ate harmful chemicals and
vatives; prepare baby's food
d vegetables, fruits, meat) in
ls. Serve with built-in cup.
$6.98 + $1.19 post. Catalog
ouse of Minnel, Dept 245E,
th Rd. Batavia, IL 65010.



ket control guard

ed to search for the control to
e temperature. Electric Blan-
ntrol Guard holds it securely.
o bed where most convenient
h. $1.98 + 35¢ post. Anthony
rises, Dept. BHG45, 585 Mar-
an Francisco, CA 94105.



ling super scooper

s ice cream like magic; self
ng liquid hermetically sealed-
dle lets you scoop hard ice
with ease. Gives you uniform
. Never loses power, rust-
$5.95 ppd. Holiday Gifts,
04-K, Wheat Ridge, CO 80033.
ied

SPECIAL OFFER TO READERS OF BETTER HOMES & GARDENS

Personalized Portraits

Your Child's Name Inscribed in Rich Gold Finish

On Original Children's Paintings Recreated in Glorious Full Color

Any Child's First Name Inscribed Free of Charge

Imagine your children's wonder and delight when they see their name on a real printed picture! It's as if they were so important the picture was printed just for them! Yes, we'll inscribe any child's first name in rich gold finish letters in the sampler above the bed so the message reads: GOD LOVES (YOUR CHILD'S NAME). It will be all part of a magnificent painting by one of America's most famous children's artists, reproduced in glorious full color in a full 16″ x 20″ size. Sure to become an heirloom piece you'll treasure for years to come. Order now, indicate the name you want in the picture. Only $3 or any two for just $5. (Please add 25¢ postage and handling with each order and allow 4 to 6 weeks delivery.)

Money Back Guarantee
Merryall House, Inc., South Kent, Conn. 06785

Merryall House, Dept. PP-27
South Kent, Conn. 06785

Please send me the Personalized Portrait with the child's name in gold finish as indicated below on the full color, 16″ x 20″ art print for only $3 ea. on full money back guarantee if I am not absolutely delighted. (Please add 25¢ postage and handling with each order).

Check Your Choice: ☐ Little Girl Portrait _____ Quan.
☐ Little Boy Portrait _____ Quan.

Name: _____ Age ____ (print clearly)

Enclosed is $ _____

Name: _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

☐ **Extra Savings:** Order 2 Portraits for just $5

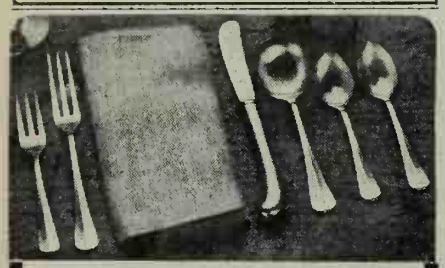
COPPER CURE-ALL?

We're not making any claims, but sportsmen, socialites and actors share the copper craze. They swear by some magic mumbo-jumbo, copper gives aches and pains the brush off. 100% pure copper.

Men's Copper Bracelet **$3.98**
Women's Copper Bracelet **$2.98**
Mailing 30¢ Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-45
585 Market St., San Francisco, Calif. 94105



Luxurious 50 Piece Pistol Grip Service For 8 *Only* $22.95

Authentic Early American pattern is magnificently reproduced in lovely satin-finish stainless steel. Fabulous 50-piece set features genuine hollow-handled pistol-grip knives and graceful 3-tined forks. You'll set a truly elegant table. But supplies are *really limited!* Order today. Only $22.95 plus $2.00 postage. **Special Offer.** Save more! Order 2 sets for only $44.95 plus $2.00 postage.

CROWN-CASTLE, Ltd., Dept. PGS-202
51 Bank St., Stamford, Conn. 06901

LIFE LONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook. $1.00 ppd. Satisfaction Guaranteed.

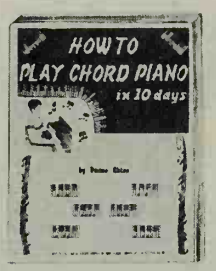
WEST-BERG ENTERPRISES, LTD.
Dept. 504-A, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917

Beautiful silk-textured & smudge-proof. Send Polaroid color print or photo (up to 5" x 7"), neg. or slide. Original returned unharmed. GUARANTEED! Add 45c for shipping. ROXANNE STUDIOS, Box 1012, L.I.C., N.Y. 11101 Dept BH-7

NEW SLEEP COMFORT

Raise the full width of your mattress for more healthful, restful sleep. Slip the **NU-SLANT** under your mattress at either head or foot of bed. 7 adjustable positions allow you to predetermine the height from 5 to 14". Better than extra pillows. Folds invisibly flat. Customer approved for 12 years. Plywood. Head Elevation comforts diaphragm hernia, acid regurgitation, breathing and heart ailments. Leg Elevation eases varicose and other leg discomforts. Twin Bed Size $22.98. Double Bed Size $24.98. We pay postage & ship in 6 hours. NJ residents add 5% tax. Send check to:

Better Sleep Inc. BOX BR
New Providence, New Jersey 07974
MONEY BACK GUARANTEE



PLAY "CHORD" PIANO IN 10 DAYS

Or Money Back

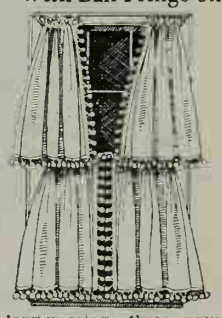
Even if you don't know middle C from Tweedle Dee, you'll be "chording" with ease in 10 days! This fabulous new chording system takes you on a magic 10-day "musical-trip," each day unlocking secrets of rich, full chording techniques. Learn how to play "pop" tunes with your right hand while your left hand creates an irresistable rhythm using major, minor, and 7th chords—even "far-out" chords like 11ths and 13ths! Each of 10 lessons costs just 39¢—but if at the end of 10 days you aren't completely delighted with your new ability, return the course for full refund. **FREE!** Order today and receive at no extra cost: **MAGIC KEYBOARD CHART,** which slips behind the keys and shows you instantly how to find any note. **Order Now, Only $3.95** plus 55¢ pp & hdlg.

(Send your check or money order to:)

J. W. HOLST, INC. Dept. BC-47S
1864 E. US-23, East Tawas, Mich. 48730

CURTAIN CHARM

With Ball Fringe on Unbleached or White Muslin



20", 25", 30", 36", 40" long.... **6.50** pr.
2 pairs to window as shown.....**13.00**
45", 54", 63" long ..... **8.50** pr.
72", 81", 90" long ..... **10.00** pr.
VALANCE 9" x 80" **2.75**
Unbleached 80" wide per pr.
White muslin 74" wide per pr.

For years New England housewives have used these charming Country Curtains in their homes. Practical, long-wearing, these unusually attractive curtains of off-white or pure white muslin retain their crisp appearance with a minimum of care.

Please enclose check or money order. Sorry, no COD's. Mass. res. add 3% sales tax. Postage and handling: under $10 add $1, for orders $10 and over add $1.75. Send for free brochure showing other curtain styles, tablecloths and bed ensembles. Satisfaction guaranteed.

COUNTRY CURTAINS
Dept. 44, Stockbridge, Mass. 01262

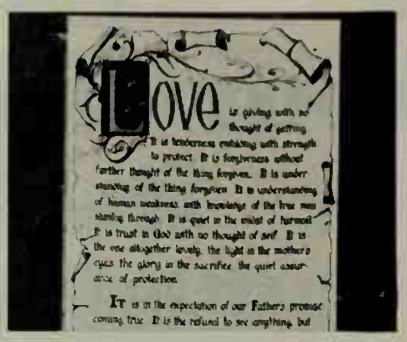
ELEGANT CLOISONNE RING!

Regal band ring, every bit hand-painted in luxe cloisonne enamel! Solid Sterling Silver, 18K Heavy Gold electroplated for lifetime beauty. American-crafted in white or black. Sizes 5-8.
#3162—White Cloisonne Ring $12.98
#3203—Black Cloisonne Ring $12.98
Add 35¢ postage & handling

LILLIAN VERNON Dept. H43, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

Wipe away burnt-on grease

New miracle cleaner for aluminum, chrome, stainless steel, cast iron, copper and brass. Removes grease and encrusted build-up from fry pans, burner wells, barbecue grills, etc. Will not darken or pit utensils. 7 oz. $2.98 + 50¢ post. Anthony Enterprises, Dept. BHG-45, 585 Market St., San Francisco, CA 94105



"Love" plaque

Beautiful thoughts are expressed on laminated wood plaque. "Love is giving with no thought of getting . . . tenderness enfolding with strength to protect . . . love is the one thing no one can take from us" 12"H x 5½"W, $2.98 + 50¢ post. 3/$10 ppd. Claudie Ent. Dept. BH4, 210 Fifth Ave., N.Y., NY 10010.

Dated newspaper copy

You pick the date-from Jan. 1, 1900 thru April 1966-and you'll receive the front page copy of the New York Herald Tribune for that date. Find out what was happening the day you were born or any special date you might want to remember. $2.25 ppd. Holiday Gifts., Dept. 404-M, Wheat Ridge, Colorado 80033.

Commemorative stamps

Included are 100 U. S. stamps that remind us of various historical events. Stamps will grow in value. If you're already a collector, these are invaluable. 100 stamps: $1 ppd. Also, stamps on approval, buy any or none, return balance. Globus Stamp Co., Dept. BH-5, 276 Park Ave. South, New York, NY 10010.

NEEDLEPOINT PORTRAIT KITS

Send clear color or B/W photo (returned) with color info. Kit includes artists head to shoulder portrait of your subject on canvas, wool for hair, face and clothing plus easy to follow numbered instructions. Size 10"x14" $24.95, 14"x18" $34.95, 18"x22" $39.95. Available in embroidery kits, same prices. Each additional subject on embroidery linen or needlepoint canvas $15. Pets, same prices. Add $2.00 for insured post. and handling. N.J. res. add 5% tax.

NEEDLEPOINT PORTRAITS LTD.
Studio 203, 20 Nassau Street, Princeton, New Jersey 08540

TALGAL'S

Send Today for FREE Shoe Fashion Booklet V
SIZES up to 14
See how easy it is to be fitted Direct via Mail in Shoecraft Famed Fifth Avenue Shoes at low money saving prices.
NO RISK TO YOU!
Satisfaction Guaranteed or Your Money Back.
SAVE MORE MONEY!
No Extra Charge for Sizes to 14
A super-look on a wood bottom. Tan or white leather. Sizes 9 to 13.

PINATA $21

SHOECRAFT 603 FIFTH AVE. NEW YORK 10017

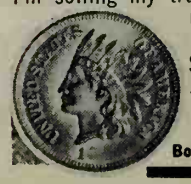
GOT A *SUMMER PLACE* ON YOUR MIND?

- for quiet talks or a cool drink in the shade
- buffet place for your yard parties
- change-house or bar at poolside
- children's playhouse
- winter storage for lawn furniture
- jewelry for your landscape

Put a Gazebo in your yard Architect's Blueprints Available. Wood construction from patterned floor deck to cedar shake roof. Approx. 7'6" inside diameter and 7'4" clear inside height. Complete working drawings are ideal for contractor's estimate and construction, or if you're handy and can read blueprints, build it yourself. **$2.98** plus $1.00 postage & handling (postpaid) to: **ASL ASSOCIATES, P.O. Box 6296, San Mateo, CA 94403**

INDIAN-LINCOLN CENTS *By The Pound!*

I'm selling my trunkful from the 1880's up to WW II.



One pound $11
Sample sack of 25 ..... $3
Add $1 per lb. (pstg & hdlg).

MRS. PENNY FISHER
Box 1778-AP, Encino, Ca. 91316

160 CRAFT IDEAS FREE

Love to make beautiful, useful gifts and crafts? Send for this Idea Book with over 160 exclusive projects you'll see nowhere else. All available in easy-to-assemble kits, complete with everything you need.

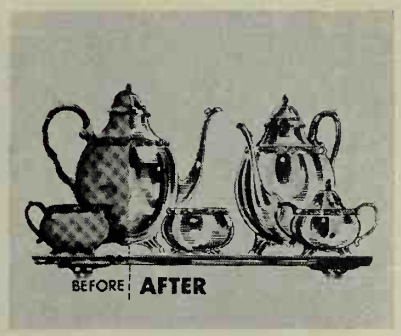
Send just 25¢ to cover postage & handling to:
GIFT CRAFT CATALOG, Dept. I-204, Handcraft Bldg., Des Moines, Iowa 50337

The elevating recliner

Made by Burke for people who are finding it a daily chore to get in and out of a chair. It will gently raise you to your feet and lower you back into your chair without any effort on your part. Will also recline you to a comfortable position. For info. write: Burke Ent., Dept. BHG-4, P.O. Box 1064, Mission, Kansas 66222.

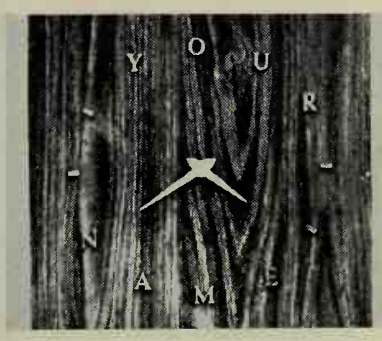
Bargain silver-plating

Any item replated at sale price—no extra charge for dent removal, straightening. They'll look better than new. Worn antiques, heirlooms quadruple silver-plated by America's largest replaters. 100% guaranteed. Free price list. Silver-Plating Div., Senti-Metal Co., BH4, 1919 Memory Ln., Columbus, OH 43209.



Personalized clock

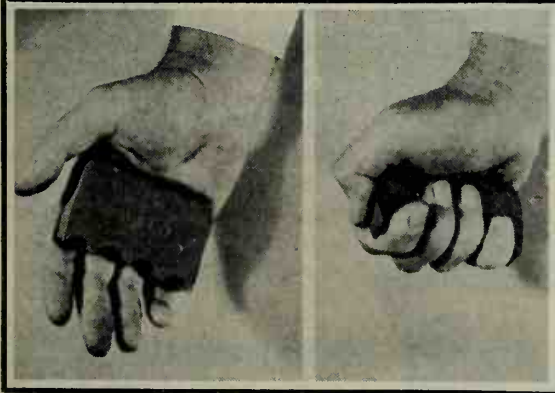
Your name tells the time in this unusual clock which is battery operated. Gold finish letters and hour markers (as desired). Case is genuine walnut veneer 12" x 12" x 1⅝". 1 D cell battery keeps it running for 1 year (battery not incl.). Print name (12 letters or less). $32.50 ppd. Bruce Bolind, BH-4, Boulder, CO 80302.



Liquid glass for repairing

A new miracle crystal clear liquid glass chemical creates a washable, waterproof, heat-or-cold proof iron bond. Magic mending for permanent repair of glass, china, crockery, ceramics and porcelain. $1.98 + 25¢ post. Anthony Enterprises, Dept. BHG45, 585 Market St., San Francisco, CA 94105.

continued

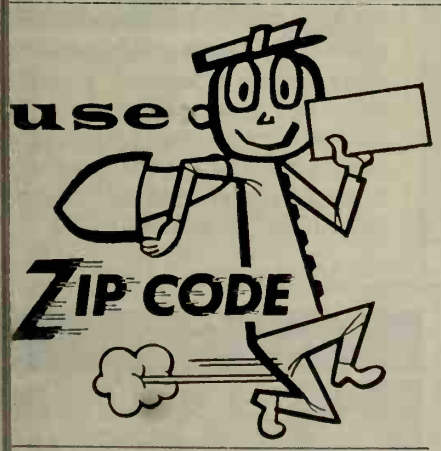


MUSCLE TONER

Exercising aid made of firm resilient rubber with space for each finger, designed to strengthen hand and arm muscles. Also recommended by doctors for relief from arthritic pain, aches and stiffness.

HAND EXERCISER
$1.98 + 20¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-45
San Francisco, Calif. 94105



HOW TO PREVENT FLOODED BASEMENTS

Simplified, Informative & Illustrative Booklet $2.00

Provides freedom of fear and worries when home or away during storms etc.

AQUA-COURSE (Div. Trusty Warns, Inc.)
312-766-9015
246 E. Irving Park Road, Wood Dale, Ill. 60191

SAVE HUNDREDS OF DOLLARS...

Build this attractive Little Red Barn for work shop, garden tractor, tool storage, play house, dog kennel, motorcycle garage. 8 ft. x 12 ft. x 9 ft. high. Mounted on skids for portability. 4 ft. sliding door. Quick to build using ½ in. exterior plywood. No expensive tools needed. Simple step by step plans. Send $3.25 for barn plans and material list. Also petite 6 ft. x 8 ft. x 8 ft. high with dutch doors for $3.25. Both plans for $6.00.

HAMMOND BARNS
Dept. BH-39, Box 584, New Castle, Ind. 47362

BASEMENT TOILET

Flushes up to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Increases the value of your home. Financing available. Dealer inquiries invited. Free catalog.
DOSS, Dept. J-46, Box 10947, Houston, Tex. 77018

One of Nature's Loviest Sights

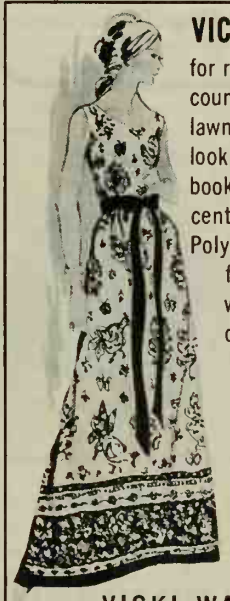
PINK MIST SMOKE TREE

In June, when most other trees have quit blooming, the beautiful "Pink Mist" Smoke Tree (Cotinus coggygria) bursts forth with big clusters of light pink panicles resembling big clouds of smoke so dense you can't see through them. The tree resembles one large cloud of smoke—like a pink cloud resting on a tree trunk. And then in the fall the tree is ablaze in a beautiful array of red, scarlet and orange foliage. Grows to about 15 feet. Especially lovely when three are planted together. You receive choice, hand selected 2 to 4 feet nursery grown trees. SEND NO MONEY. On delivery pay **$1.50** for 1 tree, **$2.75** for 2 trees or **$4.00** for 3 trees plus COD charges. We pay postage on prepaid orders. If not 100% satisfied, just return shipping label for refund of purchase price . . . you keep the trees. Free planting guide included with every order.

ORDER YOURS TODAY

HOUSE OF WESLEY, Nursery Division Dept. 3757-10, Bloomington, Ill. 61701

Name_____
Address_____
City_____ State_____ Zip_____
Illinois Residents please add 5% sales tax.
Send me____ Smoke Trees. ☐ Prepaid ☐ COD



VICTORIAN VOILE

for romantic evenings, a country club dance, a lawn party. Makes you look as lovely as a storybook princess. Reminiscent of a graceful era. Polyester & Cotton Voile, fully lined. Machine wash, dry. **Red, Navy** or **Brown** on **White.**

Sizes 8-18, 14½-26½.

$28.00

With long sheer sleeves **$31.00**

Add $1 post. ea.

$10 deposit on COD Satisf. Guar.

VICKI WAYNE - B4V
610 South Country Club, Tucson, Az. 85716

BLACK ONYX. A real jewel to add to your collection is a genuine onyx stone in an elongated oval cut. It tops a sterling silver ring in a delicate setting. Available in sizes 4 - 9. **$8.95** PPD.

N.Y. residents add sales tax
Send 50c for Color Catalog & ring size card.
Immediate Delivery.
Prompt Refund If Not Satisfied

Lions
665 MIDDLE NECK RD. DEPT B-86,
GREAT NECK, N.Y. 11023

Personalized Pet Placemat

Handsome foam placemat for your beloved pet! Saves messy spills and drips on floors —won't slide around as animal eats. Decorated with black lettering and design, personalized with your pet's own name. Special place in center for feeding bowl. 22" x 14" mat wipes clean easily. Specify dog or cat.

$1.69 plus 35¢ handling each.

HOLIDAY GIFTS
Dept. 404-E, Wheat Ridge, Colorado 80033

1000 RETURN ADDRESS LABELS

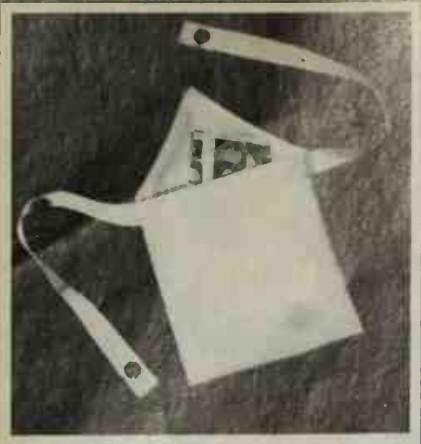
$1.00

USE YOUR ZIP CODE

FREE HANDY BOX

Quick and easy way to put your name and return address on letters, checks, books, etc. ANY name, address and zip code up to 4 lines beautifully printed in black on crisp white gummed labels. 1¾" long. Free decorative box for purse or desk. Set of 1,000 labels, just $1 postpaid. Money back if not pleased. Don't know your zip code? We'll look it up for you.

Walter Drake & Sons
3054 Drake Building
Colorado Springs, Colo. 80940



BOSOM MONEY HOLDER

Bosom Money Cache snaps onto the bra or slip straps. Holds folding money or other valuables. Plastic lined with a fold-over flap. Washable.

BOSOM MONEY HOLDER
$2.29 + 20¢ Mailing
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-45
585 Market St., San Francisco, Calif. 94105

---

choose a Chalet by Nor-Wes

15 aristocratic western red cedar recreational and residential homes to choose from. 600 to 2500 sq. ft.

These luxury chalet designs feature –
- post and beam cathedral ceilings.
- pre-cut for easy assembly.
- fully insulated against heat or cold.
- maintenance free.

Send for more information...

All new, 1975 28-page color catalog, floor plans, prices, 2 cut-out models for table-top assembly, color photos of furnished interiors. $3.50. (Catalog only – $1.50 airmail.) *Phone or write*
915 W. 1st St., North Vancouver, B.C. Canada, V7P 1S7. Dept. 144
Telephone (604) 988-5221

Nor-Wes
CEDAR CHALETS LTD
IN THE HEART OF THE WESTERN RED CEDAR COUNTRY

REMOVE HAIR FOREVER

PERMA TWEEZ electrolysis—as seen in medical journals—safely and permanently removes all unwanted hair from face, arms, legs and body. This is the only instrument with special U.S. patented safety feature that destroys the hair root permanently without puncturing skin. Clinically tested—recommended by dermatologists. Send check or M.O.

14 DAY MONEY BACK GUARANTEE $16.95 ppd

GENERAL MEDICAL CO., Dept. BH-126
5701 W. Adams Blvd., Los Angeles, Ca. 90016
☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
☐ I enclose $16.95 & save extra COD postage.
☐ Americard ☐ Master Chg. # ☐ exp. date
NAME .....
ADDRESS .....
C/S ..... ZIP .....

CLEANS YOUR SHOWER TILE OR WE PAY!

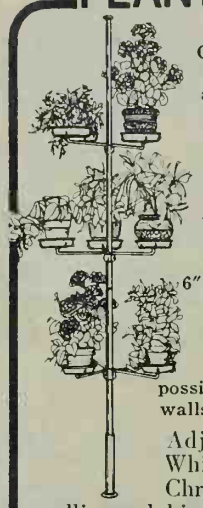
KLEN-TILE shower tile cleaner will clean and control soap scum, body oils, stains, mildew, hard water deposits and whiten grouting. A full year's supply for two baths.

$4.95 Add $1 for postage and handling.

GUARANTEE: If KLEN-TILE does not clean your shower tile to complete satisfaction, full purchase price will be refunded.

Send Check or Money Order to:
STANDARD LABORATORIES
2632 Providence Rd.
P.O. Box 11214 Charlotte, N. C. 28209

PLANT STAND



GrunMar Floor-to-Ceiling Plant Stand is a new concept in plant arrangements for home and office decor. It provides space for 12 large plants. Special clamps slide up or down the pole to any desired level and accommodates eight 9″ and four 12″ arms with 6″ white drip proof trays. All arms are interchangeable and swing to provide many plant arrangement possibilities; near windows, walls, and as room dividers.

Adjustable to 8′-9′ high. White or black; $45.00. Chrome; $50.00. Handling and shipping add $3, plus tax.

Home Plant Displayers, Inc.
Dept. 900
51 East 42 Street, New York, N.Y. 10017

TEXAS BEAUTY

$5.95 ppd

(*initials free with this ad*)

Money Back if not delighted

Popular purse in finest simulated leather. 12″ x 12″ with 5 pockets – 4 outside, one inside. Choose from Black, White, Red-White-Blue, Red, Bone, Navy, Tan or Brown. Gold tone initials. Prompt shipment. Free Catalog.

TEX-MADE, BOX 16125, DEPT BHG, HOUSTON, TEXAS 77022.
Sales representatives wanted

MAKE$10 WAYS WITH FLOWERS

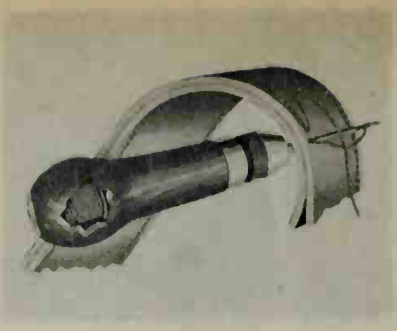
Garden Flowers or Artificials cost pennies, bring $$. Corsages, Bridal Flowers, table arrangements, remembrance sprays. Hobby, career, home business, full or part time or start your own shop. FREE color brochure shows you how to learn Professional Flower Arranging and Flower Shop operation. Also FREE, 3 mo's subscription to FLOWER TALK, the magazine for home flower designers. No salesman will call.

FLORAL ARTS CENTER (A Home Study School) Dept. 5DBD
1628 E. McDowell Rd., Phoenix, Az. 85006.

PIERCED EARRING CASE

This case will keep your favorite pairs of drops and studs together and untangled. Lovely brass earring case is 2¾″ x 2½″ x ½″ and has 8 velvety compartments in two sizes. Small tongs included to pick up your daintiest earrings. Comes engraved with 3 initials. Please specify. $4.50 ppd. from

BRUCE BOLIND,
154-E Bolind Bldg., Boulder, Colo. 80302.
Since 1956, thanks to you.



Sew any heavy material

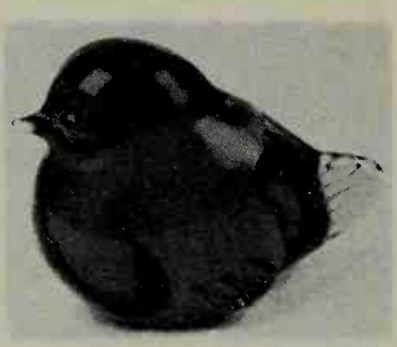
Sewing awl is a handy tool for se ing leather and canvas. Save doing your own repairs on awning upholstery, shoes, sails, auto top handbags etc. Sews a lock stitc With a bobbin of waxed thread, needles. $3.98 + 35¢ post. Anthon Enterprises, Dept. BHG-45, 5 Market, San Francisco, CA 9410

Stairway lift

STAIR-GLIDE is ideal for those wh cannot climb stairs; cardiac pa tients, arthritics, senior citizens et In choice of colors, easily installe will not mar walls, no special wirin Rental-purchase program availabl Write for info. American Stair-Glid Corp., Dept EBHG-45, 4001 E. 138t St., Grandview, MO 64030.

Bronze baby's shoes

For a limited time only, baby's firs shoes are gorgeously plated in soli metal for just $3.99 a pair. Als available: portrait stands (shown bookends, TV lamps. Perfect gift fo grandparents. Send no money; writ for full details and money-savin certificate: American Bronzing, Bo 6504-D2, Bexley, Ohio 43209.



Crystal bluebird

A collector's item in rich deep blu and signed by "Tyko", the famou Swedish artist who designed it. T bring pleasure and enhance tha specia! spot; buy several for gift too. $5.98 each; two for $10.98 95¢ post. Order from The Ferr House, Dept. BH-4, Briarcliff Manor New York 10510.

Teepee playhouse

Cowboys want to be Indians wher they see this big teepee. Squaws too will enjoy hours of fun here Made of heavy-duty fiberboard and colorfully decorated with Indian lore. Sets up in minutes, folds flat for storage. 4½′ tall. $7.98 + $1 post Harriet Carter, Dept. BHG-14154 Plymouth Meeting, PA 19462.

Wedge moccasins

Authentic Indian design mocs are hand-crafted of the finest smooth glove leather, with a wedge heel to make walking a pleasure. A perfect shoe for travel. Avail. in white, natural or black. Full & ½ sizes 4-10M, 5-10N. $12 + $1 post. Old Pueblo Traders, 600 So. Country Club, B4W, Tucson, AZ 85716.

Hard to Fit?

"Top Flight" by Revelations

Try this new sling casual on low walking heels. Sizes 4½ to 12, narrow to extra wide. In Black, Camel or White perforated leather. (Add $2.00 over size 10). Write for free catalog – dozens of styles in average and hard-to-find sizes. Garments, too.

$19.95
Add $1.50 postage and handling

LANOUE ENT., Brockton 45L, Mass. 02403

Flown Fresh from Hawaii
HAWAIIAN VANDA ORCHIDS
(Miss Joaquin)

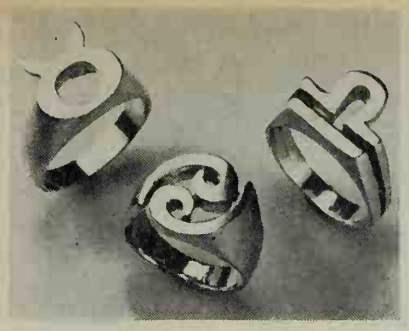
Money-back Guarantee
two for **$1.95** one for $1.50
Please include 30c for post. & hdlg.

ALOHA! You'll receive exotic Vanda Orchid plants from 8″ to 12″ tall which grow the year around. This easy growing plant will bloom profusely in summer, giving you an exciting array of lavender, light pink and yellow colors. You'll bring Hawaii into your home. Hawaiian orchid leis are made from Vanda orchids so be the first in your area to make a fresh Hawaiian orchid lei. MAHALO!

Hapaki of Hawaii, P.O. Box 1535, Dept. BH4, Hilo, Hawaii 96720

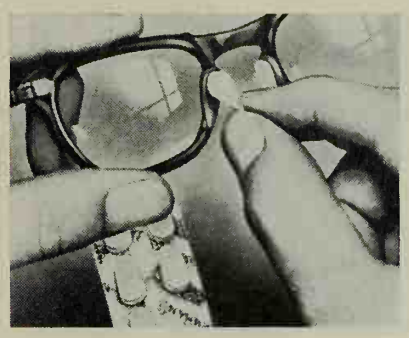
lac rings of silver

merican contemporary design- ames Russell. Solid sterling , handsome for him and her. to right, Taurus, Cancer and , the others just as gorgeous. ify sign or birth date. Sizes 4- 9134 $9.98 + 35¢ post. Lillian on, Dept. H4E, 510 So. Fulton Mt. Vernon, NY 10550.



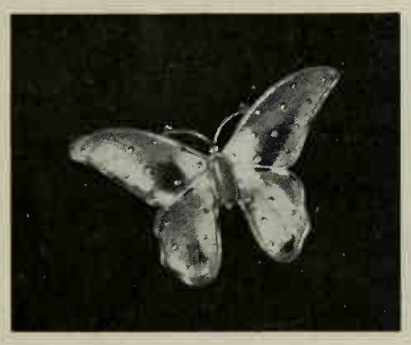
glass nose pads

's the answer to glasses that down your nose. Tiny flesh ed foam rubber pads that stick y eyeglass frame. Relieves the sure of heavy frames on sensi- pots. Set of 18 pads $1.98 plus postage. Anthony Enterprises, . BHG-45, 585 Market Street, Francisco, Calif. 94105.



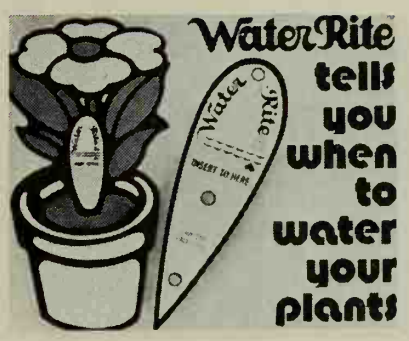
den 'n Jade

en-finished beauty with a wing- ad of 2¾" and handset with a of genuine Oriental Jade. The enly Stone has long been d by the Chinese as a token of fortune. $1.98 + 35¢ post.; .75 + 45¢ post. Hopkins House, Dept. 925, 6 Commercial St., sville, NY 11801.



er-Rite . . . for plants

the guesswork out of watering plants. Amazing Water Rite you exactly when to water. vs white when your plants need water and changes to green they're fully watered. 6/$1.99 ¢ post. 12/$3.75 + 65¢ post. . Holst, Dept. BR-475, 1864 E. 3, East Tawas, Michigan 48730.



countries, stamps

edible collection worth $5 at og prices! From Afghanistan to bia, North Pole to South Pole, pean, Moon and Outer Space All for 10¢. Other stamps to hine free. Buy any or none, n balance, cancel service any- Catalog free. H. E. Harris, . H-36, Boston, MA 02117.

continued

Elegant Smoke-tone Pots Set of 4 $5.25

NOW IN GLEAMING SNOWY-WHITE, TOO!

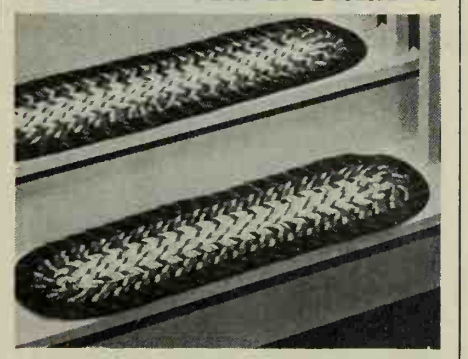
Stunning look in space-age plastic, fantastic design, too! Pots have raised ridges below—set a clay pot inside and it's held up, away from accumulated water—plant in them, too! American-made and molded into one waterproof piece—no rings on table or shelf! Translucent smoke-tone or gleamy opaque white. Set of 4—4⅜" to 6⅜" high, 4¼" to 6⅜" diam.

#8120—Smoke-tone Pots ..... 1 Set $5.25
#8376—White Pots ..... 1 Set $5.25

Add 50¢ postage and handling, N.Y. residents add taxes

Lilly's Garden
Dept. H44, 510 S. Fulton Ave.,
Mt. Vernon, N.Y. 10550

BRAIDED STAIR TREADS



Going up the downstaircase, down the upstaircase—our tough, wear-worthy, practical stairtreads that take the wear off the stair and the worry from your mind. Each is 9x27" tightly-braided durable nylon. A functional yet homey touch for any decor. $3.50 each in your color choice of avocado or deep chestnut brown. A full stair set of 13 is just $34.50. All are mailed Postpaid.

5ENO 25c FOR OUR 50-PAGE COLOR CATALOG

Yield House
Dept. 054A
North Conway, N.H. 03860

STRETCH

YOUR TOMATO-BEARING SEASON >>>>> SET OUT

JET STAR and SUPERSONIC

HYBRID TOMATO PLANTS

JET STAR produces big yields early in the season. Then SUPERSONIC takes over, so you get two solid months or more of luscious fruit. Vigorous growth, ideal for staking. Ask for them by name at your favorite garden store. Grown from famous **HARRIS SEEDS.**

"The Perfect Pair"

50 WILD ANIMALS 25¢

Surely the most attractive wild animal collection we have ever seen. This fabulous collection of 50 different big size colorful pictorials from around the world is offered at the special price of 25¢ to introduce our superior approvals. Write today.

D. M. Darling & Co., Dept. HA, Rockville, Md. 20850

BUFFET CADDY

Serve a buffet elegantly. Woven straw caddy totes silverware, plates and napkins in style, whether serving in or out-of-doors—ends extra trips to kitchen. Double carrying handle prevents tipping. Attractive 11x5x7" caddy is great for picnics, handy for patio.

$4.50 plus 50" postage

HOLIDAY GIFTS

Dept. 404-F, Wheat Ridge, Colorado 80033

FREE! NEW FULL COLOR 1975 GARDEN CATALOG

Our 138th year. 54 varieties of Virus-Free Strawberry Plants, Blueberrys, Raspberrys, Asparagus, Rhubarb, Fruit Trees, Ornamentals, Etc. Write for free book to Oean Foster Nurseries, Hartford, Mich. 49057.

lor PHOTO Bargains

ALLET SIZE Your Choice
or
x 7 ENLS. $2
or
3 x 10 ENL. Full Color

per! 12 WALLET SIZE with FREE 5x7 ENL.

quality silk finish smudge-proof photographic Send any color photo (8x10 or smaller), color or slide (photo preferred). Ret. with order. 35c per selection for postage and handling. additional 50c extra for First Class service. Satisfaction guaranteed or money back

ULITY VALUES 614-P, New Rochelle, N.Y. 10804

RARE HAWAIIAN PUKA SHELL NECKLACES

Jewelry created by the natural rhythm of Hawaii's awesome Pacific waves. These shells are hand gathered and meticulously matched to create natures loveliest necklaces. These necklaces are selling on the mainland for $150 to $200. Send for yours today direct from Hawaii for only $34.95 ppd. Specify sml.-Med.-Large. Bracelets also available for $12.95

Golden Touch Enterprises
2015 ALA WAI, Suite 8-B
Honolulu, Hawaii 96815

ASEMENT TOILET

Flushes UP
TO SEWER OR
SEPTIC TANK

—NO DIGGING UP FLOORS—
Write . . McPHERSON, INC. —
Box 15133 • Tampa, Florida 33684

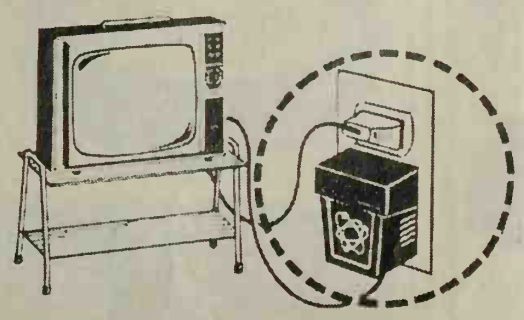
FREE—3 SEED AND NURSERY CATALOGS!

Get all 3 of these beautiful 1975 Catalogs from Spring Hill Nurseries, Park Seed, and Kelly Bros. Nurseries – FREE! Just send your name and address to:

Cooperative Mailing Service
P.O. Box 1001, Dept. 130
Marshfield, Wisconsin 54449

DO IT TODAY!

SECRET POWER ANTENNA



Attaches to rear of TV set and into any AC/DC outlet to bring in marvelously crisp, clear pictures and eliminate all manner of ghosts and electronic gremlins. Unseen antenna eliminates need for ugly roof equipment or old-fashioned rabbit ears. For AM/FM, UHF/VHF, Black & White or Color sets.

Secret Power Antenna
$5.98 + 50¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-45
San Francisco, Calif. 94105

Hawaiian "Good Luck"

ti plant

Guaranteed to grow!

Believed by Hawaiians to possess mystical voodo power, it was planted to bring Good Luck, Long Life, and Lasting Love.

It grows out of a log — SO FAST THAT YOU CAN ALMOST SEE IT GROW! All you do is put the Ti log in water and watch it grow! When it sprouts, put it in a pot. The bigger the pot the bigger it will grow . . . from one to six feet tall. You can have the size you want. Grow it in sun or shade — it blossoms! The Hawaiian Ti Plant makes an ideal gift. Send good luck to your friends and loved ones.

Choice of red or green leaves. Guaranteed to grow!

ONE FOR $1.00 3 for $2.50

Please add twenty five cents for postage and handling.

ROBERTA'S Dept. BH-13 P. O. Box 630, Shelbyville, Indiana 46176

GET RID OF UNWANTED HAIR

Amazing Lemos Permagon destroys hair roots instantly—one by one—without pain. No wire connections. Uses tiny batteries (included). Same electrolysis system experts use to remove hair permanently from face, arms, legs and body.

LEMOS PERMAGON $9.98 + 50¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-45
585 Market St., San Francisco, Calif. 94105

SOLID BRASS MIST SPRAYER $2.98 2 for $5.75

The way professionals pamper their plants, cut flowers, seedlings! Fabulous for touch-up ironing or pressing, too!

A super-fine mist to bathe foliage and flowers—they'll look better, grow better, last longer. Buy 2 and save—keep one handy at the ironing board. Solid brass, lacquered. 6" high.
#6414—Mist Sprayer ..... $2.98, 2 for $5.75
Add 50¢ post. & hdlg., N.Y. res. add taxes

Lilly's Garden Dept. H45 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

FAMILY TREE CHART

Traces your lineage back to your great-great grandparents & through to your children showing clearly the relationship of uncles, 2nd cousins, etc. Spaces for over 280 relatives arranged in proper order to one another. Quality antique parchment-like paper. 22½"x32½". Comes in storage tube for permanent protection.

$1.98 Add 45¢ Post.

2 for $3.85 Add 65¢ post.

Money Back If Not Delighted

HARRIET CARTER, Dept. B H G-14054 Plymouth Meeting, Pa. 19462

BIG NEWS!

Giant-size 3½" lens lighted magnifier lets you read even the finest print without glasses . . . anytime, anywhere, even in the dark! For phone listings, menus, newspapers, hundreds of daily uses. Handy for home or office. Takes 2 "C" batteries (not included).

$6.98 plus 50¢ handling

HOLIDAY GIFTS
Dept. 404-D, Wheat Ridge, Colorado 80033

WIDE SHOES FOR MEN

EE to EEEEEE • Sizes 5-13

100 styles, top quality, popular prices, money-back guarantee. Send for FREE CATALOG.

Not sold in stores

Hitchcock SHOES, INC.
Dept. 38-C, Hingham, Mass. 02043

LACY COPPER BRACELET

We don't know if copper has any of the magic curing powers claimed. We do know that this is the prettiest, most feminine bracelet we've seen. It's solid copper, with a delicate, lacy open-work pattern; ¾" wide; flexible to fit any size wrist. A perfect gift; order one for yourself, too. You'll get compliments on your fine taste. $1.98 each; 2 for $3.50 Add 45¢ postage.

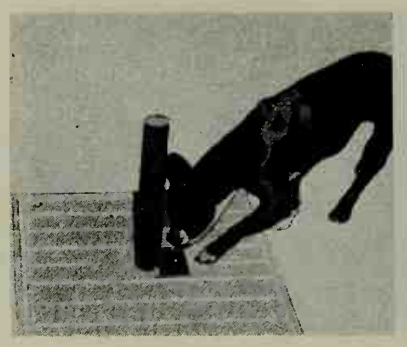
FERRY HOUSE, Dept. BJ, Briarcliff Manor, N.Y. 10510

Snore no more

Scientifically designed anti-snore mask insures sound, silent sleep. Washable nylon mask fits over chin, keeps jaws closed and prevents snoring by encouraging proper breathing. Adjustable to fit both men and women. $3.98 + 20¢ post. Anthony Enterprises, Dept. BHG45, 585 Market, San Francisco, CA 94105.

Kitti potti

Your cat will love it and so will you! Easy to use, non-breakable molded plastic litter enclosure stops litter spills, confines odors, hides wastes. 22"L, 16"W, 18"H, hole is 7." dia. In red, blue, green, yellow or white. $18.95 ppd. Mich res. add 4% tax. Haugen Products, Dept. G, 709 W. Huron, Ann Arbor, Michigan 48103.



How to housebreak pets

Instinct attracts your dog to this scented mat at comfort time. The mats are disposable. 18" square holder and 12" attachable pole are easy to wash. With two months' supply of mats, $4.98; with six months' supply $6.98. Add 50¢ for pole. Postage 75¢. G and G Research, Dept. BH-4, Box 12274, Dallas, TX 75225.

Victorian clothes rack

Cast iron rack is a reproduction from the Victorian era. Five large hooks on each arm. You'll have a place to hang hats, coats, scarves, even umbrellas. Use in the hall, kitchen, bath, etc. Extends 7½" from wall; measures 14" wide. $3.98 + 75¢ post. Holiday Gifts, Dept. 404-N, Wheat Ridge, Colorado 80033.

CLEANS SILVER FAST

Magic Silver Leaf goes in the dishpan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Lasts a lifetime, never wears out. Odorless and nontoxic.

SILVER LEAF
$2.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-45
San Francisco, Calif. 94105

Full Size, Home Gardener

GREENHOUSES at America's Lowest Prices!

Redwood greenhouses. UVI or fiberglass coverings. Also aluminum-glass designs.

8 FT. U.V.I. MODEL, ONLY $119.95

WRITE FOR FREE COLOR BROCHURES

Peter Reimuller—The Greenhouseman™
P.O. Box 2666—G4, Santa Cruz, Ca. 95063

LOW COST! BLOW YOURSELF UP

FULL COLOR PHOTO POSTER

Brilliant, full color photographic posters from any color photo. Great room decoration, gift idea.

1½x2 ft. $9.95 1x1½ ft. $7.95 2x3 ft. $14.95

BLACK-AND-WHITE POSTERS From any b&w or color photo, Polaroid or illustration.

2x3 ft. — $3.95 1½x2 ft. — $2.95 3x4 ft. — $7.9

$2.00 SPECIAL! B&W duplicates — 1½x2 or 2x3 ft. only $2.00 ea. with original b&w or color order.

RUSH SERVICE! Shipped 1st class in 1 day. Addit. $2 per poster. B&W only.

If ordering from slide or neg., add $1.00 per poster. Your original returned. Add 50¢ pstg. & hdlg. for EA. ITEM ordered. N.Y. res. add tax. Send check, cash or MO. No COD's.

PHOTO POSTER, Dept BH-45, 210 E. 23 St. NYC 10010

ndsome and comfortable

u'll really enjoy this stylish shoe. omes in a choice of white, beige, ck or camel. In sizes 4-12, N, M, wide widths, with full cushioned oles and 1½" heels. Made of soft thane. $13.95 + 90¢ post., sizes er 10, $1 extra. Order style "Tam-". Sofwear Shoes, Dept. BH-4, uston, TX 77002.

hoto puzzle

hat a surprise when parents, ndparents, friends, etc. assemble s jigsaw puzzle to find it's a pic- e of you or someone else special. nd black & white or color photo, 'll send B/W or hand-colored die- puzzle. 8" x 10". B/W $2.98, or $3.98 ppd. Cadlyn's BH-4, 2077 '. Ave., Huntington Sta., NY 11746.

handeller spray

ean your chandelier the easy way t spray on and allow to dry. End endless drudgery of this task. ur crystal will sparkle in a blaze glory. Leaves an invisible coat of cone. 7 ounces $2.98 plus 55¢ stage. Order from Anthony terprises, BHG-45, 585 Market, n Francisco, Calif. 94105.

le-O-Graph measurer

ps you figure exact distances on map or blueprint. Set to any le. Used by motorists, truckers, dents, travelers, pilots, boatmen, igators, salesmen, architects, ineers. 6½" long. $2.95 plus 25¢ tage. Order from West-Berg ., Dept. BH-4, P.O. Box 4749, orado Springs, Colo. 80930.

continued

LIFELONG ID TAG FOR PETS

on't worry about your dog or cat getting st. This stainless steel lifetime identifi- ation tag displays all the necessary in- rmation for his safe return—pet's ame, your name, address and phone umber, all engraved free. Hook for easy ttachment to collar. Specify dog or cat. $1.00 Ppd.

HOLIDAY GIFTS

ept. 404-G, Wheat Ridge, Colorado 80033

Demi Tasse Spoon Ring $2.98

SOLID STERLING SILVER—PERSONALIZED!

The dainty demi-tasse spoon becomes a ring—personalized just for you with one script initial!

#1019—Spoon Ring. Adjusts to fit $2.98

#1023—Spoon Bracelet (not shown). Matching curvy-linked, secure clasp $7.98

PRINT initial, add 35¢ post. & hdlg.

LILLIAN VERNON Dept. H41, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

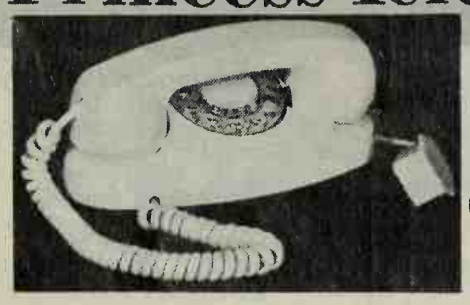
Finally a safe way to water hanging plants. Use the WATER WAND to reach those high hanging plants or that hard to reach corner planter. Three squeezes equals one cup, use the WATER WAND with your usual watering can and avoid messy spills. A safe, easy way to water your plants. $5.95 .50 handling.

KRUB, INC.
Box 505, Watertown, Wisc. 53094

19 CHAMPIONS OF LIBERTY

TERRIFIC OFFER, trivial price! Complete U.S. "Champions of Liberty" set of colorful stamps issued 1957-61 honoring 10 world heroes like Paderewski, Garibaldi, Gandhi. Includes both 4c and scarce 8c values PLUS giant Magsaysay stamp. Retail $1.00—all 19 stamps yours for 25c. Plus fine stamp selections to examine free. Buy any or none, return in 10 days. Cancel service any time. Rush reply—sorry, only one to a collector. GARCELON STAMP CO., Dept. BH4L, Calais, Maine

ON SALE Princess Telephones



While they last

only $19.95

If a buzzer is needed add $10.00

We've just made a buy on Original Princess telephones. These are factory rebuilt fitted with standard cord and plug and ready for instant use. Available in white, beige, pink, blue and turquoise. While they last they are a good buy for that extra phone.

GRAND COM INC. Dept. BH4-5
324-5th Ave. N.Y. 10001

Send me ..... phones color ..... (give 2nd and 3rd choice) $ ..... enclosed (include $2.00 shipping charge). Charge my credit card ..... (card name) card # ..... Exp. date .....

Name .....
Address .....
City ..... State..... Zip.....
Please add Tax where required

NO MORE WET HAIR

Keep hair dry while bathing or swimming. Absorbent Dry Band gives positive seal against moisture. Keeps hair-do safe, dry. Easy to use—practical for all ages. Simply wrap poly-foam band around head to cover hairline. Wear under shower or bathing caps. Adjustable.

DRY BAND ..... $2.98 + 20¢ Mailing
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-45
585 Market St., San Francisco, Calif. 94105

NEW ACCESSORY CASE

Keep all your favorite lens care items in one safe, handy place. Space for all brands of soaking, cleaning and wetting solutions, even sunglasses. Includes water tray and mirror. Scuff-resistant plastic in attractive beige or blue. Ideal for home or travel... order today! ***Sold only by mail!***

$5.95 postpaid Your satisfaction guaranteed!

Consolcase™ Inc.

P. O. Box 81601 Lincoln, Nebraska 68501

Please send me ☐ Beige ☐ Blue Consolcase(s) at **$5.95 each postpaid** NO C.O.D.s please
My check or money order for $____ is enclosed.

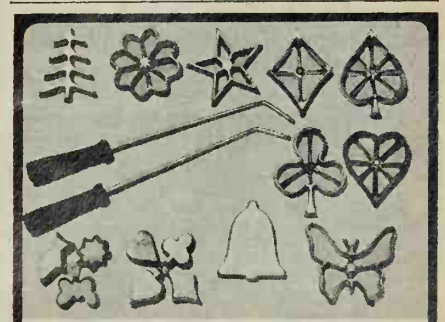
NAME_____ (please print)
ADDRESS_____
CITY_____ STATE_____ ZIP_____

SAVE HUNDREDS OF DOLLARS

Imagine yourself the builder of this attractive ALL PURPOSE BARN 24' x 18' high with easy to follow plans. Appealing to the eye in suburban, farm, ranch, lake area. Many uses as 3 or 4 car garage, boats, campers, store, lodge. Plans call for concrete floor, ceiling joist, plywood loft flooring, suggested window and door location.

Send **$6.00** for plans and material list. 24' x 36' HORSE BARN plans, showing 3 stalls, tack room **$8.00**.

HAMMOND BARNS
Dept. BH 38
Box 584, New Castle, Indiana 47362



MAKE ROSETTES!

(Festive Scandinavian Cookies)

Patterned irons, fitted to handles, are dipped from batter to fryer to make a crispy, thin delicacy which is sprinkled with powdered sugar. Easy to do, lots of fun, delightful to eat. Complete: 9 lg. 3" aluminum molds, 7 small molds, 2 heat-proof handles, recipes and instructions. Complete set, only $8.95 + 85¢ post.

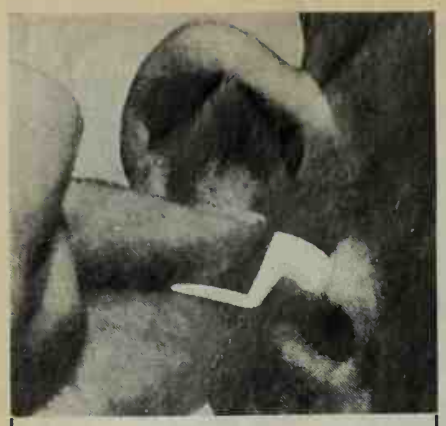
New 1975 gift catalog—25¢.

Suburbia, inc.
Mail Shopping Service
366 Wacouta, Dept. 743, St. Paul, Minn. 55101

1852 "50¢ CALIFORNIA 'GOLD' PIECES" 1882

75¢ Each 25 Assorted $13.00
Seven Different ..... $ 4.50
Add 50¢ postage

DLH SALES
422-B Washington Bldg., Washington, D.C. 20005



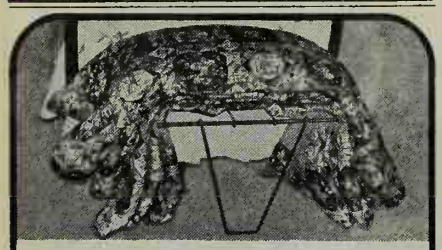
ENJOY SOUND SLEEP AGAIN

Ear Drum Silencers lock out disturbing noise that robs you of refreshing sleep . . . even snoring! Soft, pliable, with an easy-to-grasp safety flange. Slip them in every night and you'll sleep like a kitten.

EAR DRUM SILENCERS
$1.98 + 15¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-45
585 Market St., San Francisco, Calif. 94105



Bedspread caddy saves effort

Easy bed-making. No nightly tugging heavy spread. Just pull hidden caddy from between mattress and spring. Legs drop into position. Lay spread on caddy accordion fashion. Metal caddy glides out of sight by day. Ideal for low- or no-footboard beds. Double, king, or queen needs two. Satisfaction or money back. $7.83, 2 for $14.83. Add 90¢ postage.

GARRETT'S
Box 12274-43 Dallas, Texas 75225

MARKET PLACE

For ad rates write Classified 100 E. Ohio, Chicago

BARGAINS—CATALOGS

★ **GIFTS AND CRAFTS.** Colorful Idea-Packed New Catalogs. Creative Stitchery Needlework Kits (#61014). Unusual Novelties from Greenland Studios (#00088) and Madison House International Gifts (#15579). Send 25c each. Refer to catalog number when ordering. Catalogs, Dept. 8234, 4500 N.W. 135th St., Miami, Fla. 33059.

★ **300 COOKBOOKS**—titles, authors, prices, ordering instructions. $2.00. Bookalog, P.O. Box 231, W. Orange, N.J. 07052.

HOME & GARDEN

★ **WATER GARDENING:** Waterlilies, Pools Fountains, Catalog, $1.00—Refundable. Paradise Gardens, Whitman, Mass. 02382.

★ **FREE CATALOG.** Mini "a-live gift greeting" creations. Plantoons, Box 1193, N.Y., N.Y. 10009.

STAMPS

"EXOTIC SET"—10c with Approvals. Gorlitz, Box 76457BHC, Atlanta, Georgia 30328.

EDUCATION—HOME STUDY

"ANYONE CAN WRITE!" Free Authorship information . . . Academy, 1629-C Bell, Chicago, IL 60647.

OF INTEREST TO ALL

★ **COATS OF ARMS:** 500,000 names, 32 countries. Free Catalog. The Rainaud Family, Wilmington, Vermont 05363.

OF INTEREST TO WOMEN

$300.00 WEEKLY POSSIBLE—stuffing envelopes. Start immediately! Details $1 refundable. Royal-B8, Box 36643, Los Angeles 90036.

★ **HOMEWORKERS NEEDED** painting Novelties. Roland, Box 56, Hammonton, N.J. 08037.

$800 MONTHLY POSSIBLE addressing-stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, Mo. 64024.

MONEY MAKING OPPORTUNITIES

MAKE BIG MONEY. We furnish everything. For details send self-addressed envelope. Enterprises, Box 4516-HG, Compton, Calif. 90224.

★ **HOW TO MAKE MONEY** Addressing, Mailing Envelopes. Offer details 10c. Lindbloom Supplies, 363f Peterson, Chicago 60659.

STUFF ENVELOPES. $25.00 Hundred. Send stamped envelope. United, Box 492, San Diego, CA 92112.

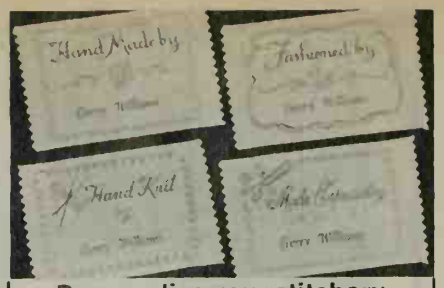
$31.80 DAILY. Easy homework. No investment. Details selfaddressed stamped envelope. Sbiagard, 6311-812 Yucca, Los Angeles, CA 90028.

HOMEWORKERS! $125.00 WEEKLY possible addressing for firms. Begin immediately! Offer details—write: FHP, 39-T2K4, Brooklyn 11235.

★ **STUFF-MAIL ENVELOPES.** $250.00+ per thousand profit possible!! Offer details: stamped envelope. Kings-BH4, B-21487K, Ft. Lauderdale 33316

CLASSIFIED'S GUARANTEE

CLASSIFIED guarantees refund of any inittal money sent in direct response to the above ads. B-4.

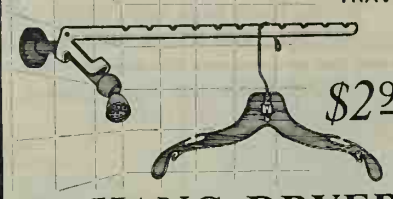


Personalize your stitchery

Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly).
15/$1.25; 45/$2.25 or 60/$2.75.

HOLIDAY GIFTS
Dept. 404-B, Wheat Ridge, Colorado 80033

Saves space & time FOR HOME & TRAVEL



$2.98

Handy HANG-DRYER

Dry all your washables overnight, anywhere. Our sturdy steel dryer - with attractive white rustproof vinyl finish - fits all shower heads, slips on/off instantly. Lightweight, fits easily in suitcase for travel. Holds 11 hangers.
Satisfaction Guaranteed
$2.98 each + 25¢ postage.
SAVE: Two for $5.75 (and we'll pay post.)

American Century
135 So. La Brea, Dept. 3045
Box 36232, Los Angeles, Calif. 90036

VISITING WASHINGTON D. C.?

Then you need the **WASHINGTON TRAVELLER!** Don't let inflation ruin your vacation. The **WASHINGTON TRAVELLER** helps save money on Transportation, Lodging, Meals, Tours. Also includes:

Camping Facilities	Pets
Points of Interest	Weather
Information Centers	Emergencies

Bicentennial Activities 1975-76

It has DETAILS—names, addresses, phone numbers, money saving ideas. Send $2.

S. L. O'CONNELL
P.O. Box 10402
Alexandria, Virginia 22310

6 RHODODENDRON and 6 AZALEAS

12 PLANTS for only $10.95

Strong 1-yr. transplants 4" to 8" tall. Mass of roots, large leaves. Rhododendron from red flowering stock. Azalea, hardy, mixed colors. **FREE CATALOG.**
Postpaid planting time. No C.O.D.'s.

NEW GROUND COVER

25 CROWNS—covers 100 sq. ft. ...$ 8.95
50 CROWNS—covers 200 sq. ft. ...$12.95
100 CROWNS—covers 400 sq. ft. ...$22.50
CROWNVETCH—perennial ground cover—Flowers June til frost. Beautiful, hardy, no mowing. Grows 12"-18" any climate, sun or partial shade. Chokes weeds, resists droughts. Heavy 2-yr. Crowns. Pa. destinations add 6% tax.

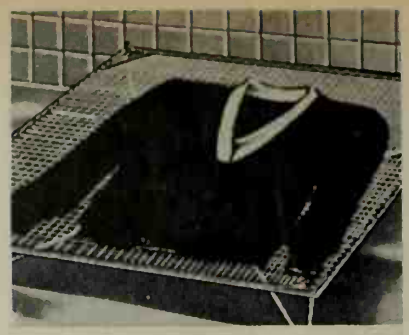
MUSSER Box 3D Indiana, Pa. 15701

PRETTY POT TRIO

Turn your window sill or plant stand into a lovely herb or flower garden. Unique graduated set of off-white ironstone pots, each hand-decorated with authentic salt-glaze design in famous Yorktowne blue. 3¾", 3", 2¾" high; each has a water-saucer. Gift-boxed. $6.50 plus 75¢ hdlg. Our big 1000-item catalog FREE with order; otherwise, 50¢.

100,000 people a year visit our Shop

STURBRIDGE YANKEE WORKSHOP
the Nation's Center for Early American
345 Brimfield Turnpike, Sturbridge, Mass. 01566



Useful sweater dryer

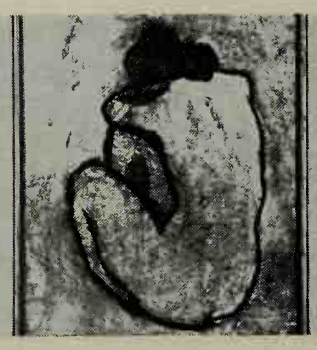
Holds your sweater suspended for fast drying as air flows in, under and around it. Made of nylon mesh with metal legs for mounting on bathtub, table or floor. Collapsible for storage or travel. $3.98 plus 60¢ post. Order from Anthony Enterprises, Dept. BHG45, 585 Market, San Francisco, California 94105.

Genuine Latigo leather

Hand-tooled and embossed of softest, comfortable cowhide leather. Foam padded innersole, non-skid rubber crepe platform. Elastic instep & adjustable strap. 1¾" wedge. In antique tan. Full & ½ sizes 5-10 med. $12 + $1 post. Vicki Wayne, 610 So. Country Club, B4L, Tucson, Arizona 85716.

Gorham silverware pads

Keep your silverware handy and always ready to use. Pad fits in a buffet drawer and keeps flatware in dividers of Pacific cloth. Millions of invisible silver flecks are woven in cloth to absorb all tarnish. Standard: 108 pieces $10.98; jumbo: 120 pieces $11.98 + 95¢ post. Holiday Gifts, Dept. 404-J, Wheat Ridge, CO 80033.



Picasso: Blue Nude

Lithograph on artist canvas. Blue, black, beige and yellow. Size: 18" x 24". $5.95 + 95¢ post. Available stretched on wooden artist bars $9.95 + $1.95 post. In ebony, silver chromeline trim $24.95 + $1.95 post. Cat. free with ord. or 50¢. Lambert Studios, Dept. BG5,910 N. La Cienega Blvd., Los Angeles, CA 90069.

Need a shelf, of sturdy steel

With vinyl cushion-coating, sleek in black or white. Decorator designed for use in any room. Perfect for books, radio, plants, kitchen needs. Supports are super-strong. #8472 white; #8473 black. $2.98 each; 2/ $5.75 + 40¢ post. The Country Gourmet, Dept. H4E, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

Fight back ache

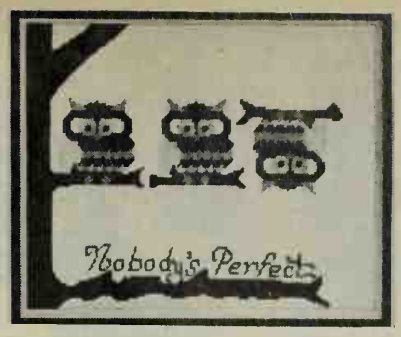
With a Portable Folding Back Board, firms old or over-soft mattresses. 5' long, ½" thick and folds into four 15" sections. Cot size or one side of double bed $8.49; Twin Bed $10.49; Double Bed (2 sections) $15.49. Be assured of a good nights sleep. Better Sleep Inc., Dept. BH-4, New Providence, New Jersey 07974.

Over 1000 home designs

2700 illustrated floor plans, exteriors by designer Richard B. Pollman. 230 1½ & 2 Story Homes; 185 One Story Above 2000 sq. ft.; 250 One Story Below 2000 sq. ft.; 180 Multi-Level Designs; 223 Vacation Homes; $2.25 ea. 5 titles/$7.95. Home Planners, Dept. BHE54, 16310 Grand River, Detroit, MI 48227.

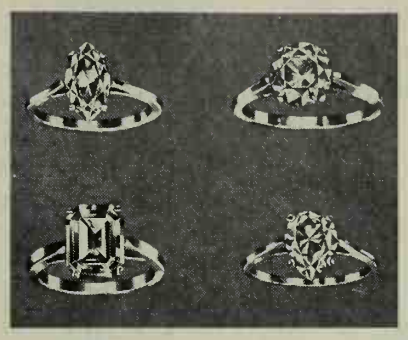
Nobody's perfect

We all love this delightful needlepoint picture. The kit includes design hand-painted on 13" x 15" white interlock canvas with 12 mesh per inch, Persian yarns in yellow, brown, greens and white, needle and directions. Finished size: 10" x 12"; $17.95 + $1 post. The Stitchery, BH4, Wellesley Hills, Mass. 02181.



Sale . . . of lovely rings

2-carat simulated diamond rings. Pure white, flawless precision cut with, flawless precision cut with 8 facets, in gold electroplate setting. Choice of: Round, Pear, Marquise or Emerald styles. $9, 2/$15; 3/$20. Add sales tax where applicable. American Consumer, Dept. RQ-23, Caroline Rd., Philadelphia, PA 19176.

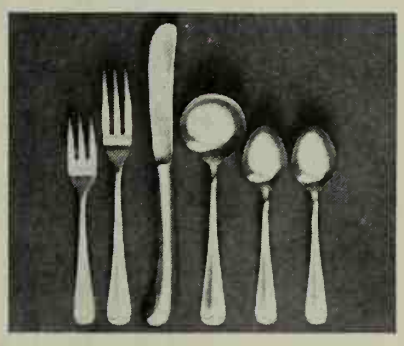


Hanging herb garden

A complete ready to start herb garden with everything you need to grow herbs. Five clay pots, sturdy hanging bracket, five varieties of herb seeds, charcoal, soil and clear domes that serve as covers. 14" x 14", Style Q-50, $11.95 ppd. Spear Eng., 3095 Spear Bldg., Colorado Springs, CO 80933.

Pistol-grip stainless steel

Authentic Early American pattern magnificiently reproduced. Luxurious 50 piece set features genuine hollow-handled pistol-grip knives and 3-tined forks. You'll set a truly elegant table. $22.95 plus $2 postage. Order from Crown-Castle, Ltd., Dept. PGS-174, 51 Bank Street, Stamford, Connecticut 06901.



Feline fun

The first intellectual toy made for the thinking cat. Clean, safe and durable; "mouse in the hole" game that will provide hours of entertainment for kitty and anyone who is watching. Mouse is an elusive ball. $3.95 ppd. New spring gift catalog 25¢. Suburbia, Inc., Dept. 742, 366 Wacouta, St. Paul, Minn. 55101.

Remove fuzz from sweaters

New scientifically designed D-Fuzz-It removes matting, pilling in seconds. A comb that restores a new look with a few strokes on knits, cashmere, wools and orlon. Brush away all unsightly balling etc. $1.49 + 20¢ post. Order from Anthony Enterprises, Dept. BHG45, 585 Market, San Francisco, CA 94105.

Automatic golf scorer

Keep track of your golf score the easy way. Wear it like a watch; no need to carry a pencil & tally card. Automatically counts strokes and scores total. Three different windows. In gold-tone, tarnish-proof metal case with leather strap. $3.50 + 50¢ post. Holiday Gifts, Dept. 404-L, Wheat Ridge, CO 80033.

FIXIN' UP SALE

order before May 31st

SAVE $1.00

on name markers for mailboxes, lamp posts & lawns

we ship in 48 hours/satisfaction guaranteed or your money back

Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS

STYLE BR $6.95

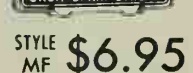
STYLE EB $8.95

STYLE NB $9.95

STYLE OB $11.95

MAILBOX MARKERS
(FIT ANY MAILBOX)

STYLE M $5.95



STYLE MF $6.95

STYLE EM $7.95

STYLE NM $8.95

STYLE OM $9.95

STYLE NOM $12.95

LAWN & HANGING MARKERS

STYLE EL $8.95

STYLE NL $9.95

STYLE HR $5.95

STYLE NH $8.95

Along about this time of the year everybody starts fixin' up the house—painting, papering, washing & waxing. To help your "fixin' up" we're having a sale! Order before May 31st and deduct $1.00 from the price of each marker ordered. A Spear marker custom made with your name will add the personal touch to your home, so order today and save $1.00!

A GREAT GIFT IDEA!

- Same wording both sides. Any wording you want, up to 17 letters & numbers on long (18") plate; 6 on short (7") plate.
- Black baked enamel coated aluminum plates with embossed white reflector beaded letters.
- Solid rustproof aluminum plates, scrolls and frames.
- Easy to install. Exceeds U.S. Postal Regulations for mailbox identification.

ORDER TODAY—SAVE $1.00

YOU'LL BE PLEASED WITH YOUR SPEAR NAME MARKER!

If you wish to use your charge card, please fill out appropriate boxes below:

☐ master charge BANKAMERICARD ☐

Expiration Date Month/Year _____

Master Charge Interbank No. _____

Credit Card No. _____

SINCE 1949 — SATISFACTION GUARANTEED OR YOUR MONEY BACK WE SHIP IN 48 HOURS

Spear ENGINEERING COMPANY

4950 Spear Building, Colorado Springs, Colo. 80933

STYLE →		ANY WORDING YOU WANT

PRICE $ _____

ADD POSTAGE & HANDLING
☐ REGULAR .95
☐ FASTEST $1.60

LESS 1.00

TOTAL

ORDERED BY _____

ADDRESS _____

CITY, STATE, ZIP _____

*IMPORTANT — Deduct $1.00 from price of each marker ordered before May 31, 1975.

FUND-RAISING GROUPS & INDIVIDUALS—earn handsome profits. WRITE FOR DETAILS

The man next door®

Managing the family's money is more important than ever these days, mainly because it's so hard to find any to manage.

Flower arrangement is a highly stylized art, but even its most skilled practitioners can't beat a bunch of dandelions in your child's chubby fist.

Burt, Jr., says the pitcher on his baseball team this year has a fast ball and a curve, but nobody is sure which is which.

April is, as always, the month of promises, even though it's not an election year.

At 11, Judy doesn't see much point in the conventional fairy story. She'd much rather have a neat frog than a dumb old prince.

Elaine Cowan says she's figured out why there are so many spring marriages. It's because income tax time naturally turns bachelors' minds to tender thoughts of deductions and joint returns.

Burt, Jr., and I still arm-wrestle occasionally, and it seems only yesterday that I had to pretend I was having a tough time beating him.

I've known and liked my Cousin Ethel for 30 years and have just discovered that she has no more idea than I do of how we are related.

Judging from most folk songs, nothing gives a person a better grasp of the political situation than plugging in an electric guitar.

Uncle Dodd Buckner is amused that the people who laugh at the old-fashioned custom of taking a spring tonic see nothing ridiculous about snacking and sipping out of the medicine cabinet the year around.

When the first crocus appears you know the first white shoes can't be far behind.

"I could have sworn you said to watch *the dishes!"*

Houseplants are becoming so popular that in some homes I get the feeling I'm going to have to hack my way out with a machete.

Rosemary writes from college that she and a boy in her chemistry class have established a meaningful relationship, and I'm not sure I want a translation.

The historical breakthrough I look forward to is when we have our first President who was born in a condominium.

I have always understood that bringing May flowers was the purpose of April showers, so why are they wasting their time flooding my basement?

Elaine Cowan reluctantly admits that she's reached that time in life when she's too old to celebrate birthdays and still too young to ignore them.

Psychologists are telling us these days that boredom is a disease, perhaps the most prevalent one in our society.

Some of this may be exaggerated. All housewives are not bored, just because the pontifical articles tell them they are. Nor will all men in routine jobs automatically accept the sociologist's judgment that they are bored. But a lot of people are, and they often turn to chemical crutches, or to violence, or both.

I don't suppose any of us have jobs that are continuously stimulating. The classical example of on-the-job tedium is the factory worker who does nothing all day long but tighten bolt No. 784. Equally to be pitied —and maybe even more so—is the man who sits at a desk and does nothing all morning but plan the three-martini lunch and very little in the afternoon but recover from the three-martini lunch.

The important thing, it seems to me, is to realize that whatever we are doing with our lives has some impact, no matter how small or delayed, on the lives around us. I'm sure this has been true since long before "relevance" became a catchword.

And if we can't get this satisfying human contact in our work, we probably can get it in our off-hours, with our families, our friends, our neighbors, our community members.

In a way, this personal interaction is nothing less than an opportunity for immortality, in the memories of others. And it's an opportunity that's always open to everyone.

Burton Hillis

CIRCULATION 8,000,000
May 1975 • 75¢

Better Homes Gardens

BUTLER SAME
APR 15 1975
LIBRARY

WILDFLOWERS: HOW TO TAME THEM FOR YOUR GARDEN

FAMILY TRAVEL: THE BEST RESORTS IN YOUR PART OF THE COUNTRY

HOW TO KEEP YOUR WEIGHT JUST RIGHT—PERMANENTLY

SHELF UNITS FOR EVERY ROOM IN YOUR HOUSE

REMODELING: LOW-COST WAYS TO GET NEW SPACE

WHEN DOES IT PAY TO DO HOME IMPROVEMENTS YOURSELF?

CONVENIENCE FOODS: 29 WAYS TO MAKE MEALS SPECIAL

Armstrong carpets create the mood.

If your mood is relaxed, Duncannon is the carpet for you.

Just look how Duncannon underscores the easy elegance of this room. Then imagine how its high-spirited Scottish plaid would warm up any bonnie room in *your* home. Here the gathering of the plaid is in rich autumn hues, but there are six other color combinations to choose from. One is sure to be your favorite. And its dense, durable nylon pile is specially chosen for easy care . . . even in the most active areas of your home. Whatever the mood you're looking for, you'll find it in one of our many mood makers—carpets by Armstrong. Mail the coupon below for our full-color literature and a list of nearby Armstrong carpet retailers.

Armstrong
7505 Stern St.
Lancaster, PA 17604

Please send me the booklets *Armstrong Carpets Create the Mood* and *A Guide to Easy Care of Armstrong Carpet.*

BURLINGAME
APR 15 1975
LIBRARY

Name (Please print)

Street

City State Zip

Armstrong

CREATORS OF THE INDOOR WORLD®

How to keep your weight just right—permanently

Anyone can diet off weight. Seventy million Americans do it every year, spending $10 billion in the process. But not many of us can take it off and keep it off.

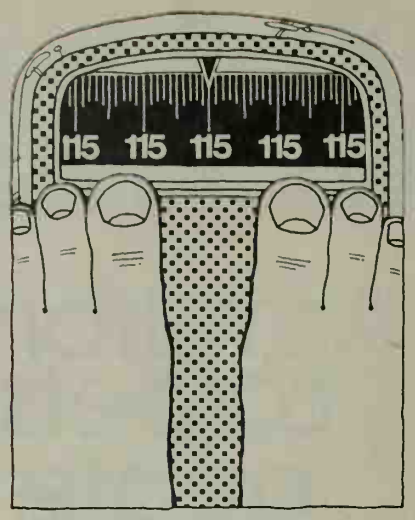
According to W. Stewart Agras, M.D., a Stanford Medical School psychiatrist and authority on the behavioral aspects of obesity, nine out of ten "successful" dieters regain every last ounce and sometimes more within a year of shedding it.

Yet weight control is possible. Agras, Albert J. Stunkard, M.D., also a Stanford psychiatrist, Richard Stuart, M.D., of the University of British Columbia, and Lester Levitz, of the University of Pennsylvania, are among those who have developed techniques which the prestigious *New England Journal of Medicine* termed "the most effective and most promising means of dealing with obesity." Their secret? Change the dieter, not the diet.

According to this theory, most of us overeat and gain weight because of learned attitudes toward food, not because we're hungry. We associate certain activities, places, and feelings with food, and we automatically stuff ourselves when such "food cues" stimulate us to do so. The techniques of behavior modification enable us to recognize these attitudes and then "unlearn" them by substituting a new set of attitudes and associations. Result: when the diet ends, the new eating habits remain.

Which diet you choose isn't too important. Dr. Agras has pointed out that virtually any diet which substantially reduces the caloric intake will take pounds off, provided the dieter can stick with it. However, since most fad diets have been condemned by the medical profession, the best approach is to consult your physician and devise a regimen tailored for you. If possible, choose one which will take weight off gradually and at a pace you can tolerate. Then follow these steps to make the loss lasting:

1. Keep a "food diary" for at least two weeks. Record in a notebook everything you eat or drink, with the date, time, place, what you were doing, how long it lasted, who you were with, and



your mood (happy, sad, depressed, angry, etc.). This record has a double value.

Simply seeing in indisputable black and white how much you're actually eating may shock you into cutting down. Also, you may discover a pattern of "trouble spots"—times, dates, places, moods, even people, who trigger you to reach for a snack without thinking about it.

Maybe you'll find that you automatically snack while viewing television. Or that you invariably become "hungry" at four o'clock. Or that an argument with your spouse or your boss sends you to seek solace in food. A salesman may find that he always munches a candy bar while behind the wheel.

Once you've found your pattern, you can work out what the behavior-modification specialists call "alternate cues"—activities which are incompatible with eating. You might knit while watching TV, go for a brisk walk at four o'clock or after an argument, or sing along with the radio while driving. The idea is to build up a new association to replace the old.

2. Keep food out of sight. Dr. Agras says, "This seems so obvious, it sounds like a joke." But in fact the sight of food is the most insistent of food cues, as anyone who has ever tried to select only one or two items at a smorgasbord table has learned to his sorrow. And, alas, we're also surrounded by many other such cues, including attractive packages, tempting displays, and television commercials.

For a homemaker who must work in the kitchen, removing temptation is not easy. One method is to take a single ingredient from the cupboard or refrigerator at a time, and return it before taking out another. Dr. Stuart suggests that you choose dishes that require elaborate preparation, rather than easily prepared or convenience foods which lend themselves to snacking. And banish all containers that themselves serve as food cues, such as candy dishes or cookie jars.

3. Program yourself for success. Set a series of short-term, easily attainable goals, instead of those that seem remote and difficult to accomplish. Aim to lose five pounds in a month, rather than 30 pounds in six months. Draw a weight chart that covers only five pounds, calibrating it in quarter or half pounds, so that each fraction of loss will produce a satisfyingly sharp drop on the graph.

Buy a quality scale which will detect even slight changes, and weigh each morning when your poundage is at its lowest, recording your weight on the chart immediately. Finally, post prominent "before" photographs of yourself at your flabby worst to serve as a reminder and as an inspiration.

4. Limit your eating to one set place in the house and establish a ritual that will keep eating from becoming automatic. Dr. Richard Stuart of the University of British Columbia suggests making every "food experience" a "mini-meal." Even when you eat a bag of potato chips, he says, sit down at the dining table, use a place mat and silverware, assemble your family, and go through the same routine you would for seven courses.

One doctor tells of a snacker who finally decided he would eat only by candlelight, dressed in a jacket and tie. It wasn't long before he had lost his appetite.

A proven method to discourage bread eating is to take out only a single slice at a time, and to toast it before eating. For each slice you must then arise from the table, go to the bread box, unwrap the loaf, take out a slice, rewrap the loaf, replace it in the bread box, insert the slice in the toaster, remove it from the toaster, and return to the table—by which time you'll presumably be bored with the whole idea.

5. Use smaller dishes. You might think you couldn't be fooled by such a transparent gimmick, but Dr. Agras disagrees: "The impetus to finish a meal," he says, "is often the empty plate, not the full stomach."

In other words, we often go on and gobble all the salted peanuts in the bowl even though we've long since tired of the taste. Use smaller dishes to begin with, and you can still achieve this clean-plate-club sense of satisfaction by serving portions that fill the plate, dish, or glass.

continued on page 60

© Meredith Corporation, 1975. All rights reserved. Printed in U.S.A.

Let the sunshine in! Armstrong Solarian.

The sunny floor that shines without waxing.

What a way to sunbrighten your day! And Royal Villa, shown here, is just one of the sunny Solarian patterns. What makes them shine so bright? Solarian is born to shine. Its special Mirabond® wear surface keeps its shine, without waxing or buffing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines: just sponge-mop with a detergent and rinse thoroughly. Even black heel marks will come up easier.

Where foot traffic is heaviest, you may eventually see a reduction in gloss. So, if you need it, your Armstrong retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine the way you like it.

Below are two more of the many patterns with our "shines-without-waxing" wear surface . . . Garden Court and Hampton Brick. See them all at an Armstrong authorized "Floor Fashion Center®" retailer or other flooring stores that carry Armstrong floors. You'll find them in the yellow pages under "Floor Materials." For complete color brochures and maintenance instructions, write Armstrong, 7505 Elm Street, Lancaster, Pa. 17604.

FREE! 3,600 S&H GREEN STAMPS

For a limited time . . . when you buy 15 square yards or more of any Solarian or Sundial flooring between May 5 and June 14, 1975. (Offer void where prohibited by law.) See your local participating Armstrong retailer now. You can find him by calling this toll-free number beginning May 5:

800-243-6061
(in Connecticut, 800-882-6500)

SPERRY AND HUTCHINSON S&H GREEN STAMPS

Armstrong

CREATORS OF THE INDOOR WORLD®

Certain floor designs copyrighted by Armstrong

A KITCHENAID COMPACTOR CAN GET YOU OUT OF THIS MESS.

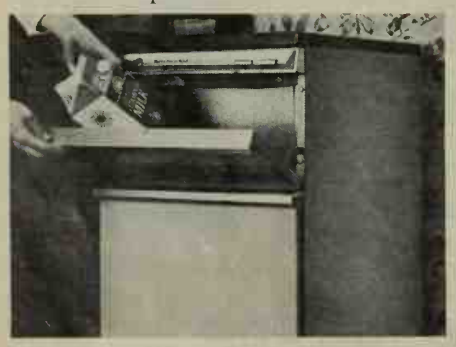
It's a beautiful answer to an ugly problem.

Just deposit your trash. The compactor will swallow it up, compacting it to about ¼ its original volume. It gobbles up cans, cartons, bottles and scrap. Quickly. Easily. Neatly.

The exclusive KitchenAid Litter Bin™ makes it easy to handle small trash without stooping. And the big trash drawer handles whole waste-basket loads at one time.

What's more, only KitchenAid has an activated charcoal air filter to eliminate odors. And you can use the KitchenAid compactor with or without trash bags.

Your KitchenAid dealer will show you how it works. His address is in the Yellow Pages under "Dishwashers." Or send us the coupon.



KitchenAid®
Built better. Not cheaper.

KitchenAid Division, Dept. 5CC-5
Hobart Corporation
Troy, Ohio 45374

Tell me more about your KitchenAid Compactor.

Name_____

Address_____

City_____

County_____

State_____

Zip_____

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — MAY, 1975; VOL. 53, NO. 5

DECORATING
16 Faulty furniture: who's to blame?
22 Consumer Action Panels: how they work for you
26 Furniture buying: how to judge case goods
28 How to buy upholstered furniture
40 Decorating—how to get the Art Deco look

FAMILY TRAVEL
101 Outstanding vacation resorts

FAMILY MONEY MANAGEMENT
37 Home improvements and repairs: when does it pay to do it yourself?
37 Eight steps to a successful garage sale

FAMILY HEALTH
2 How to keep your weight just right—permanently

BUILDING
62 Home improvements: the most change for the least money
64 Do a room at a time
66 Stretch any room

OF CONCERN NOW
6 There must be a better way to finance a house!

CRAFTS
46 Garden-fresh fabrics you can print
84 May sewing special: fresh-as-spring frocks

FOOD
18 He cooks: cheese and bacon whole wheat waffles
58 Win money for your recipes
78 Sensational shortcut recipes
89 Prize tested recipes: Fish and seafood/Nut desserts

EQUIPMENT
13 Store-bought shelves
68 Shelve it

GARDEN
74 Wildflowers: how to tame them for your garden
75 Spring brings back color in sunny spots
76 Early season flowers bloom in the shade
77 Summer comes alive with field flowers

NEWS AND SHOPPING
48 Good news
109 How to order material from the magazine
116 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 112

Cover photograph: John Caswell

CUSTOMER SERVICE: For service on your magazine subscription or book club membership, write Customer Service Director Michael K. Curtis, 1716 Locust Street, Des Moines, Iowa 50336.

Editor JAMES A. AUTRY
Managing Editor MYLES CALLUM Art Director BILL YATES
Administrative Editor DUANE L. GREGG Editor-at-Large GEORGE BUSH

Foods and Equipment Editor DORIS EBY
Kitchens, Appliances, Home Management Editor JOAN McCLOSKEY *Senior Associate Food Editor* NANCY BYAL
Associate Food Editors SALLY P. TORPEY NANCY HOPKINS

Building and Outdoor Living Editor NOEL SENEY
Garden Editor HAMILTON MASON *Associate Editor* BEVERLY GARRETT *Architectural Editor* STEPHEN MEAD
Remodeling and Home Maintenance Editor DAVID R. HAUPERT *Improvement Ideas Editor* RUSSELL O'HARRA

Interiors and Design Editor RICHARD W. JONES
Table Settings and Home Entertaining Editor ELIZABETH CRASTER *Home Furnishings Editor* SHIRLEY VAN ZANTE
Associate Designer ROBERT E. DITTMER *Projects Designer* DAVID ASHE
Associate Editor PAMELA WILSON CULLISON *Christmas Ideas Editor* MARGO GARRITY

Health and Family Life Editor GERALD KNOX
Money Management Editor MARGARET DALY *Leisure Products and Pets Editor* DOUGLAS M. LIDSTER

Travel and Transportation Editor GORDON GREER
Automotive Editor TONY SWAN *Regional Travel Editor* KATE KEATING

Crafts and 100's of Ideas Editor NANCY LINDEMEYER
Crafts Editor CIBA VAUGHAN *Associate Editor* REBECCA JOHNSTON

Special Interest Publications
Editor NEIL KUEHNL *Managing Editor* RICHARD W. ROYER *Associate Editor* ROBERT A. DICKELMAN

Copy Editor MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS *Editorial Research Associate* C. RAY DEATON

Associate Art Director GERALD PREATOR Assistant Art Director ERNEST SHELTON
Graphics Designers ROBERT C. FURSTENAU JOHN CASWELL BRYAN E. McCAY *Art Production Manager* RAY WOODS

New York—Eastern Editor MARGARET McMAHON *Senior Design Editor—East* CAROL BASSIN HELMS
Associate Editor LESLIE COLCORD *Shopping Editor* ANN LIVELY
Los Angeles—Senior Associate Editor, Western States ELIZABETH GILRAIN *Chicago—Contributing Editor* JESSIE WALKER

Test Kitchen Director MARION VIALL *Reader Service Director* TERRY WADLE *Photo Studio Manager* LUE CALKINS
Properties and Location Manager JIM HIRSHEIMER

PRESIDENT/PUBLISHING GROUP AND MAGAZINE DIVISION GENERAL MANAGER **WAYNE A. MILLER**
Division Vice-Presidents Group Publishing Director JACK D. REHM FRED STINES
Editorial Director JAMES A. AUTRY
Operations Director JAMES R. NARBER Controller ROBERT E. GERHARDT

Publisher JACK D. REHM Advertising Director J. WESLEY SILK

CORPORATE OFFICERS **Chairman and Chief Executive Officer E. T. MEREDITH III President ROBERT A. BURNETT**
Senior Vice-President H. Y. ENGELDINGER
Group Presidents WAYNE A. MILLER, Publishing JOHN GREGG, Printing JAMES CONLEY, Broadcasting
Vice-Presidents FRANK FURBUSH DONALD L. ARNOLD JACK BARLASS WALTER VOSS JAMES A. RIGGS
Vice-President, Finance and Treasurer WILLIAM H. STRAW Controller Wm. DEAN ANKRUM
Vice-President, General Counsel, and Secretary GERALD D. THORNTON Assistant Secretary THOMAS G. FISHER

Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

Subscription Inquiries and Changes of Address: Write to Subscription Information Dept. Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336 and be sure to enclose an address label from a recent copy. Please give us five weeks notice prior to your change of address. **Subscription Prices:** $6 per year to the United States and its possessions. Canada, add $2 per year. Other countries, add $4 per year.

© Meredith Corporation, 1975. All rights reserved. Printed in U.S.A.

Announcing the end of the dirt trail from job to sink.

Clean your hands on the spot with Wet Ones®...

and you won't have a dirt trail to clean up later.

No matter what job you're doing, keep WET ONES handy for instant clean-up.

Just pop one up. Nothing to unwrap or unfold. Softer than paper towelettes. Strong because they're cloth.

Always ready when you need them.

There must be a better way to finance a house!

By Fred Bailey

You can pay in a variety of ways for almost everything you buy today—except a house. While innovative methods of home financing are being tried and are working in a few areas, the vast majority of homes are financed the same way they've always been: with an old-fashioned, fixed-payment mortgage that obligates you to so many dollars a month for so many years.

These days that is not nearly good enough. Tight money and the upward spiral in the cost of housing make it ever more urgent to provide better and more affordable ways to pay for housing. Furthermore, our needlessly inflexible method of home financing is a major reason many prospective home buyers have been unable to find *any* financing. Why?

Home mortgages simply have not been an attractive investment to many lenders. They have been able to get higher returns and better terms by investing elsewhere, such as in government and corporate bonds.

It's not just big investors who have been putting their money elsewhere. During the past two years, American families deposited sharply fewer dollars in their accounts at thrift institutions—the savings and loan associations and the mutual savings banks —traditionally the major sources of funds for home mortgages. Net growth in deposits at savings and loan associations, for example, plummeted from $24 billion in 1972 to $10 billion in 1973 to less than $5 billion in 1974. Fewer deposits have meant fewer loans.

This has been due partly to the ravages of inflation, which has left many families with fewer dollars to save. But it has also been due to the lure of more attractive investment opportunities. An announcement by the government in mid-1974 that it would sell high-yielding treasury notes in as small as $1,000 denominations prompted hundreds of thousands of individuals to withdraw their money from savings and loan associations. In many months, withdrawals from savings accounts have exceeded deposits.

(Note: with cutbacks in some types of consumer expenditures, particularly for automobiles, savings deposits have recently begun to reverse the slide of 1973 and 1974. But this may prove to be temporary. Then, too, not all of the new deposits are available for mortgage loans; at savings and loan associations, for example, much of the money is needed to repay a record $25 billion that they have borrowed, mostly from the government.)

An on-again, off-again supply of money for home mortgages is clearly a cause for concern. Ninety-five of every 100 home buyers require a mortgage, and the average mortgage is for 80 percent of the cost of the home. There is no way most families can purchase a home without adequate financing.

Moreover, if we are to come even close to achieving the nation's housing goals during the remainder of this decade at a reasonable cost, huge amounts of *continuously available* mortgage money are needed. Some experts say outstanding mortgage debt must be increased by nearly 50 percent during the next five years.

Is there any way? The answer is "yes, if." And the list of "ifs" is admittedly long. The first requisite is to understand why—the *real* reason why—there is frequently so little money available to finance the purchase of a home.

Simply stated, would-be home buyers—both individually and as a group—are "out-competed" by other borrowers of money: the federal government, state and local governments, corporations, local businesses, and consumers seeking credit to purchase everything from college educations to household furnishings.

The toughest competition, by far, comes from the federal, state, and local governments. Together, they will borrow a startling—and frightening—80 percent of this year's total supply of available credit, *leaving only 20 percent of the credit supply for business and individual borrowers.*

There is no possible way mortgage seekers can outbid the government and private corporations for money. To continuously refinance existing debts and acquire money for ever-increasing deficits, the federal government borrows whatever it needs and pays whatever interest rate it has to pay. If the government fails to collect sufficient taxes to meet its interest obligations, it simply borrows more money. This drives interest rates even higher and further reduces the supply of credit available to other borrowers.

State and local governments likewise have a strong competitive edge in the contest for capital. The power to collect taxes makes their bonds a minimum-risk investment. In addition, they are able to offer investors the bonus of tax-free interest. In recent years, state and local governments have been the fastest growing users of credit.

After government has satisfied its not-to-be-denied demands for credit, business and individual borrowers must compete for whatever money remains. And here again, home buyers are at a competitive disadvantage.

Businesses, for example, can generally pass along higher interest costs by raising the price of their products. Moreover, they can offer lenders quick repayment. During times of inflation and tight money, short-term loans are more attractive to lenders than long-term loans such as mortgages.

Even consumers seeking credit to buy durable goods have a distinct advantage: they too can offer lenders more rapid repayment and higher interest rates. Since such loans tend to be for a smaller amount and a shorter period than home mortgages, high interest rates aren't a serious deterrent to borrowing.

Thus, it is scarcely surprising that home buyers tend to get only what credit is left. For a nation that needs to build as many as 2.5 million housing units a year, the credit that's left isn't nearly enough.

Until such time as our federal, state, and local governments can be persuaded to live more nearly within their means, ways must somehow be found to attract more funds for home mortgages. Among the possibilities:

- *Permit a federal income tax deduction for interest earned on money deposited in thrift institutions,* and possibly other organizations that lend money for home mortgages. Several such proposals are being considered by Congress. Most would provide an annual income tax deduction for up to $1,000 of interest income.

What would this accomplish? Hopefully, it would encourage personal savings (household savings provide more than two-thirds of the total supply of money available for borrowing, the rest coming from undistributed corporate profits). Secondly, it would channel more money to those lenders that traditionally provide home financing.

- *The government harness on thrift institutions needs, at the very least, to be loosened.* These institutions should have broader authority to diversify their loan portfolios in order to compete more aggressively for savings deposits. The proposed Financial Institutions Act attempts

Drawing: Hellman Design Assoc.

continued

Can you match their hands with their ages?

It's not easy, is it? They both have young looking hands. Nancy MacIntosh, age 20, is a teacher. And she hardly ever washes a dish. But Mrs. Sherron Sandrini, age 31, does lots of them every day. She says, "I have the same responsibilities most married women have. I make a home for a husband and three children. And that means housework and lots of dishes! That's why I take care of my hands and use mild Ivory Liquid. I just know Ivory Liquid helps me keep my hands young looking."

Mild Ivory Liquid helps keep hands young looking.

Which homemade filling wasn't cooked?

The soft, light, creamy lemon chiffon filling shown on top required careful cooking in a double boiler plus baking.

The other soft, light, creamy lemon chiffon filling was made without cooking, without baking.

The trick? Eagle Brand Sweetened Condensed Milk. A smooth, creamy blend of pure whole milk and cane sugar, Eagle Brand is a natural shortcut.

For many more dessert shortcuts, write for our free 32-page recipe booklet to Borden, Inc., Dept. E, Box 451, Jersey City, N.J. 07303.

LEMON CHIFFON PIE
(Makes one 9-inch pie)

1 (9-inch) crumb crust chilled
1 can Eagle® Brand Sweetened Condensed Milk* (*not* evaporated milk)
⅓ cup lemon juice
few drops yellow food coloring
2 to 3 tsps. grated lemon peel
3 egg whites
¼ teaspoon cream of tartar
whipped topping, optional
lemon slices, optional

In large bowl, combine sweetened condensed milk with lemon juice, food coloring and grated lemon peel. Blend well. In small bowl, beat egg whites and cream of tartar until stiff but not dry. Gently fold into lemon mixture. Pour into prepared crust. Chill. If desired, at serving time, garnish with topping and lemon slices.

Magnolia® or Dime® Brands may be used.

Eagle Brand. The shortcut to cooking from scratch.

BORDEN®

continued

Finance a house

to provide some of these powers, and congressional action on it is needed now.

• *Pension funds should be encouraged—perhaps by tying strings to their tax advantages—to help provide money for residential mortgages.* Although pension fund resources have grown from $5 billion at the end of World War II to upwards of $250 billion today (rivaling those of savings and loan associations) they provide practically no assistance for home financing.

• *Ways should be considered to prod commercial banks to make more money available for home mortgages.* This could be accomplished, for example, by reducing the amount of money banks must legally hold in reserve against residential mortgage loans.

• *Efforts should be made to encourage a more active and broader secondary market for home mortgages.* Such institutional investors as pension funds, life insurance companies, and the trust departments of large banks should be able to buy and sell mortgages more readily, in much the same way as securities are now bought and sold on a stock exchange.

• *Existing federal programs to aid home financing need to be improved.* Such programs provide assistance primarily by lending to and buying mortgages from private lending institutions at below-the-market interest rates.

But government programs, experience shows, are a mixed blessing. For one thing, they tend to move with the speed of a lame turtle, providing too little stimulation to home building when it is most needed and too much stimulation (thereby driving up construction costs) after the need has passed or subsided.

Furthermore, the money these programs provide for mortgage lending is acquired by multi-billion-dollar government borrowings—borrowings that contribute to the higher interest rates and shortage of money that make government assistance necessary in the first place.

One way the government could help would be by removing or easing the legislative and bureaucratic barriers that prevent lending institutions from developing and offering better ways to finance the purchase of a home. If investors are to be persuaded to put their money in home mortgages, then home mortgages must be made more attractive to vestors and savers as well as borrowers.

For example, federally ch tered savings and loan assoc tions should be allowed—at le on an experimental basis—offer home buyers so-call variable interest rate mortgag Existing law prevents this, though the Federal Home Lo Bank Board has recently pr posed regulations to permit fe eral savings and loan associatio to offer these mortgages.

The idea is by no means ne State-chartered savings and lo associations and some mutu savings banks are experimenti with this type of mortgage such widely separated areas California, Wisconsin, Floric and Massachusetts. In gener the borrower's interest rate is ti to a formula that indirectly r flects the lender's current cost money. As it goes up or com down, for example, so might t borrower's monthly mortga payment—or perhaps the leng of the loan might be increased decreased.

Variable interest rate mo gages usually contain some lin on the amount and frequency interest rate charges—such not more than one-quarter of o percent in any six-month peri and not more than 2½ percen age points during the life of t mortgage. On a $30,000, 30-ye loan, a one-quarter perce change in the interest rate wou increase or decrease the month payment by about $5.50.

Who would benefit? Variab interest rate mortgages wou help ease the bind that thrift i stitutions frequently find then selves caught in: that is, havir to borrow money at currentl high interest rates in order t carry mortgages previously wri ten at lower interest rates. B proponents of the plan insi home buyers could gain to from reduced monthly mortgag payments or a shorter term mor gage if and when interest rat decline.

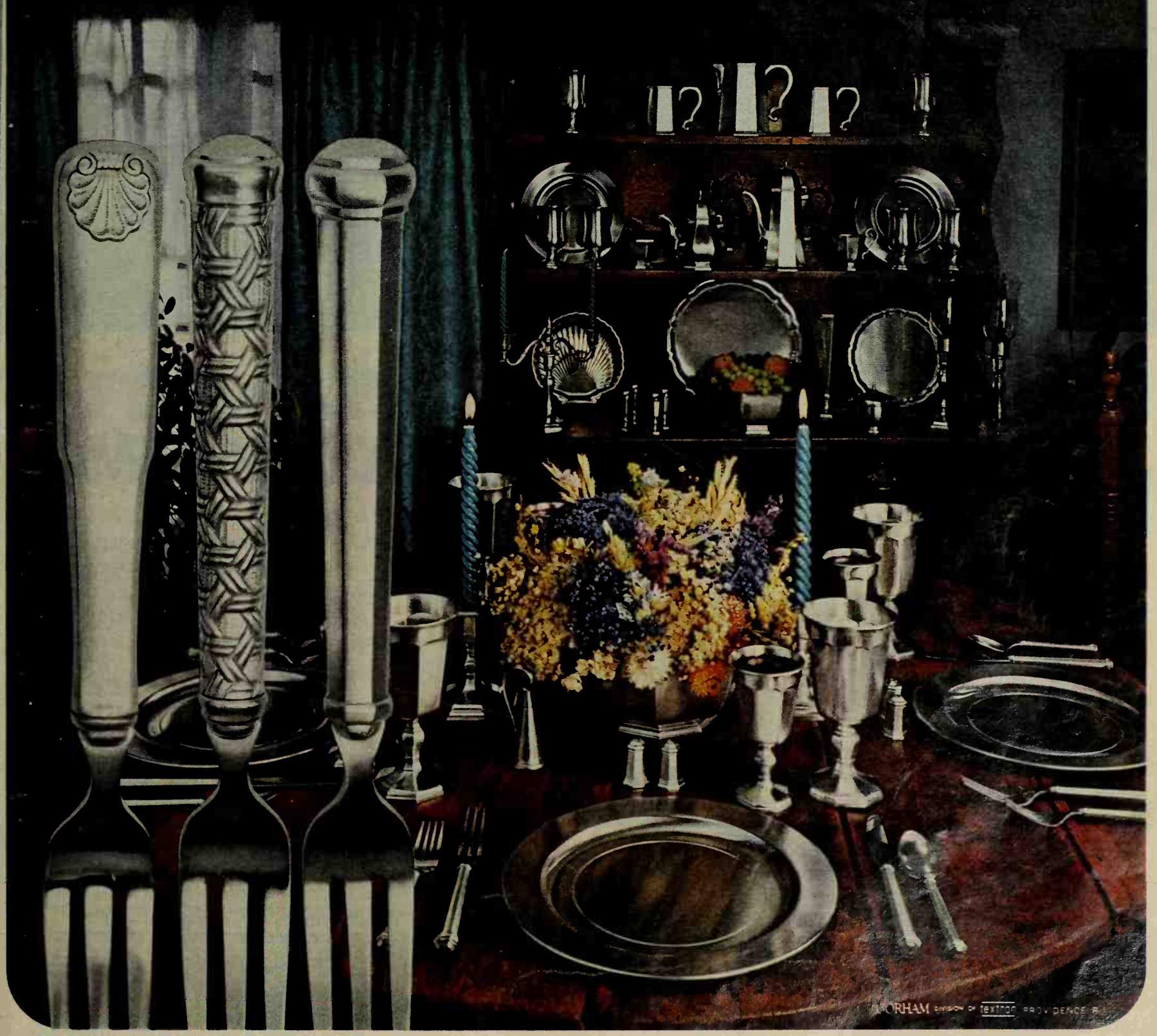
Consequently, it's argued, fam ilies wanting to buy a hom would have no reason to pos pone their purchase during per ods of high interest rates. Delay ing the purchase of a home no mally adds to the eventual co of a home.

Another contention is tha variable interest rate mortgage would provide thrift institution with the earnings needed to com pete more effectively for saving deposits, particularly durin times of tight money. This coul mean more money for mortgage during periods when most othe lenders are cutting back on mort

continued on page 12

Gorham makes today a beautiful day for Pewter.

The ageless charm of real Pewter... now with the mellow glow of a distinctive hand-polished patina that only Gorham artisans could achieve. In tableware of classic elegance and timeless beauty that only Gorham could design. Truly a new generation of Pewter to enhance the full beauty of this timeless metal. Every magnificent piece a Gorham Original... in real Pewter that is unmistakably Gorham.



From the Gorham Collection of Pewter Flatware—Place Forks in a distinctive hand-polished, satin patina, perfectly matched with stainless steel tines. Shown above, left to right: Cape Ann, Kambara and Octette designs. $30 for a four-piece place setting.
In addition the Gorham Pewter Collection includes a wide variety of decorative and serving accessories as shown above, ranging from a graceful Water Goblet at $25 to a magnificent 3-piece Coffee Service at $140. Prices subject to change without notice.

unmistakably Gorham

ORIGINALS IN STERLING, CHINA, CRYSTAL AND PEWTER

VEGA WAGONS. ECONOMY PLUS FAMILY ROOM.

Many families like the idea of an economy car but find they need more room. To these families Chevrolet offers Vega wagons, which in turn offer them room for four plus generous space behind the seats for groceries, camping gear, luggage or what have you.

Economy you can grow with.

You get a choice of two models, basic Vega or Vega Estate. Both offer seating for four with comfortable highback buckets in front, a 3-speed manual transmission (4-speed manual and automatic available) and cut-pile carpeting.

In addition to the standard interior there are three others available, including a Custom cloth and vinyl choice.

Vega Estate has simulated wood paneling down the sides and on the liftgate, and comfortable touches inside.

The rear liftgate opens on 50 cubic feet of load space with the second seat folded flat.

To the basic Vega or Vega Estate you can add an available GT package with sport suspension; the 2-barrel, 4-cylinder engine; special instrumentation; special 13 x 6 GT wheels with trim rings, and other sporty accents.

Based on EPA figures, no U.S. wagon gets better mileage.

Figures published in the EPA Buyers' Guide for a Vega wagon with an available 4-cylinder, 140-cubic-inch, 2-barrel engine are 21 mpg city test, 29 mpg highway test. No American-made wagon tested got better mileage.

Maintenance savings of about $240.

Comparing the 1975 Vega wagon and the '74 model projected over four years of average driving (50,000 miles) points out some operating economies.

While parts and labor costs will vary throughout the country, we've used current list prices for parts and a figure of $11 an hour for labor and found that a '75 Vega wagon using unleaded fuel could save about $240 in parts, lubricants and labor over the '74 model using leaded fuel (if you follow the Owner's Manual for recommended service).

Vega wagon with room for four. It offers economy plus utility. Now *that* makes sense.

BEAUVILLE SPORTVAN

SILVERADO SUBURBAN

CHEVELLE MALIBU CLASSIC ESTATE

CHEVROLET CAPRICE ESTATE

FROM CHEVROLET, AMERICA'S FAMILY STATION WAGON BUILDER.

Being America's Family Station Wagon Builder means offering wagons for all kinds of American families. And we do.

Think about your family size and transportation needs and pick the Chevy wagon that goes along with them.

All 1975 Chevrolet wagons and Series 10 Sportvans and Suburbans are designed to help reduce costs for recommended maintenance compared to last year's models.

CHEVROLET

The full-size Chevrolet comes in 2- or 3-seat models. Glide-Away tailgate, power steering and brakes, Turbo Hydra-matic transmission, GM-Specification steel-belted radial ply tires and a 400-cu.-in. 4-barrel V8 engine are standard.

On 3-seat models the third seat faces forward, with storage behind the seat back. And the seats flip down quickly from a single position at the right rear door. There's a choice of series: Caprice Estate, Impala or Bel Air.

CHEVELLE

A mid-size Chevelle wagon has plenty of room for most families. It comes in 2- or 3-seat models. The tailgate lifts up and out of the way.

On 3-seat models the third seat faces rearward. And swing-out rear quarter windows provide added ventilation.

Turbo Hydra-matic transmission, 350 V8, power steering and brakes and steel-belted radials are standard. Choices: Malibu Classic Estate, Malibu Classic or Malibu.

SPORTVAN

This is the wagon for families who carry a good-size group more often than not. It seats five with standard seats, and all the way up to 12 with available seats. Or holds up to 260 cu. ft. of cargo with rear passenger seats removed. That's close to three times what many station wagons hold. The sliding side door needs only 4½ inches clearance.

SUBURBAN

Chevrolet's towingest family vehicle. It's built on a tough truck frame, yet has a comfortable wagon interior. Suburban can be ordered with seating for three, six or nine. With rear seat removed and center seat folded, there's plenty of room for cargo—actually half again as much as many station wagons.

Also available is Chevrolet's Blazer, a go-almost-anywhere 4-wheel-drive sport vehicle. It gives you plenty of ground clearance for off-roading, yet the entryway is low. Blazer can seat up to five with available passenger front bucket seat and rear bench seat.

CHEVROLET MAKES SENSE FOR AMERICA

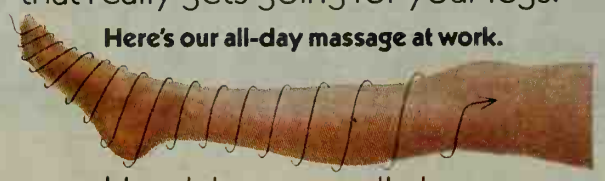
Chevrolet

YOU'LL GO A LOT FARTHER WHEN YOUR LEGS HAVE SHEER ENERGY.™

OUR PANTYHOSE HAVE ALL-DAY MASSAGE.

Days seem shorter and your steps seem longer when you've got Sheer Energy. Because our pantyhose have an all-day massage-like action that really gets going for your legs.

Here's our all-day massage at work.



Here's how our all-day massage happens. First of all, we use our Springknit™ Yarn (it's specially made to feel really springy on your legs). Then we knit it in a special way. Starting at your ankles, our yarn hugs your legs closely, gradually widening as it goes up to hug the shape of your legs perfectly. It's this springy, hugging action of Sheer Energy together with the movement of your legs that causes our all-day massage-like action.

Sheer Energy look lively too, in the latest leggy shades like Coffee, Nude, Suntan, Taupe, Black. They're sheer and soft, but strong enough to take a lot of wearing.

Now the only thing that's not energetic about our pantyhose is the price – only $2.99* at the L'eggs® Boutique. Size A fits most women 5'0" to 5'4." Size B fits most women 5'5" to 5'9." Just look at the height-weight chart on the bottom of the package to find your size. Sheer Energy. Get it going for your legs.

*Fair trade price in those states where allowed by law

continued from page 8

Finance a hou

gage loans.

A similar possibility is a negotiable" mortgage, whic the customary method of fin ing a home in Canada. U this arrangement, borrower lender renegotiate the int rate and perhaps other term the mortgage contract aft given number of years, gener every five years. The new int rate can be either higher or l er, depending on the current of money. If the borr doesn't like the revised int rate, he is free to shop for a b deal elsewhere.

Even if efforts to attract m money for mortgages are t and proven successful, there i guarantee that more money immediately translate into ch er money. Buying a home is going to be expensive. But t may be ways to make the exp more bearable—and, thereby make the purchase of a h more affordable.

One such suggestion is a m gage that enables the borrow tailor his monthly paymen changes in his income. A yo family with a moderate inc might begin with monthly ments that contribute little nothing to building equity. t increase the payments—and gin accumulating equity- family income rises.

Under a proposal by prominent economist, a ho owner's total monthly payn would automatically increas five percent each year. principal and interest could variable, reflecting the cur cost of money.

Another possibility is a m gage that calls for *interest* for, say, the first six or s years. After that time, the b would presumably be able to ford larger monthly payment

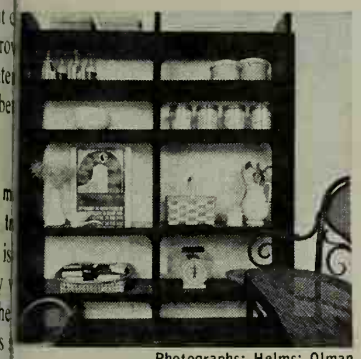
Still another proposal is mortgages be devised so that borrower amortizes only the of his home—not the cost land. It's argued that the will remain, and perhaps be more valuable, after the h has depreciated.

Some of these ideas m work and some might not. tainly no one is suggesting any of these should be the way to finance the purchase home. The point is that h buyers should have a *choic* mortgage contracts.

And why not? After all, can pay in a variety of ways almost everything you buy t —except a house. ■

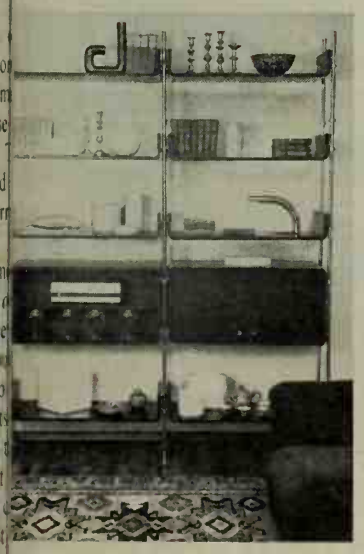
ore-bought
elving—sleek
d versatile

"modern is cold" cliché cer- doesn't apply to these next American-made European ns. Both are easy to assem- have adjustable shelves, and work as freestanding divid- Since they are made up of patible components these es can be arranged (and re- nged) to suit your fancy.



Photographs: Helms; Olman

ded in Cycolac ABS (a blend sins noted for strength, dura- , and luster), these shelves available in a rich brown or e. There are six components h can be put together in var- ways to form a wall of es, a corner system, or just ngle étagère. We've shown a dard double-shelf package h sells for $275, but you can separate components to cre- your own design.

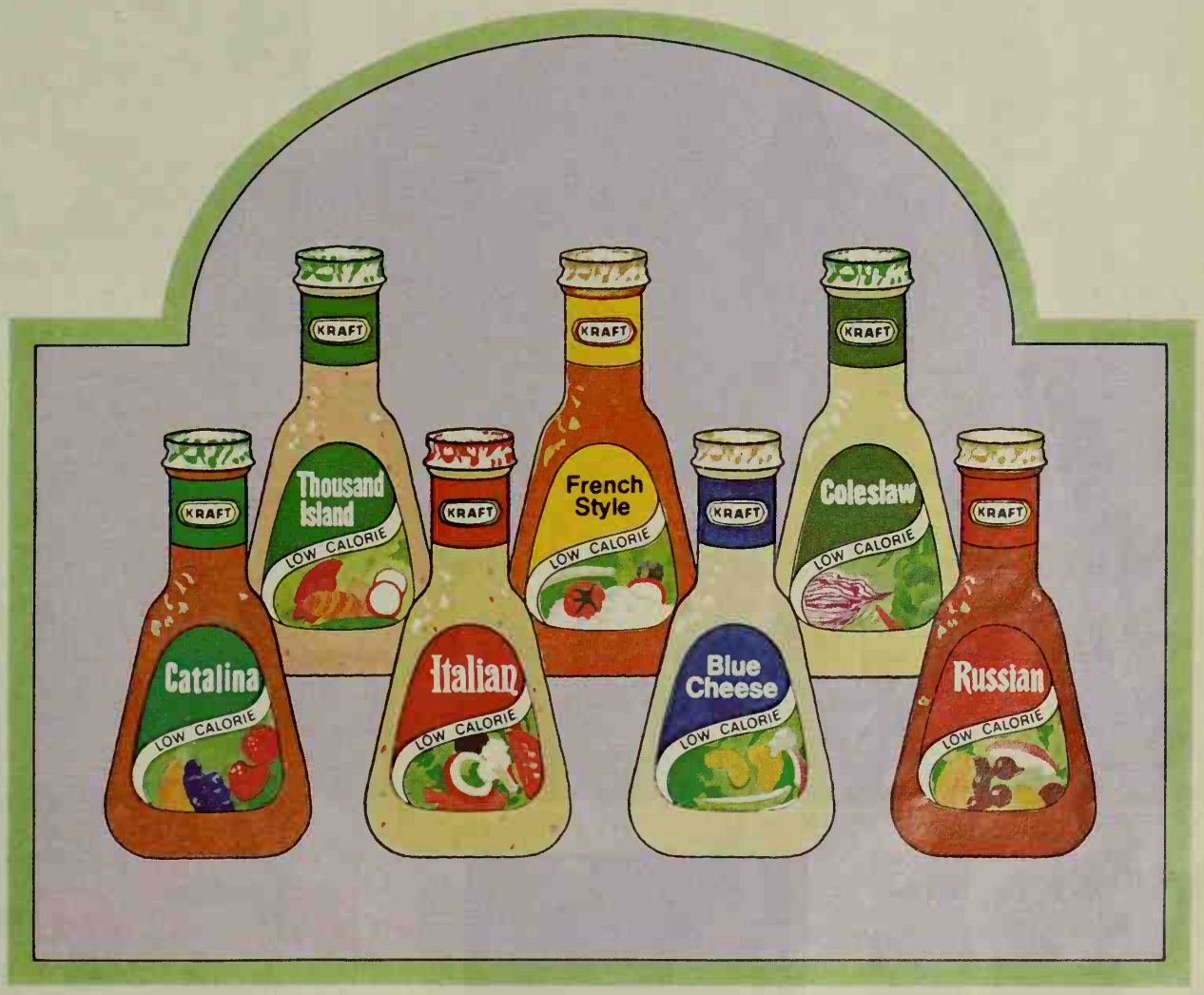


s wall unit collection reflects renowned expertise of West man technology. A system of rchangeable elements, it con- of individual cabinets and ves in brown or beige that are nted between a frame of me tube. The cabinets, also red as individual units on arate bases, are 35½ and inches wide and 17¾, ½, and 53 inches high. Depth ll units is a consistent 15¾

tinued

The Seven-Day Wonder

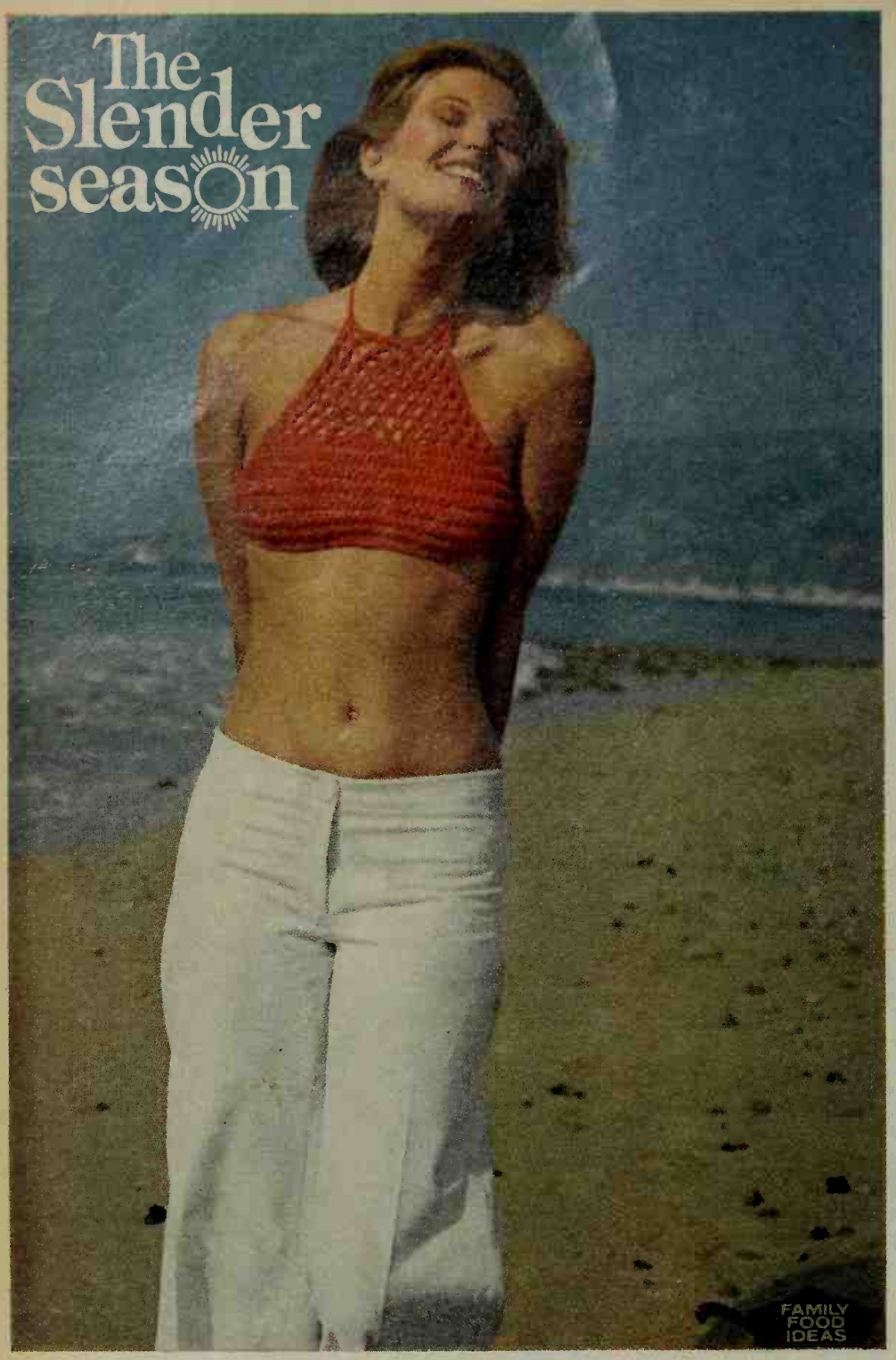
KRAFT HAS A DIFFERENT LOW CALORIE DRESSING FOR EVERY DAY OF THE WEEK.



A flavor a day to keep temptation away. And the wonder of it is, that by the time you've tasted each one of those fabulous flavors, you've made it through a whole week of smart eating!

KRAFT
Division of
Kraftco Corporation

At Kraft we think salads ought to be fun.



Slender is for taking it off and keeping it off.

Any time you're serious about slimming down—that's the time for Slender. Just 225 calories, mixed as directed with the substantial nutrition of milk or chilled from the can. And it really *works*. So ask your doctor and get Slender. Any season is the Slender season.

Slender diet food for weight control. Carnation Company, Los Angeles, California

Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 112 for this shopping information.

continued

Store-bought shelving

inches, and the chrome tubes are 44, 82, or 98 inches high. The system can be used as a fixed wall unit by moving the top shelf and mounting it flush with the ceiling. The two 35½-inch bays shown would retail below $740.

Fixed but flexible

Pole and attached-to-the-wall systems give you a built-in look with all the mobility of the more usual shelving units. The two shown here require some know-how to put together. In fact, we recommend you invite a friend over the day you decide to assemble the modules. We assure you, however, that the end results will be well worth the effort.

Paul Cadovius is one of Europe's most distinguished designers and his Cado System is justifiably recognized as a fine example of architectural shelving. Here we show two bays of the Cado system in oiled walnut. The group, which includes various other storage, drawer, and shelf units, is also available in teak, oak, or rosewood with back panels (as shown) or with matching vertical strips. All units are based on a 31½-inch module. The unit pictured would sell for approximately $1,000.

A classic pole system like this is probably the simplest way to get that wall-to-wall built-in look without remodeling a whole wall. The all white, stain-resistant vinyl laminate units are suspended between bright anodized aluminum poles and feature chrome hardware. In addition to the special storage units shown, this system-to-grow-with includes closed and open cabinets, drawers, narrower shelves, and a table. In one wall of this versatile system you can have a compact office, an entertainment center, library, dining room, dresser storage, or even kitchen work space—in fact four rooms in a wall. The three bays here cost about $500.

Quick and low-cost

If you're the eager type, instant shelving from your friendly neighborhood lumberyard or office supplier is for you! These units need at the most a Phillips screwdriver and a little patience to assemble. In the hands of a creative homeowner, the variety of shelving possibilities is infinite. They don't cost a bundle and with a slick new finish will work as well in a living room as a playroom.

This knock-down shelving system requires no tools, no screws, and no glue. You can put it together in minutes and go as high as your ceiling or as wide as your floor. The system is available in several designs (ours is "rope"), and has four parts: the vertical spindle (in two sizes, 15-inch and 12-inch), a finial which doubles as a foot, shelves and connectors. Shelves of course, can be ordered in any size with holes drilled by your lumberyard, or you can do it all yourself. We've shown the system unpainted with three 36-inch shelves and 15-inch spindles. The cost for this unit is about $60 but if you're a smart shopper you can find the vertical pieces (not the shelves) discounted.

continued on page 110

Mycentennial?

That's right. The Bicentennial belongs to every American family.

And it's a lucky thing the Bicentennial is coming along now when we need it most. When the American concept, the American dream is being questioned both at home and abroad.

But don't try to do a big selling job on your kids. Don't try to tell them why it's great to be an American.

Instead, take them where they'll be able to see, feel and understand it for themselves. Back to where it all began 200 years ago. To the Bicentennial. In Pennsylvania.

And what a grand and glorious happening it's going to be. A patriotic-historic adventure for the entire family.

Right now, before you start doing something else, send the coupon. You'll receive, free, a "Bicentennial Package" telling all about the great things your family will experience, enjoy and remember at the once-in-a-lifetime Bicentennial in Pennsylvania.

Travel Pennsylvania 1976
Room BHG3
South Office Building
Harrisburg, Pennsylvania 17120

My family wants to go back to 1776.
Please send me your free "Bicentennial Package."

Bicentennial Pennsylvania 1976

So your children can tell their children.

Name _____

Address _____

City _____

State _____ Zip _____

Milton J. Shapp, Governor

New Tastier Tasting Tender Vittles.
It'll even get those Holdouts.

For all those Holdouts... those really tough problem eaters who are still playing hard to get, we introduce *new tastier tasting* Tender Vittles. The beef variety is richly flavored with real meat. The others with real fish or poultry or liver.

Tender Vittles, the delicious moist meal in a pouch, is now even more delicious.

Beverly blew her lid over the *new tastier tasting* liver flavor.

Amelia was a closet cutie until she came out for the *new tastier tasting* beef flavor Tender Vittles.

Charleton thought a lot of food was for the birds. But with the *new tastier tasting* seafood flavor, he goes cuckoo.

Purina Tender Vittles.®
Real meat flavor
with a *new tastier taste.*

For your pet's health see your veterinarian annually.

Faulty furniture: who's to blame?

Whose fault is it when you buy a new chair or sofa and it doesn't live up to your expectations in quality, performance, or wear? Is it the manufacturer's fault? The store where you bought it? Or could it be yours? Here, Bette Clemens, the Director of Consumer Affairs for the Council of Better Business Bureaus, Inc., throws some light on these and other important consumer questions.

Traditionally, we consumers lay the blame for inadequate product information and substandard product performance squarely at the door of the manufacturer or dealer.

Sometimes that's exactly where the blame belongs. And sometimes it isn't. We as consumers have a responsibility to gather all the product information we can before making a buying decision. The manufacturer and/or retailer is responsible for providing us with information we can understand and rely on as being true and accurate. It's when this chain of responsibility is broken that problems arise.

No one has a better idea of the scope and source of consumer dissatisfaction with all kinds of products than the Council of Better Business Bureaus, the national center of the Better Business Bureau system. A large number of the consumer problems that the Council keeps track of nationwide pertain to the home furnishings field. It is, as a matter of fact, the Bureau's third-ranking complaint area, following only mail-order and automobile complaints.

Most complaints arise when a product doesn't live up to our expectations of what it should do, how well it should wear, etc. Sometimes it's the advertiser's fault for developing and supporting unrealistic expectations of product performance. Sometimes it's our fault for not doing our homework, for not taking advantage of the information aids that are available.

Recently, I moderated a panel made up of consumers who had purchased furniture within the last few years. This is what I learned of their problem areas when buying furnishings:

- They do not consider salespeople to be adequate sources of information about products.
- They feel that fabric durability standards for upholstered furniture should be clear and relevant; that the standards suggested by the industry (i.e., light duty, heavy duty, etc.) should be related to expected use. The panelists suggest that labels should read "Heavy duty: suitable for families with growing children," or "Light duty: suitable for use by adults only."
- Upholstered furniture, the panelists believe, should carry permanent care labels, complete with cleaning instructions.
- They also would like to see more facts used in advertising. How big is the advertised sofa? What does "stain resistant" really mean?

It's interesting that the complaints received by Better Business Bureaus reflect the suggestions of the participants on my consumer panel. It was agreed by the panelists that steps should be taken to improve:

- Product quality and performance.
- Unsatisfactory service.
- Advertising and selling practices.

It's clear that some of these complaint areas could be eliminated by knowing the right questions to ask, and having a place to ask them. Others are outside the scope of immediate action, and may not be solved by providing information. In the meantime, I've made myself a little checklist to use the next time I shop for furniture. You might want to use it, too.

—Let the reputations of the manufacturer and the retailer be important factors in your buying decisions. If you're not sure about a particular store, call the Better Business Bureau in your area to find out if there's a record of consumer complaints.

—Before you enter a store, decide on the size of the sofa, chair, or table that you're looking for. Before you buy, be sure to ask for information about fabric, construction, and cleanability. Also ask about warranties and service.

—Refuse to buy from any retailer who cannot or will not supply the information you want.

More and more manufacturers and retailers are taking steps to provide shoppers with the information they need to make wise buying decisions. It's *our* responsibility as consumers to use this information well. ■

FREE!

Buy any 2 Hefty® products, get a package of Hefty Food Bags Free! See Coupon.

Hefty. The strong dependable bags. Guaranteed quality. Hefty gives you the right size-bag for every use.

MFB

FREE!

The super strength of Double-Wall Quilting.

Please send me a store redeemable coupon good on a free package of any size Hefty Food Bags. I want the double walled bag with insulating air bubbles, that protects against freezer burn and is so strong that it's reusable again and again.

I have enclosed two proof of purchase seals from any Hefty product.
Mail to: Hefty, P.O. Box 21044; El Paso, Tex. 79977.

Name _____

Address _____

City _____ State _____ Zip _____

Offer expires July 31, 1975. This coupon must accompany your request. Limit: One per family. Allow 4-6 weeks for fulfillment.

Mobil Chemical
CONSUMER PLASTICS DEPARTMENT
Macedon, New York 14502

© Mobil Oil Corporation, 1975

ZESTY

CORN-CRISPED CHICKEN

Make it the quick 'n easy Dip, Roll, Bake way using Kellogg's Corn Flake Crumbs and Kikkoman Soy Sauce.

Have ready—3 lb. frying chicken pieces. Clean and pat dry.

DIP chicken in mixture of 1 egg beaten with ¼ cup KIKKOMAN* SOY SAUCE.

ROLL dipped chicken pieces in 1½ cups KELLOGG'S® CORN FLAKE CRUMBS. Place in single layer, skin side up, in well-greased or foil-lined shallow baking pan.

BAKE in oven at 350° F about 1 hour or until tender. Do not cover pan or turn chicken while baking. Serve with additional Soy Sauce, if desired.

YIELD: 6 servings

®Kellogg Company
Copyright 1975 Kellogg Company
*Reg. U.S. Pat. Off., Kikkoman International, Inc.

Cheese-and-bacon whole wheat waffles

Buying information, page 112

Photographs: de Gennaro; Die

Daniel Sutton of Hollywood, California, is a confirmed breakfast booster, and he wins a lot of converts with his Cheese-and-Bacon Whole Wheat Waffles. According to Dan, he's been cooking breakfast since he was a child when his parents sat back and enjoyed it. Now that Dan, a budget administrator for the National Broadcasting Company, has his own home, he's introduced specialization into his kitchen. Dan's cooking continues to center around imaginative foods for breakfast, while his wife Linda concentrates on some extraordinary dinners.

Dan dreamed up his waffle creation a few years ago during a camping trip. "I discovered I was most resourceful at providing a good breakfast with whatever ingredients we had available." The results were these flavor- and energy-packed waffles that need no added syrup or jam—just a pat of butter. For an even heartier breakfast, top each serving with thin tomato slices and a poached egg, and set a bowl of fresh citrus fruit sections alongside.

CHEESE-AND-BACON WHOLE WHEAT WAFFLES

1½ cups all-purpose flour
½ cup whole wheat flour
3 teaspoons baking powder
½ teaspoon beaumonde seasoning

• • •

3 beaten egg yolks
1¾ cups milk
¼ cup cooking oil
1 tablespoon snipped parsley
1 tablespoon snipped chives
1 teaspoon worcestershire sauc
1 cup (4 ounces) shredded natural cheddar cheese
6 slices bacon, crisp-cooked, drained, and crumbled
3 stiff-beaten egg whites
12 thin slices tomato (optional)
6 poached eggs (optional)

In mixing bowl, stir together dr ingredients. Combine egg yolk milk, oil, parsley, chives, and wo cestershire. Add to dry ingred ents; mix well. Stir in cheese an bacon; fold in egg whites. Bak batter in preheated waffle bake according to manufacturer's d rections. Top each serving wit tomato slices and a poached eg if desired. Makes 6 servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

With Keller, the only thing you have to worry about is whether you'll hold up as well as the furniture.

Those four little bundles of five-year-old energy could be the death of your dining room furniture.

Unless, of course, it's Keller.

Because all the ice cream and cake a five-year-old can dream of won't hurt a Keller table's Armor-Gard® finish. A surface that's scratch-resistant. Heat-resistant. And tough enough to stand up to the birthday boy and every friend he's got.

And except for that tabletop, Keller furniture is made entirely from wood. Real wood. Handled with skill and concern and an eye to making sure it lasts.

It's that kind of durability that keeps Keller furniture looking beautiful. Year after year after year.

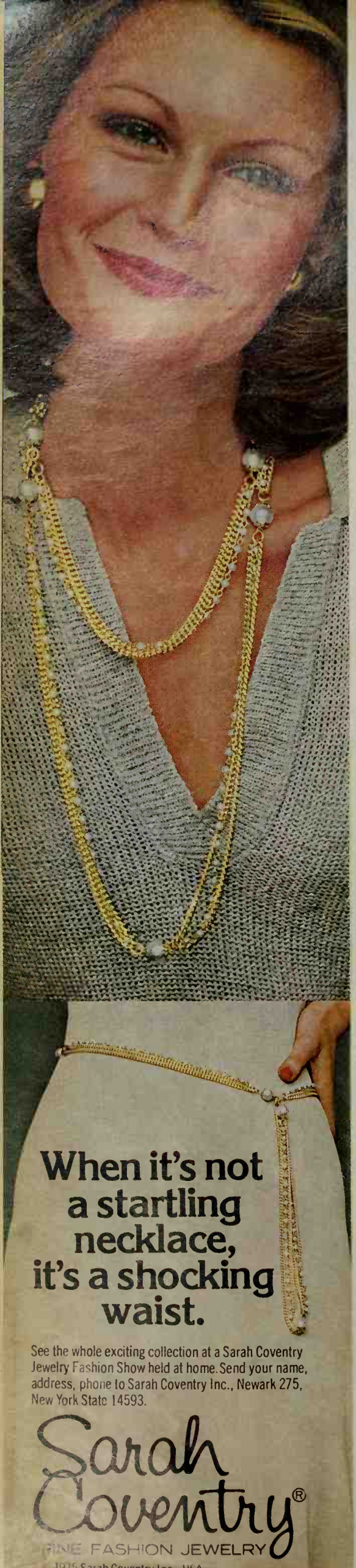
So take a look at Keller. The dining furniture that can take it. Even when you can't.

It's more than just dining furniture.

It's KELLER

Keller Mfg. Co., Corydon, Indiana 47112. Estab. 1895

For the name of your Keller dealer, call 800-447-4700. In Illinois, 800-322-4400.



When it's not a startling necklace, it's a shocking waist.

See the whole exciting collection at a Sarah Coventry Jewelry Fashion Show held at home. Send your name, address, phone to Sarah Coventry Inc., Newark 275, New York State 14593.

Sarah Coventry®
FINE FASHION JEWELRY

1975 Sarah Coventry Inc., USA

See page 46

Fabrics you can print

Estimating fabric: You will need to estimate how much fabric is required for the project you've selected and then increase or decrease the materials listed for each type of printed fabric accordingly. For example, if you need 8 yards of mushroom-printed fabric, double the amounts of fabric and paint listed under materials for mushroom-printed fabric.

If you're unable to determine how much yardage you need for your particular project (such as a slipcover, draperies, or a bedspread) check with an upholstery shop or a drapery and bedding department. Most have charts available listing standard measurements for a variety of home furnishings. And most upholstery or home-sewing books contain chapters on how to estimate fabric.

Framed flower print

Materials: ½ yard 36-inch muslin; 2-ounce jars of green, yellow, orange, and purple textile paint such as Versatex (see Buying Guide); ½-inch soft-bristle paintbrushes—one for each color; masking tape; paper towels, waxed paper; old sheet and rags.

1. Iron the muslin and with masking tape mark off a border so that the picture area measures about 16x34 inches. Limit your printing to the area inside the tape—the excess fabric is needed for framing.
2. From the garden, fields, or florist, select an assortment of flowers, leaves, and wild grasses. You'll want to have on hand several of each variety, since they are fragile and many will last only a few printings. We used single hydrangea flowerettes (alternatives—wild mustard, small marigolds); penstemon (or wild poppies, Iceland poppies, snapdragons); verbena; wild grasses and leaves; marigold and chrysanthemum leaves.
3. Lay muslin out on old sheet. Tear off a piece of waxed paper for each color paint you use and tear off several pieces of paper towel.
4. Print all of the tall grasses for the background first, then the leaves, and finally the flowers. Print only one color at a time and print flowers and stems separately, mixing and matching as desired.
5. Lay each flower, leaf, or grass on the waxed paper and spread evenly with paint (you may want to mix several colors of green as we did for our print). Position the painted side of the grass on the muslin. Lay a piece of paper towel over it and press firmly. Remove grass and towel, and the imprint will remain on the muslin. You can use both sides of the flowers and grasses but the backs of the leaves, where the veins protrude, print best. Be sure to use a fresh or completely dried piece of paper towel for each printing, as any excess paint on the towel will reprint on your muslin.
6. Allow your finished print to dry thoroughly, then remove the masking tape. Iron to set paint.
7. Center print on a 16x34-inch piece of heavy cardboard or thin board. Glue or tape excess fabric to back of cardboard. Insert into frame of your choice.

Mushroom-printed fabric

Materials: 4 yards black or green cotton-blend broadcloth (any width); 4-ounce jars of black and white textile paint such as Versatex (see Buying Guide); 2½-inch soft-bristle brushes; an old sheet; a dozen mushrooms.

1. Trim fabric so it is even at the end where you plan to start printing. Press out center crease. Fasten the old sheet to your tabletop or work surface to absorb any excess paint. Lay out fabric on top of this allowing the excess yardage to hang over edge.
2. Select at least a dozen mushrooms—half of them long and slender, the other half short and squat. Slice each mushroom in half lengthwise and allow to dry thoroughly (about an hour). Your vegetables must be dry when you begin to print so they won't slip out of your hand. As mushrooms are very fragile, you'll need several for each printing.
3. You may wish to lightly pencil-mark the edges of your fabric at intervals to help keep your rows straight. A yardstick is also helpful, but don't let it smear wet prints.
4. You will be printing in this order: a row of tall mushrooms standing up, a row of short mushrooms on their side, heads to the left, a row of tall mushrooms upside down, and finally, a row of short mushrooms on their side, heads to the right. Repeat. Allow an extra ¼ yard of fabric to practice on, and then begin printing.
5. Take your first mushroom and spread the sliced side with paint, evenly but not in excess. By controlling your pressure you can get 2 or 3 prints before spreading more paint on the mushroom.
6. As you print, move the fabric over the table on the side across (away) from you. Be very careful not to let the fabric fold over itself and smear, since the paint can take up to two hours to dry. When paint is thoroughly dry, iron the fabric to set paint. A little unevenness in the rows is to be expected.

Corncob-printed fabric

Materials: 3 yards rust brown or burnt orange cotton-blend broadcloth (any width); 4-ounce jars of black and white textile paint such as Versatex (see Buying Guide); 2½-inch soft-bristle brushes; an old sheet; 4 ears of corn.

1. Purchase four similar ears of corn, checking to make sure the rows are even and free of flaws. Strip off husks, remove all silk, wash, and let dry. We found that fastening corncob holders in the ends made the corn easier to print.
2. Prepare your fabric by trimming the top edge where you plan to begin printing so that it is even. Press out the center crease. Place fabric, side to be printed face up on top of an old sheet which you have fastened to your table or work surface to absorb excess paint. Let exces yardage extend over edge ont floor.
3. Use the first ¼ yard of fabric t practice on.
4. Begin printing by completel covering the first ear of corn wit black paint. Carefully roll it dow the fabric lengthwise until the pai runs out (we found that one ear wi print about 12 inches). Print a ro across the fabric in this manner an start a new row until you hav printed the entire fabric.
5. When you've completely covere the fabric with black corncob print ing, let the fabric dry thoroughl (make sure the fabric does not fol over on itself and smear). Begi printing over the black by coating new ear of corn with white pain and printing in rows sideway across the fabric on top of the blac (the black is printed up and dow lengthwise on the fabric and th white is printed side to side width wise on the fabric).
6. Allow to dry; then iron.

Apple-printed fabric

Materials: 2 yards of heavy yello cotton blend such as sailcloth (an width); 2 ounces red textile pain such as Versatex (see Buying Guide and smaller amount of fluorescen pink mixed with white to lighten 2½-inch soft-bristle brushes; an ol sheet; two well-shaped apples.

1. Trim your fabric evenly acros the top to ensure even rows of print ing. Press out the center crease Fasten an old sheet to your work table to absorb excess paint and la your fabric on it printing side up excess yardage hanging.
2. Slice an apple evenly in half an allow to dry out about 1 hour. Pul off stem and spread apple evenl with red paint. By controlling you pressure, you should be able to ge 2 or 3 prints from the apple befor you must reapply the paint. Us ¼ yard of fabric to practice on (To help you keep your rows even you can make marks with a penci at intervals along the edges.)
3. Begin by printing one row o apples right side up. Then print row of apples upside down (botton of apples will face each other. Al low about 1½ inches between thes double rows for leaves to be printe later. We placed a yardstick in th 1½-inch space to keep it even. Now print another row of apples righ side up and a row upside down Print all of fabric in this manner.
4. After the apple prints are dry you're ready to go back and prin the leaves. Mix a good supply o pink paint with a little white t lighten it.
5. Go outdoors and select at leas six small rounded leaves about 1½ inches long. Lay the leaves o waxed paper and carefully spread the paint mixture on the back sid of the leaf to bring out the veins Place the leaf on an angle to th right of the top of the right-side-up apple, and to the left of the upside down apple. With a dry piece o paper towel press firmly on the lea to print it. Using a dry towel each time to avoid getting excess pain on fabric. Let dry and iron.

continued on page 34

Congoleum®

The most o-wax cushioned oors in your color. Like 22 in Blue.

And this blue is all new. It's just one of the Prestige collection, based on authenticated designs from the many lands that have made up the heritage of America.

These inspired designs feature the convenience of all our no-wax, Shinyl Vinyl® floors, and the comfort of cushioning. A no-wax, Shinyl Vinyl floor stays fresher looking longer, usually with just sponge mopping. In time, a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred.

See this great new collection and choose your floor in your color. Find us in the Yellow Pages under "Flooring".

Pattern #45001 shown.

Consumer Action Panels: How they work for you

By Virginia H. Knauer, *Special Assistant to the President for Consumer Affairs.*

My office has just completed a survey of the complaints coming into 158 state and local consumer offices across the country, and we've found that furniture complaints fall within the "top ten" category—right along with automobiles, major appliances, and misleading advertisements.

We recognize this as a serious problem. After all, furnishing a home is a major expense, and you expect most furniture you buy to last a lifetime. Unfortunately, this isn't always the case—especially if you're among the majority of people who make their furniture selections primarily on the basis of price and visual appearance. Unless you know what to look for in terms of construction, materials, wearability, and durability, *or* unless the manufacturer provides you with this information, you run the risk of winding up with something you didn't bargain for—perhaps a $500 sofa that starts to sag after two months of normal use.

In the past, if you had problems with the furniture you bought and the retailer declined to act on your behalf, you didn't have much, if any, recourse. Today, happily, there are several fruitful avenues for resolving your complaints.

To help those of you who can't get your complaints resolved by either the retailer or the manufacturer, my office has worked with several industries to establish consumer action panels, or "CAPs." How do these "CAPs" work? The machinery for each is slightly different, but the basic approach is the same. First, you bring your complaint to the dealer who sold you the furniture or appliance. If he or she can't settle your problem, contact the manufacturer. If that move also fails, write to the "CAP" involved which will work within the industry to resolve the complaint. Send copies of all bills, receipts, letters, and other documents to one of the following "CAPs":

- FICAP (Furniture Industry Consumer Advisory Panel), Box 951, High Point, N.C. 27261.
- CRICAP (Carpet and Rug Institute Consumer Action Panel), Box 1568, Dalton, Ga. 30720.
- MACAP (Major Appliance Consumer Action Panel), 20 N. Wacker Dr., Chicago, Ill. 60606.

If the "CAP" can't get the manufacturer to resolve the problem, it will meet to render an opinion, which you can present in court, if necessary. In the majority of cases, however, the decision of the panel will be heeded by the manufacturer.

In addition to resolving consumer complaints, these "CAPs" are important because they involve consumers in industry policy making and planning. On each panel, consumer leaders serve as advisers to the industry, giving the panel a direct line to consumer thinking. The "CAPs" are also working on the development of industry-sponsored consumer education materials to help you become a better and more discriminating shopper. The Consumer Action Panels share my opinion that information about how to buy and use a product—whether a carpet or a chair—isn't reaching enough consumers.

Also sharing this view is the Federal Trade Commission (FTC) which recently revised its guidelines on furniture labeling to provide you with more information, and a better description of the product you're interested in buying. Under the new guides, which went into effect in March, 1974, labels must be attached to the furniture which identify the actual materials used, including all the fibers used in upholstery. Thus, a table made with veneer (where a layer of quality wood is glued to a less expensive material) must be labeled accordingly; as must a "leather" chair that is actually made of vinyl. In addition, the new guides prohibit manufacturers from using the names of countries as descriptions. This means that if a piece of furniture was not actually imported from Denmark, the manufacturer can no longer call it "Danish" unless the qualifying word "style" or "design" is added.

This "little old lady" is a winner.

She's Mrs. Barbara Sartor, winner of the Silk & Silver® haircolor lotion beauty contest. After 18 years of marriage, and raising four sons, Barbara returned to college to get her B.A. and her M.A. And has successfully embarked on her new career as a Counselor of High School Education.

Barbara decided to let her hair go gray because she wanted to "be myself." She has no regrets.

To keep her gray hair beautiful Barbara uses Silk & Silver. She just shampoos it in. It colors away yellow without peroxide, evens out her different gray tones and adds silvery highlights. Lasts about a month. "I never thought gray hair could make me feel younger," she says. "But with Silk & Silver that's exactly how I feel."

Silk & Silver color lotion for enhancing gray hair from Clairol.

er, manufacturers may
bel furniture with terms
s "French Provincial" be-
he FTC believes that most
are aware that such terms
e a furniture style, and not
gin. For more information
the FTC furniture labeling
m, you can order a free
f "Guides for the House-
Furniture Industry" by
g to the Bureau of Consum-
otection, Federal Trade
ission, Washington, D.C.

ther way in which the Fed-
overnment is trying to close
nsumer "information gap"
making available a wide
of publications on con-
products. Through the
al Consumer Information
r, you can order over 200
nment publications—often
e. In the area of household
hings, for example, govern-
booklets cover topics rang-
m carpets and rugs to used
ure. In addition, my office
hes *Consumer News*, a bi-
ly newsletter on consumer
y within the Federal Gov-
nt which is designed to
you to new laws and pro-
regulations that might af-
ou. To get a free copy of
mer Information Index,
lists these important publi-
s, write to Consumer In-
tion, Pueblo, Colo. 91009.
ese new federal programs
mportant steps toward re-
g consumers' furniture
laints, and providing more
in your furniture shopping.
ver, the *only* way these pro-
s will work is if *you* use
To get the best results when
g home furnishings, keep
points in mind:

Look for and read the new
ture labels. On upholstered
ture, look for cleanability
performance information
will give you a better idea
w well the piece will wear.

Ask the retailer about manu-
rer's warranties, and com-
them before you buy. Presi-
Ford recently signed land-
legislation establishing fed-
standards for product war-
es. As a result, manufactur-
ill be required to disclose in
le, easy-to-understand lan-
e the terms and conditions
e warranty.

Look for hangtags on the
ture indicating that the
facturer supports FICAP.
dition, many manufacturers,
some retail stores are begin-
to make available useful con-
r information about the fur-
e they sell. Be sure to ask for
d study it.

• Use in-store consumer information aids, where available. These include books, brochures, and leaflets put out by manufacturers, industry associations, and others, such as the Consumer Information Center program described on page 114 of this issue of Better Homes and Gardens.

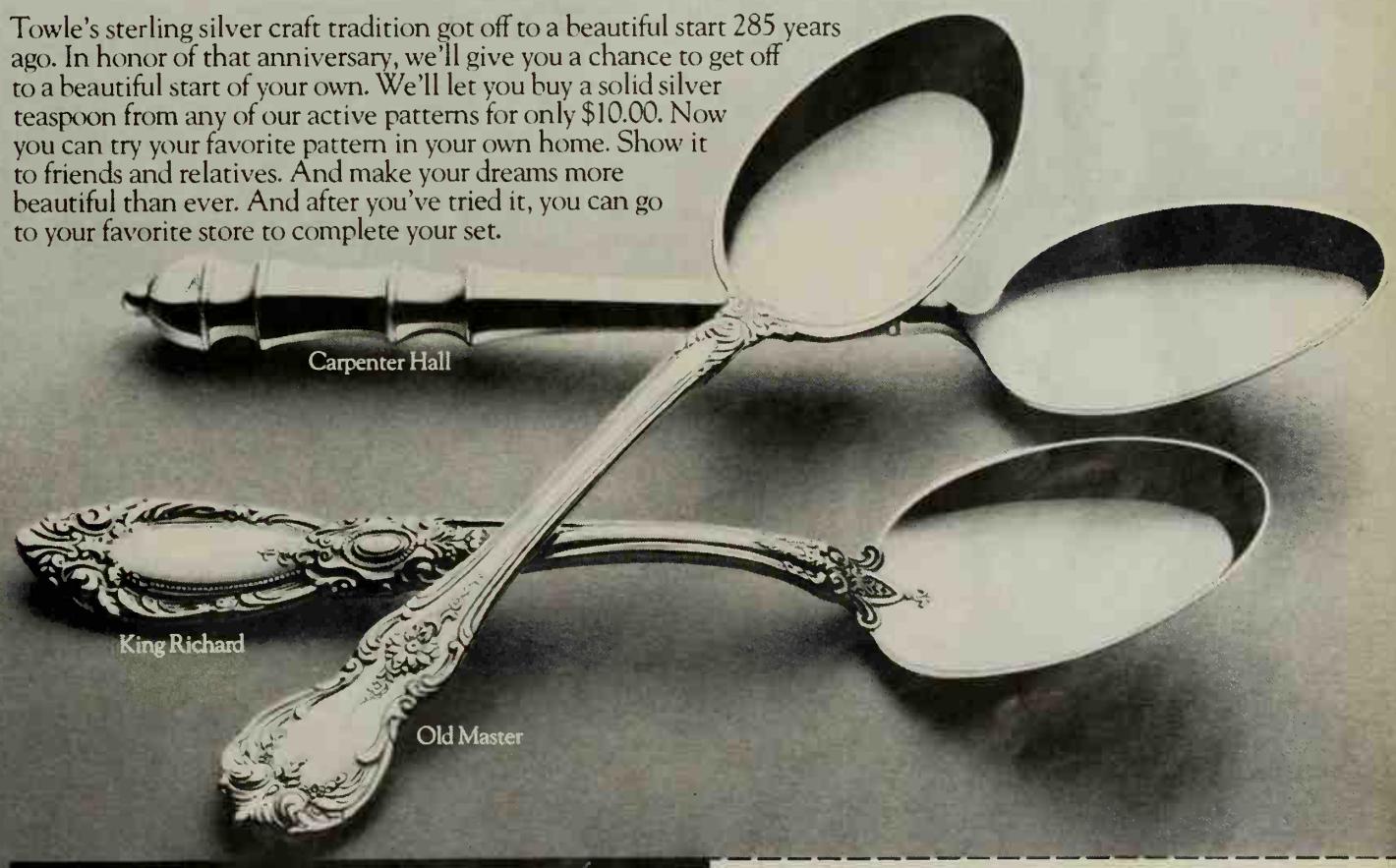
Using these steps, you'll be better equipped to select a good quality product, and to avoid the pitfalls that, in the past, have caused headaches and/or costly mistakes. ■

In celebration of the 285th anniversary of Towle's craft tradition.
In 1690, in Newburyport, Mass., William Moulton founded the Towle Silver Craft Tradition.

A more beautiful beginning for only $10.

Towle sterling silver teaspoons worth $20-$27. An extraordinary value!

Towle's sterling silver craft tradition got off to a beautiful start 285 years ago. In honor of that anniversary, we'll give you a chance to get off to a beautiful start of your own. We'll let you buy a solid silver teaspoon from any of our active patterns for only $10.00. Now you can try your favorite pattern in your own home. Show it to friends and relatives. And make your dreams more beautiful than ever. And after you've tried it, you can go to your favorite store to complete your set.



Towle.
The more beautiful sterling.

Please send me a solid silver spoon for only $10.
The pattern I want is: _____

Name _____

Street _____

City _____ State _____ Zip Code _____

This offer is limited to one teaspoon per customer. Send check or money order to Dept. BH, Box 1690, Newburyport, Massachusetts 01950. The $10 includes shipping and tax. Please allow four weeks for delivery. Orders must be postmarked no later than July 31, 1975.

Look ma, no fingerprints.

Over the years, we've talked to many women about refrigerators. And one point that almost always comes up is fingerprints on the door. So we decided to do something about them.

Now you can buy a Whirlpool refrigerator-freezer that has a textured steel door. It's strong. It's attractive. But best of all it's designed to minimize the fingerprint problem.

And if you don't believe us, go down to one of our dealers and put your hand on the door. You'll see what we mean.

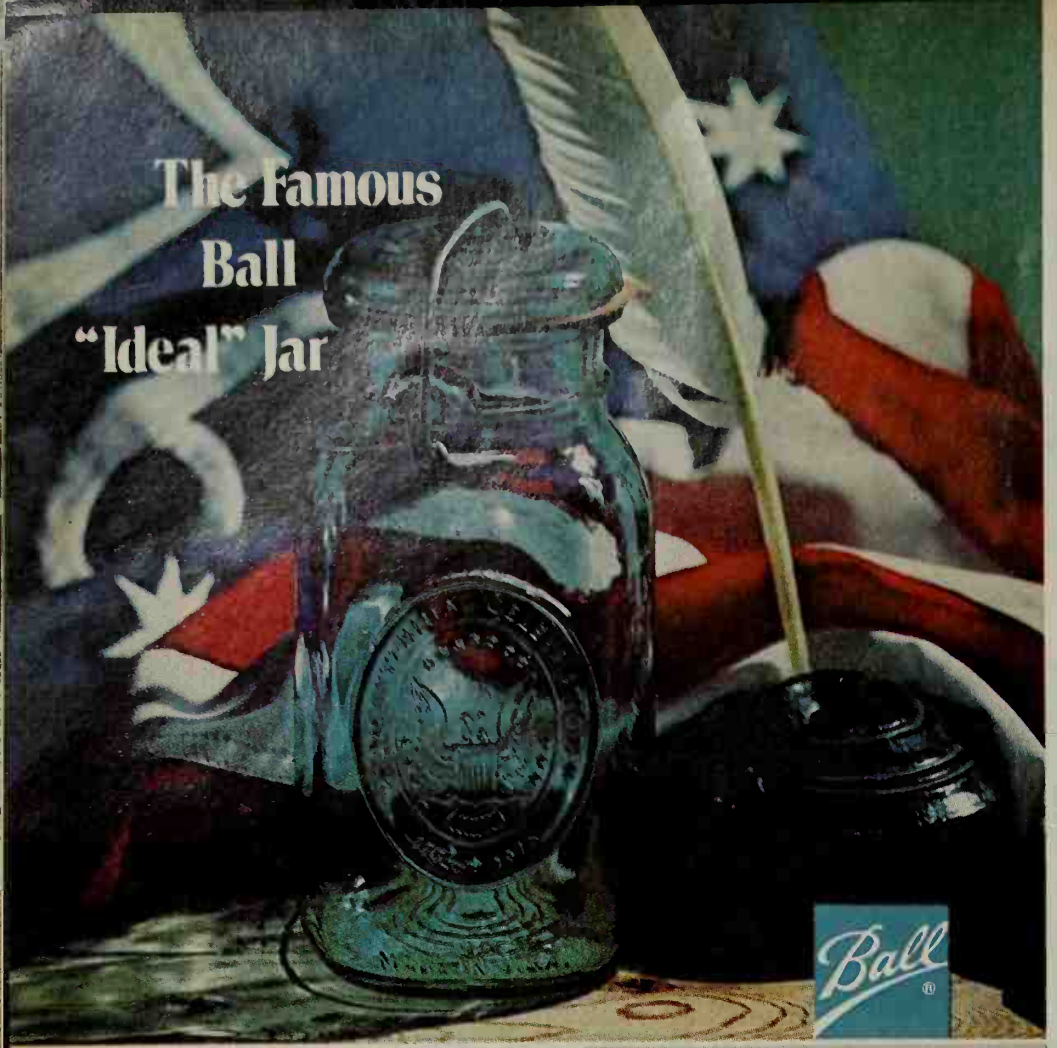
And of course that's just the beginning of all the benefits you'll enjoy with a new Whirlpool refrigerator-freezer.

Things like: Our Activated Charcoal Filter that helps control odor and flavor transfer from food to food. Handy adjustable shelves for convenient shelving throughout the refrigerator. Crispers with special humidity seals to help keep vegetables from drying out.The Whirlpool easy-to-clean, long-lasting porcelain enameled interior.

And when you combine these with everything else we offer, well, you're talking about one of the best refrigerators ever made.

Whirlpool
Home Appliances

We believe quality can be beautiful.



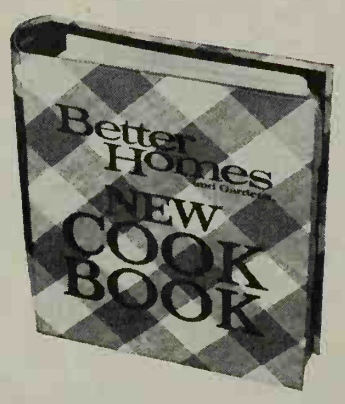
Your great grandmother probably found this beautiful Ball quart Jar "ideal" for preserving her garden bounty. Certainly the Ball Ideal Jar is woven into the fabric of our Nation's heritage, traditions and memories.

As a salute to our Bicentennial, Ball is recreating a limited edition of this beautiful jar. Each one is hallmarked with a special Bicentennial medallion.

You'll find the Ball Bicentennial quart Jar where you normally buy your home canning supplies. It's an authentic touch of nostalgia for a very special place in your home.

Beautiful with soap, great for terrariums, gift container for candy.

© 1975 Ball Corporation



Only $7.95

Why this is America's No.1 Cook Book

The Better Homes and Gardens New Cook Book contains more than 1,500 kitchen-tested recipes and 20 alphabetically-tabbed chapter dividers make them easy to find. In addition, 156 full-color photos show you what the finished dishes will look like. It's ringbound, so it lies flat on the counter and the rugged cover wipes clean in case of spills. Choose the Better Homes and Gardens New Cook Book . . . used by more homemakers than any other. Only $7.95. Wherever books are sold.

Ideas that make a difference

Better Homes and Gardens® Books

WHEREVER BOOKS ARE SOLD

Furniture buying: How to judge case goods

You wouldn't think of spending $500 or $1,000 on a plane ticket without knowing where you were going. Yet, you may find yourself spending that much and more on case goods (*un*upholstered furniture) with only the word of the salesperson that what you're buying is worth the money.

That's exactly why you shouldn't set foot in a furniture store until you know exactly what you want, where you're going to put it, and how much you can afford to spend. Most important of all, you should know what to look for in terms of quality construction, materials and workmanship.

Which one for your money

Just about any piece of furniture in any style you choose will be available in just about any price range. And there's a big difference between the bottom and top on most furniture price lists. It's up to you to determine the price that's right for your budget. Then compare the quality of merchandise available at that price, and select what offers the most for your money. Before you put on a price lid, study the ads, and do some comparison shopping to get a realistic idea of the prices you can expect to pay. Even at today's prices, it's possible to find well-designed, good-quality furniture at moderate prices.

Knocking on wood

Just because you're able to see the inside as well as the outside of most case goods doesn't mean it's easy to know if you're getting quality materials.

What looks like wood may not be wood—or not entirely. While some furniture is solid wood, some is wood veneer: some is molded plastic combined with wood; some is wood with machine-etched grain; and some is plastic, simulated by photo processing to look like wood.

Happily, new Federal Trade Commission (FTC) regulations are making it easier for you, the consumer, to know what you're getting when buying case goods. The rules call for makers to speak plain English (in ads, hangtags, permanent labels, consumer literature) that will lead, rather than mislead you with a jabberwocky of style and trade terms.

If something looks like something it isn't, it must be labeled "simulated." If composition isn't solid wood, the maker must specify "veneered construction." In the case of plastics that look like wood, the manufacturer must explain them as more than "molded components."

But all the labels in the world aren't going to help you unless you know what the terms mean. Here then, are some of the most common terms that you should be aware of:

Solid indicates that all exposed furniture surfaces (tops, side panels, and drawer fronts) are made of the solid wood named on the tag—without veneer. But wood on the inside may be different.

Genuine used with the name of a particular wood, walnut for example, means all exposed parts are made of walnut veneer over hardwood plywood.

The term *combination* applies if more than one type of wood is used in exposed parts of the furniture. For instance, genuine mahogany veneers might be used on all exposed panels (except for inlays and accents) and various other solid hardwoods might be used in all exposed solid parts.

All-wood construction means exposed parts are made of wood for the full thickness of the panels. Manufacturers may save costs on materials by gluing a thin panel of wood to a wood frame, giving the outward appearance of thick wood. To be sure you're getting the real thing, thump the panel. Genuine wood sounds dead; a panel on a frame echoes.

Veneer refers to a material consisting of several (usually five) thin wood layers permanently bonded to each other with an adhesive. The core or center layer of the veneer is thicker than the others. For added strength, adjacent wood layers are bonded together with the grain at right angles. Wood with the most beautiful grain patterns is selected for the outside layer or face veneer.

Material differences

Today, different manufacturers use many kinds and qualities of materials in case goods. But wood remains the main ingredient.

Most quality furniture is built from natural hardwoods, but both hardwoods and softwoods are used in furniture construction. Contrary to what these terms imply, neither has much to do with the hardness of the wood.

Hardwood refers to wood from

continued on page 54

Quality. The endangered species.

This country may be in danger. We could be losing something we can't afford to lose.

Once, when a man produced a product it was the best he could possibly make. He stood behind it with pride. He lived a simple idea: Do it right or don't do it at all. Nobody told him that. No government agency dictated it. And it built a standard of living for all the world to aim at.

Now that idea is threatened. Today that pride in workmanship, in the quality of things, is in danger of slowly slipping away.

However, there are companies, actually many companies, that are working harder today than ever before to preserve quality in everything they make.

We feel that Whirlpool Corporation is such a company. And we feel it so strongly that we have dedicated our entire company to the preservation of quality. And that means more than just making quality dishwashers, dryers, automatic washers, refrigerators, freezers, ranges, compactors and air conditioners. We mean quality in everything we do.

That's why in 1967 we initiated our Cool Line service. Toll-free help that's available to you anytime. Just call with any questions or problems you might have concerning any Whirlpool appliance. The number is 800-253-1301. In Michigan, 800-632-2243.

That's why we have a Quality Control Department that assures you of appliances you can count on. Day in and day out.

That's why we have a simplified letter warranty that's easy to understand, easy to use.

That's why we have Whirlpool Tech-Care service. A franchised service network which means all the help you ever need is usually no more than minutes away.

Yes, quality may be endangered in many places. But at Whirlpool we simply won't let it die. It's too important.

And it means too much to all of us.

Whirlpool
Home Appliances

We believe quality can be beautiful.

AGATE / 1/16" Fir veneered plywood

For the rugged good looks of the great Northwest, discover Oregon Trail.™ It's just one of our new Great American Look panels. At your G-P Registered Dealer.

Georgia-Pacific

REGISTERED DEALER

through the bottom and actually see the shabby corner-block construction for yourself.

Next, look at the legs. This has been strictly a male pursuit for years—now it's a family thing when you're furniture shopping. How the legs of an upholstered piece are attached is another gauge of quality. If the legs are simply screwed into the frame or screwed into metal plates attached to the frame, you may want to step up to better quality. "Engineered frames" are those where the back rail (vertical member) of the chair is contoured so the leg is an extension of this one solid piece. A leg like this has more stability. There's nothing wrong with the legs being separate from the frame, but when they are, they are ideally made of interlocking pieces and are joined to the frame with the same heavy-duty construction used for joining the other parts of the frame.

Springs are essential

Every upholstered piece has one type of spring or another. Many manufacturers use more than one kind of spring within one chair or sofa.

Quality furniture made with coil springs has a lot of coils covering the platform, while inferior furniture has coils placed farther apart.

On good-quality furniture you'll find the underside of the spring area reinforced with steel bands, and the top side covered with polypropylene, burlap, or some other fabric. The webbing that's under the springs is another checkpoint. Webbing on quality pieces has traditionally been bands of imported jute. But with current scarcities, some very fine-quality furniture utilizes webbing of polypropylene. Whatever webbing is used, it should be woven or laced so all bands are close together—not so far apart you could put your fist through the holes.

So far, we've talked only about coil springs, but there's a second type that's very popular. It's called a no-sag spring and looks like a wavy line of heavy metal wire. This kind of spring has its place, too. Quite often it's used as a base for fabric-covered coil springs in the back of an upholstered piece, or in the backs of very slimlined furniture styles. A great many manufacturers of perfectly acceptable upholstered furniture use a no-sag spring because of its high performance and reasonable price. But top-of-the-line upholstery makers still insist on coil springs.

How to buy upholstered furniture

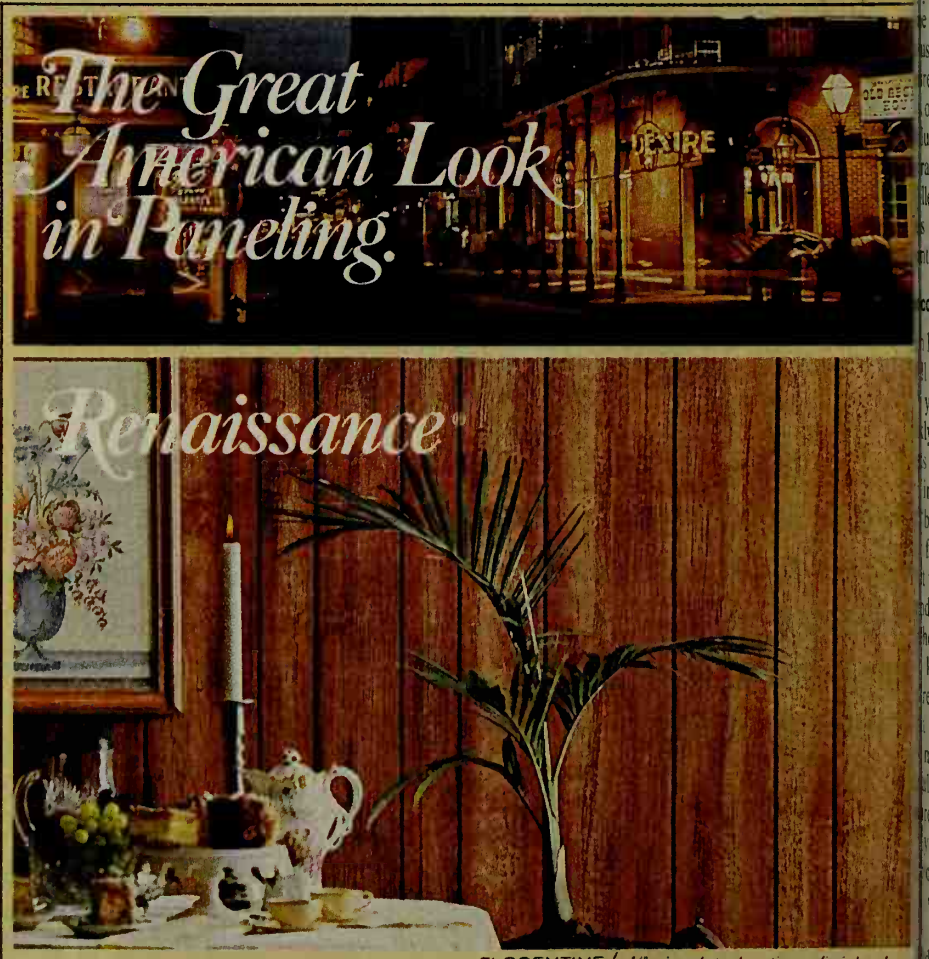
"Beauty is more than skin deep" is a maxim worth remembering when you shop for upholstered furniture. Under that pretty upholstery fabric is a composite of materials and workmanship that can add up to a good buy or a bummer. Since what you see isn't necessarily what you get, it's important to know about the hidden assets (and liabilities) that go into the making of a chair or sofa. Here we'll help you understand the "innards" of the furniture you're buying without slashing the cover to find out. We'll also give you some tests you can perform on the showroom floor, and some questions to ask your salesperson.

Unless they're made of molded plastic, most sofas and chairs incorporate the same construction elements: a frame, springs, padding, then the cover fabric. But that's where the similarities end. Different kinds and qualities of materials are used by different manufacturers, and different workmanship is employed. The result, of course, is furniture of different qualities—and different prices. To give you some guidelines as to what is "quality" construction, here's an easy-to-understand explanation of how a chair or sofa is made.

Frames come first

Quality frames are made of seasoned, kiln-dried hardwood which keeps them from warping. You're not going to be able to see the frame of the chair you're looking at, but maybe you'll find drawings of frame construction in the manufacturer's catalog. Ask your salesperson.

Some quality frame features include: interlocking assembly of pieces (when two pieces are cut to fit together like a jigsaw puzzle rather than just being butted up against each other), and pieces that are joined by spiral groove dowels or double-dowels. Corner blocks are also an important clue to the quality of a chair's construction. Good-quality furniture has corner blocks that are screwed and glued and often reinforced with a piece of plywood. Corner blocks that are merely stapled in place are "no-nos." And if the furniture is really low-end, you can often look up



FLORENTINE / ¼" simulated antique finish plyw

Renaissance® paneling: the rich, elegant look of old New Orleans. Just call, free, to find *your* G-P Registered Dealer: 800/447-4700; in Illinois, 800/322-4400.

Georgia-Pacific

REGISTERED DEALER

the cushioning

furniture has two or three of cushioning or padding ost often a layer of fabric n the layers of padding. If ufacturer wants to cut cor- ne'll skimp here. But the ess of the padding is some- you can judge fairly well irself. (We'll give you some mance tests to run in the re store.)

hions on upholstered fur- are made in different ma- It will be up to you to what's quality, what's com- le, and what's best for your .

ng-down is one of the fa- cushioning methods in up- d furniture. Here, individ- il springs are put into mus- ers (in some cases the coils ave their centers filled with ethane). These muslin-cov- prings are inserted in a cas- fabric on a block of poly- ne. Down is then blown a channeled, down-proof casing and the spring- core is wrapped with it.

slab cushioning

cushion materials are used, Cushions can start with a l core of polyurethane and et a topping of Dacron. Or an be all down. Cushions so be solid slab of foam rub- olyurethane; however, these slabs don't make the softest ns, nor do they indicate a y approach to cushioning. e of the newer fire-retard- ushion designs starts with a rethane core; then the outer of a batted layer of Dacron ued to this core. Instead of additional muslin cover for led cushion, the new breed a nonwoven fabric cover thetic materials.

comes the cover

here on you should be able l for yourself pretty much you're seeing. But let's just ly review the construction that can make the differ- n quality merchandise ver- borax," which is furniture for "schlock." Find out the frame—what it's made d how its pieces are joined ner. Ask about springs— kind, how many, and how e tied. Try to learn more padding—what kind and much. You probably won't ll the superior construction res in a good chair or sofa, you should certainly find of them.

well-informed salesperson knows his merchandise d be able to fill you in on the r-cover story. A less in- ed salesperson should at be able to steer you to a g or brochure from the facturer that sheds some light on construction. And if neither of these sources produces what you want to know, here are some things you can do yourself to check the overall quality of upholstered furniture.

Bathroom too small? Lady Scott® guest designer Brian Reale says, "Widen it with white."

"I chose a silver wallpaper because it reflects images and gives depth to a room."

"Lady Scott's delicate White on White blossoms are pretty enough to stack on a shelf. By the way, White on White can enhance the look of any bathroom."

"Match Lady Scott White on White® bathroom tissue with White on White facial tissues for the complete look."

"A tree becomes a towel holder for a touch of the outdoors."

"You can make even the smallest bathroom look larger by using a tub mirror."

Lady Scott decorated 2-ply bathroom and matching facial tissues; in green, pink, gold or blue prints.

"A fluffy white rug gives even the all-white bathroom a warm, natural look."

Lady Scott®

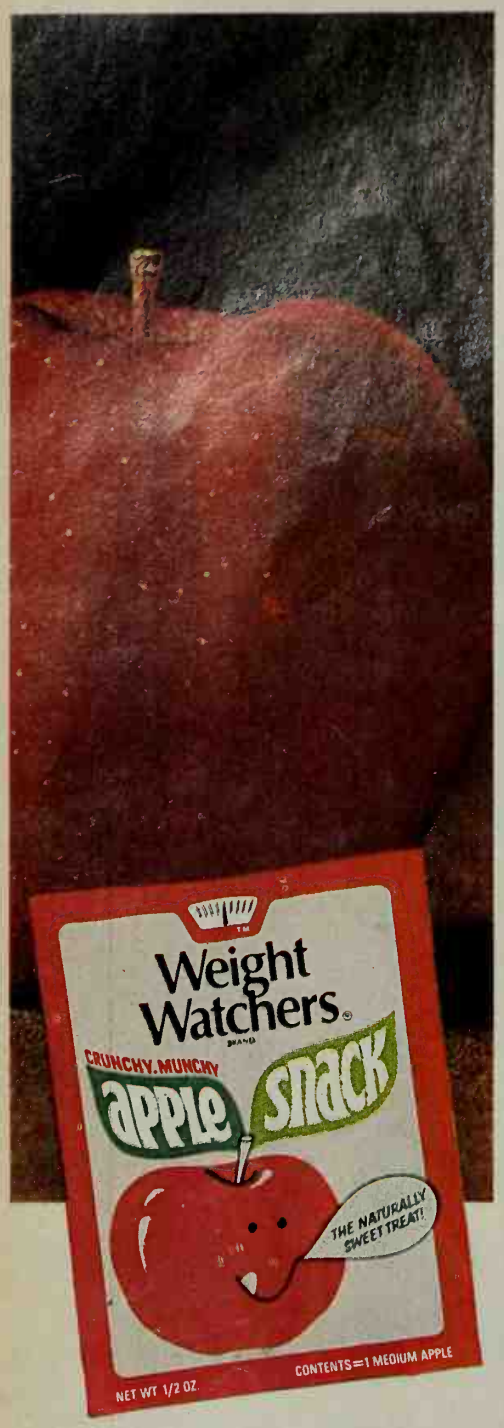
Matching tissues to enhance the look of any bathroom.

Lady Scott Bathroom Tissue not available in Upstate New York area

"Bounce test" a sofa or chair

Sit in the chair or sofa and bounce! Never mind if the salesperson thinks you've flipped or gone into your second childhood. What you're trying to determine is how well the springs will carry you up and down without making noises or touching the wooden frame. This will also tell you how substantial the frame is. You

continued



The Good Snack!

Crisp, crunchy slices of tree-ripened Apples . . . that's WEIGHT WATCHERS Apple Snack. It's the naturally good, naturally sweet treat everyone in the family will enjoy. Serve WEIGHT WATCHERS Apple Snack in school lunches, between meals or whenever the time is right. WEIGHT WATCHERS Apple Snack . . . good tasting . . . good for you. It's The Good Snack.

©Weight Watchers International. 1975. Owner of the trademarks. All rights reserved.

continued

Upholstered furniture

shouldn't feel any wobbling or swaying.

Now, stop bouncing and just push your back into the chair's back as far as you can. Springs should not hit the top of the chair frame and you shouldn't hear any squeaking or rubbing sounds. Nor should you be able to feel the frame. There should be enough padding between the chair's frame and you.

Next, feel the padding on the top of the arms and the front edge of the deck. You shouldn't be able to feel the frame. Push your hand down on the seat deck to see if you can feel the springs under a skimpy padding or if they're covered generously with cushioning.

Have your salesperson turn the chair or sofa upside down so you can execute a little drum solo on the bottom of the upholstered piece. If, when you pat the bottom, it sounds like a drum, you know you've got a good coil and webbing construction. If the bottom sounds hollow, find out what other kind of construction has been used to be sure the furniture comes up to your standards.

Check the underside

Look through the fabric on the underside of the chair or sofa. Very often, you can see if steel bands have been used to reinforce the spring construction, or you can feel them under the fabric. This is an extra point on the quality side.

While the chair is upside down, take a look at the leg construction as we talked about earlier. Remember, four screw-on legs may become wobbly and give you trouble.

Check the outside panels of the chair or sofa. On high-quality furniture there's a softness there from padding that you don't find on less expensive pieces. It may seem like a little thing, and chances are no one's going to visit your home and make a point of feeling the sides of your chairs. Still, it's another guideline you can use to establish the quality of the furniture you're looking at.

Though the cover fabric and the way it's applied to the furniture can't tell you what kind of frame a chair has or how the springs are tied, it is a good indication of a quality piece of furniture. If the upholstery and tailoring is sloppy, you can pretty much figure the insides of the furniture will be second-rate, too.

If you're new to the furniture-shopping business and aren't sure you'd know quality upholstery if you saw it, here's what to look for: First check the way the fabric has been put on the chair, is the grain of the fabric running straight and true with the up-and-down lines of the chair? If the fabric has a pattern in it, is the design matched where two pieces come together?

Look at the welting (the cords outlining the cushions). Welting should be made out of a solid piece of fabric with very few seams and should be neat at the corners.

Buttons should be lined up and distributed evenly and correctly. They should also be attached securely. If the manufacturer hasn't bothered about loose buttons, we'd hate to hazard a guess as to how loosely the frame might be constructed.

Seams should be even and straight. Feel the seams on both sides of a chair or sofa to make sure there isn't more or less tension on one side than the other.

Feel the corners of arms and backs. They should be smooth, not all bunched up. And if the furniture has a skirt, check that. Skirts should hang straight and should be lined and interlined to make them retain their shape.

Seat cushions should have concealed zippers. A self-covered deck is usually a mark of quality manufacturing though it has nothing to do with the durability of a piece of furniture.

If there's wood trim on your upholstered furniture, make sure it's smooth to the touch, without rough spots or an uneven finish.

Run your hand all over the chair or sofa. The fabric should be uniformly smooth without wrinkles or puckers.

Rely on the brand name

If the furniture you're looking at passes these tests, you can be assured you're dealing with good-quality upholstered goods. But there are some other ways you can improve your batting average for good buys. One of the best ways is to become familiar with brand names in the furniture industry. Learn the names of manufacturers and select your furniture from pieces made by a company with a reputation for quality. Most often the company will be a reliable, established firm whose name has become famous because it consistently produces good-quality merchandise.

Another way to build in security about the furniture you're buying is to shop from a local dealer who has a reputation for quality. If you're shopping at a furniture warehouse or discount store, you're going to need to know a whole lot more about furniture yourself than if you're shopping at an old-line store where salespeople have become familiar with their particular lines over many years of selling them.

There's another advantage to shopping at this kind of reliable furniture store. They will most often stand behind their sales and back up the merchandise they sell.

Before you buy at any store read all the hangtags on the furniture you're contemplating bringing home. Find out all you can about guarantees. If there is a warranty, it's in writing someplace and often on the hangtag. If there's none attached and the salesperson can't give you one, more than likely the furniture is not guaranteed. In that case, your best recourse is to ask the store management what its policy is about replacing furniture that is damaged on arrival or that gives poor performance.

But remember, the performance of a piece of upholstered goods is directly related to the quality you buy in the first place. And a cheap chair, covered in bottom-of-the-line fabric, isn't going to perform very well under any circumstances.

Which gets us down to the crux of the matter: just how much quality do you want? We've told you all the things that go into upholstered furniture to make a piece "quality" or "not-so quality" and this, of course, has a direct bearing on the price of the chair or sofa. While we're inclined to believe that quality is always a good investment, we're also aware that not everyone wants or expects the same thing from a piece of furniture. Not everyone wants to spend extra dollars for a "lifetime" piece of upholstered furniture. But on the other hand, everyone wants to get what they pay for. What's the solution?

One very knowledgeable—and very sensible—furniture salesperson advocates that buyers first take a look at the general overall appearance of a piece of furniture. If it appeals to you, then check into the features that the particular piece offers by way of construction, materials, and options. If the furniture still comes up to what you had in mind, then look it over a final time for overall appearance and comfort. At this point, what you have to determine is if the furniture is priced right for the features it has. It all boils down to this: no one expects you to buy only the very finest quality furniture. Just buy what you can afford and what meets your needs—but make sure your money is well spent.

Why use real slate when you can use Kentile?

Real slate looks as good as Kentile Casilla solid vinyl tile. But it chips, cracks, powders and stains. Its grouting can loosen, crumble, or wash away. It's hard on legs and feet and falling children. And it costs more than twice as much.

Every box of 12" x 12" x 1/8" Kentile® Casilla™ contains a random assortment of five *different* slate arrangements. So, unlike sheet vinyl, Casilla lets you design your own floor, in the irregular patterns of natural slate. Ideal for outdoors too, using special adhesives and installation instructions. Fire-resistant Casilla comes in two color styles: Slate Blue and Green and Multicolor (shown above). Wall base: Argent Gray Kencove® vinyl. See your Kentile dealer.

KENTILE

Kentile Floors Inc., Brooklyn, New York 11215

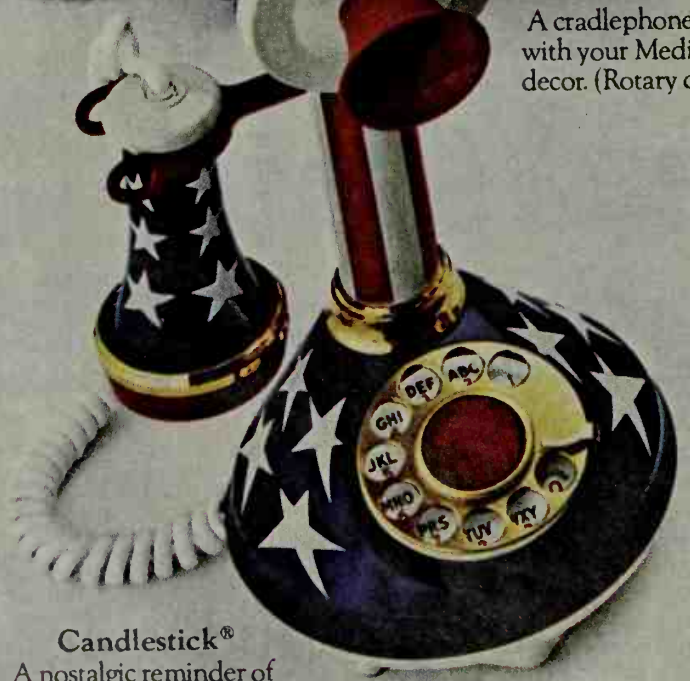
Every home should have a

Stowaway
The phone that's heard but not seen. (Touch-Tone or rotary dialing)

Elite
A modern design with classic simplicity. (Touch-Tone** or rotary dialing)

Accent
The versatile phone that accents any decor. (Touch-Tone or rotary dialing)

Mediterranean†
A cradlephone to blend with your Mediterranean decor. (Rotary dialing only)



Candlestick®
A nostalgic reminder of the roaring '20s. (Rotary dialing only)

Antique Gold
A cradlephone that captures t elegance of a bygone era. (Rotary dialing on

Design Line phones

east one conversation piece.

Early American†
The cradlephone translated into Early American. (Rotary dialing only)

Chestphone†
A handsome chest that conceals a phone. (Touch-Tone or rotary dialing)

Exeter
A functionally modern phone with a richly textured finish. (Touch-Tone or rotary dialing)

Celebrity
The Hollywood classic brought up to date. (Rotary dialing only)

Now, Design Line* phones from the Bell System are here. Phones that match your decor. Your life-style. Your personality.

Each phone comes with a plug-ended cord for use with a telephone jack. (If you don't have a jack, we'll install one for an additional charge.) You own the Design Line phone housing, which carries a six-month warranty. The working parts belong to us. So if there's ever a problem with them, we'll fix it.

And remember, Design Line phones are as great to give as they are to get. So, call your local Bell Telephone business office and ask about prices and availability of Design Line and other decorator phones in your area.

Design Line phones from the Bell System. They really are conversation pieces.

from the Bell System.

* Trademark of American Telephone and Telegraph Company
† Trademark of American Telecommunications Corporation
** Registered mark of American Telephone and Telegraph Company
® Registered mark of American Telecommunications Corporation

What every corn oil user should know about Kraft Safflower Oil.

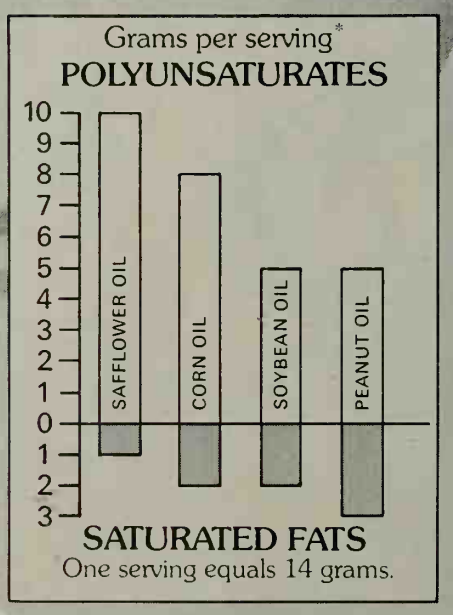
Yes, corn oil is high in polyunsaturates. But Kraft Safflower Oil is even higher. Up to 25% higher.

In fact, Kraft Safflower Oil is higher in polyunsaturates than any leading vegetable oil. Peanut. Soybean. Or corn.

Kraft Safflower Oil is great for cooking and brings out the delicate flavors in salads.

You may have to pay a little more for this precious oil, but think of what you're getting.

Kraft Safflower Oil.



You get what you pay for.

continued from page 20

Fabrics you can print

Orange-and-lemon-printe

Materials: 2 yards of cott hot pink fabric such as po width); 2-ounce jars of red low textile paint such as (see Buying Guide); 2½-i bristle brushes, an old she anges and 2 lemons.

1. Trim fabric evenly acros Press out the center crease an old sheet to your work to absorb excess paint. Pla on sheet, printing side up cess yardage hanging dow ¼ yard to experiment on.
2. Slice the orange and l half and let stand to dry hour. Spread the red paint orange, evenly but not ir Print in a straight row ac fabric leaving a small sp tween oranges. Print entir of fabric in this manner.
3. When fabric is complet begin printing with the lem er lemon surface with yell and print in even rows ac fabric in between the row anges, intersecting the four that the lemon slightly ove four oranges. By controlli pressure, you can get two prints from the fruit bef must again spread on pai
4. Allow to dry; then iron.

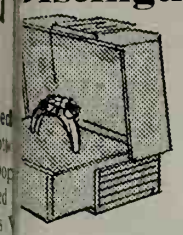
Bell pepper-printed fabric

Materials: 2 yards white blend broadcloth (any wi ounce jars of green and yel tile paint such as Versatex (s ing Guide); 2½-inch sof brushes; an old sheet; 4 or larly shaped bell peppers.

1. Trim fabric evenly acr edge and press out the cente Fasten an old sheet over yo surface to absorb excess pa fabric on sheet, allowing exc ric to hang down. Allow fabric to experiment on.
2. Slice a bell pepper in hal width and let stand 20 minu move seeds and excess tissu
3. Spread one half with gre and begin printing a row peppers lengthwise down th Lay this aside and spread th half of the bell pepper with paint and print another row low peppers down the le fabric next to the row of gre pers. Repeat for length of fa
4. Let fabric dry thoroughl ing sure it does not fold ov and smear the paint.
5. Begin printing again at of your fabric. Spread your pepper with paint and print of the green peppers len where the edges meet so th every other edges are joined you print the second row o peppers in the same manne nate the pattern (in zigzag f from the first row. Try to ma rows of yellow and green as even as possible across the so that the yellow overlay will form an even pattern the fabric. When dry, set p

eeing is Believing

o We Want You To Wear These Distinguished Gemfire Simulated Diamond Rings FREE

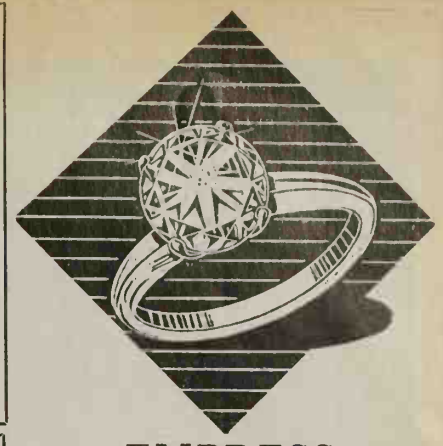


EACH RING
GIFT BOXED

For 30 Days . . .
No Risk . . .
Or Obligation!

IMPORTANT:
HERE'S HOW YOU CAN TELL YOUR GEMFIRE DIAMONDS ARE NOT CHEAP COSTUME JEWELRY.

A. Count the facets. Gemfire stones all have 58 facets — just like expensive diamonds prepared by diamond cutters.
B. Examine your stone in a dimly lighted room. It should sparkle like in daylight. Gemfire stones sparkle even in the moonlight.
C. Study your ring under a powerful magnifying glass to look for flaws. Gemfire stones have clarity — are flawlessly perfect. No specks! No blemishes! No cracks!



EMPRESS
A beautiful 2 ct. beauty that is "just right" for every occasion.
6004 Yel. Mtg. (GF) $12.40
6005 Wh. Mtg. (SS) $12.40

EXQUISITE GEMFIRE RINGS FOR WOMEN!

PRINCESS
ish Gemfire Cocktail ring
½ ct. round solitaire cen-
one surrounded by 6 spar-
side stones. Total Wt. 2¼

Wh. Mounting (SS) $14.95

DUTCHESS
An exquisite 1½ ct. Pear cut design in a mounting of solid Sterling Silver.
6302 Wh. Mounting (SS) $11.95

CZARINA
Two gorgeous Round Solitaire Gemfires each 1½ cts. impressively set in solid Sterling Silver. Total Wt. 3 cts.
6300 Wh. Mounting (SS) $14.95

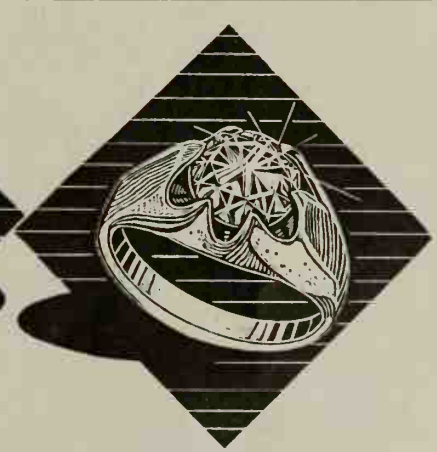
QUEEN
A stunning 1 ct. Round Gemfire with 4 fiery side stones. Total Wt. 2½ cts.
6114 Yel. Mounting (GF) $14.95
6115 Wh. Mounting (SS) $14.95

REGINA
A fiery 1¼ ct. Marquise cut Gemfire in a beautiful setting of solid Sterling Silver.
6121 Wh. Mounting (SS) $11.95

STINCTIVE GEMFIRE RINGS FOR MEN!

MONARCH
nasculine mounting sets off
ery 1 ct. Gemfire.
Yel. Mtg. (18Kt-HGE) $9.95
Wh. Mtg. (18Kt-HGE) $9.95

PRINCE
A handsome trio of 3 Gemfire stones set in a 18Kt-HGE mounting. Total Wt. 2½ cts.
6117 Yel. Mtg. (18Kt-HGE) $14.95
6320 Wh. Mtg. (18Kt-HGE) $14.95



EMPEROR
A handsomely designed mounting with a stunning 3 ct. Gemfire.
6122 Yel. Mtg. (18Kt-HGE) $16.95
6123 Wh. Mtg. (SS) $16.95

ND PICTURES Words and pictures don't begin to show the beauty, brilliance, and fire of nificent Gemfire rings. That's why we want you to wear them and judge them on their own ot on what we tell you. See if your friends and family can tell them from an expensive "nat- mond worth 100 times as much. In all probability you can fool them if you want to. Not ple can tell these brilliant Gemfire simulates from the expensive real ones. Yet now you can beautiful rings at amazingly low prices.

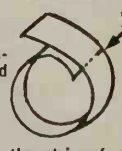
ING GIFT FOR SOMEONE SPECIAL These Gemfire rings uch appreciated gift for a special someone in your life. last a lifetime. Give for birthdays, anniversaries or just as ul surprise. And even if you choose to tell, your loved one nazed and proud that you were clever enough to find such ive-looking ring at these remarkably low prices. The differ- een it and a natural diamond could make a down payment car, or home, or even a wonderful vacation for just you two!

E DOESN'T Mean Low Quality. Gemfire simulated diamonds eap fakes. In fact, Gemfires are carefully cut and polished craftsmen in the same manner as natural diamonds. They facets—just like natural diamonds. They are hand set in t-HGE (heavy gold electroplate), or solid sterling silver by aftsmen. They shine like a $1,000 diamond—but cost less 00.

LIONAIRES Wear Simulated Diamonds. Today many wealthy V and movie stars feel unsafe making public appearances xpensive jewelry. Often-times they keep their diamonds in a sit box and wear these master-crafted Gemfire simulated and impress your friends!

With Our Guarantee You Take No Risks
If at the end of 30 days you are not completely satisfied, return by INSURED MAIL for purchase price refund. At any time, or for any reason, and in any condition, you may return your Gemfire simulated diamond by INSURED MAIL for FREE replacement.

How to Find Your Ring Size



1. Cut a strip of paper 3 inches long and ¼ inch wide.
2. Wrap the strip around the finger that is to wear the ring. Then place a dot, on the strip where it meets the end.
3. Place the dot on the strip of paper at "A" on the ring guide. The number at the end of the strip is your ring size.

A 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14

RING GUIDE

TIARA GALLERIES, 2207 East Oakland Avenue, Bloomington, Illinois 61701

RINGS ENLARGED TO SHOW DETAIL
USE THIS MONEY SAVING COUPON

TIARA GALLERIES Dept. 3177-10
Div. of Plantron, Inc.
2207 East Oakland Avenue, Bloomington, Illinois 61701

POSTAGE PREPAID

© 1974 PLANTRON, INC.

QTY.	SIZE	ITEM NO.	DESCRIPTION	COST

Jewelry Not Pictured Below
White Mounting—SS or 18Kt-W-HGE
Yellow Mounting—GF or 18Kt-Y-HGE

LADIES

		6307	½ ct. Empress GF $6.49	
		6308	½ ct. Empress SS $6.49	
		6309	1 ct. Empress 18Kt-Y-HGE $8.95	
		6310	1 ct. Empress SS $8.95	
		6311	4 ct. Empress GF $19.95	
		6312	4 ct. Empress SS $19.95	
		6313	5 ct. Empress SS $24.95	
		60S2	1 ct. Round Cut Pendant $4.95	
		60S0	1 ct. (ea.) Earrings Pierced $9.90	
		60S1	1 ct. Earrings Non-Pierced $9.90	
		60S3	Pendant & Earrings Set—Pierced $12.95	
		60S8	Pendant & Earrings Set-Non P $12.95	

MENS

		6314	½ ct. Monarch 18Kt-Y-HGE $5.48	
		631S	½ ct. Monarch 18Kt-W-HGE $5.48	
		6316	2 ct. Monarch 18Kt-Y-HGE $13.95	
		6317	2 ct. Monarch 18Kt-W-HGE $13.95	

Ill. Residents add 5% Sales Tax_____

Total Amount Enclosed $_____

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Admiral packs a coupon for "free Tide" in every new washer. But that's not why you should use Tide.

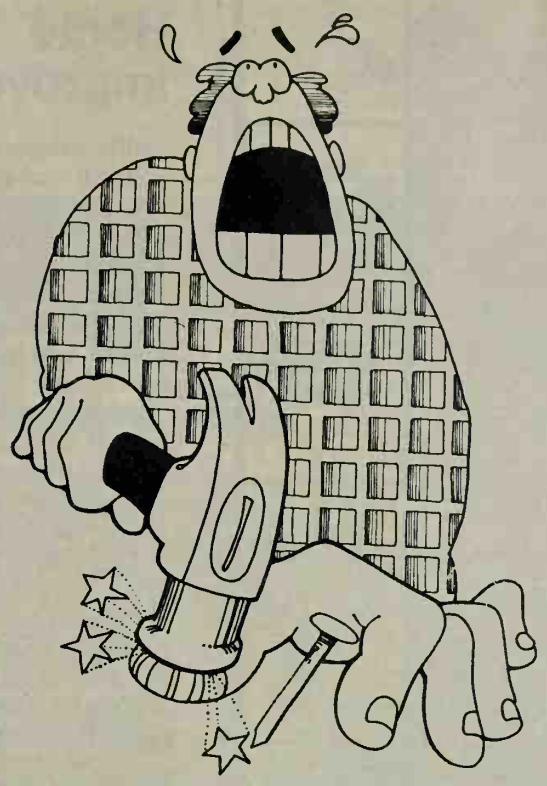
Your kids are. That coupon for a free box of Tide is a good reason for trying Tide. But the way it gets out the really tough dirt in your wash... like the dirt your kids grind into their clothes... is the reason you should stick with it. You can count on Tide to get your kids' clothes clean. The rest of your wash, too.

This Admiral Super Duty 18 washer has a push-button selector that instantly chooses the right speed and temperature for most fabrics. It also has automatic bleach and fabric conditioner dispensers and an overnight soak, and washes any size load from 2 to 18 pounds.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 18 washers pack Tide coupons in every top-loading automatic.

Home improvements and repairs: when does it pay to do it yourself?



Galloping inflation has put a whole new light on the economics of home improvements and repairs. One big reason is that labor costs for such jobs have soared in many areas to $10 or $15 an hour. In some parts of the country, they have risen to over $20 an hour.

Doing the job yourself could save you a bucketful of money. In fact, it might even pay to take off a few days or a week from your own work at no pay to do essential high-cost work on your house yourself. If you're in the 30 to 35 percent income tax bracket, for example, your net savings after taxes for an expensive labor job could be from $5 to $10 an hour, or as much as $400 a week, sometimes more.

A key reason for such savings is that you can't consider just soaring labor costs alone. You also must reckon with the fact that you would be paying for most of the work in hard-earned, after-tax family earnings.

Consider, for example, that work on your house requires a carpenter who will cost $10 an hour, or $80 a day—a common rate today. To pay the carpenter at his $10-an-hour rate, before taxes you must earn $14 an hour ($120 a day), or more than $24,000 a year. Or if you were to pay a $16-an-hour serviceman for a job —again, not an uncommon rate today— your gross income before taxes must hit $25 an hour, or over $50,000 a year.

The chart below will help you figure various labor costs in comparison with your income.

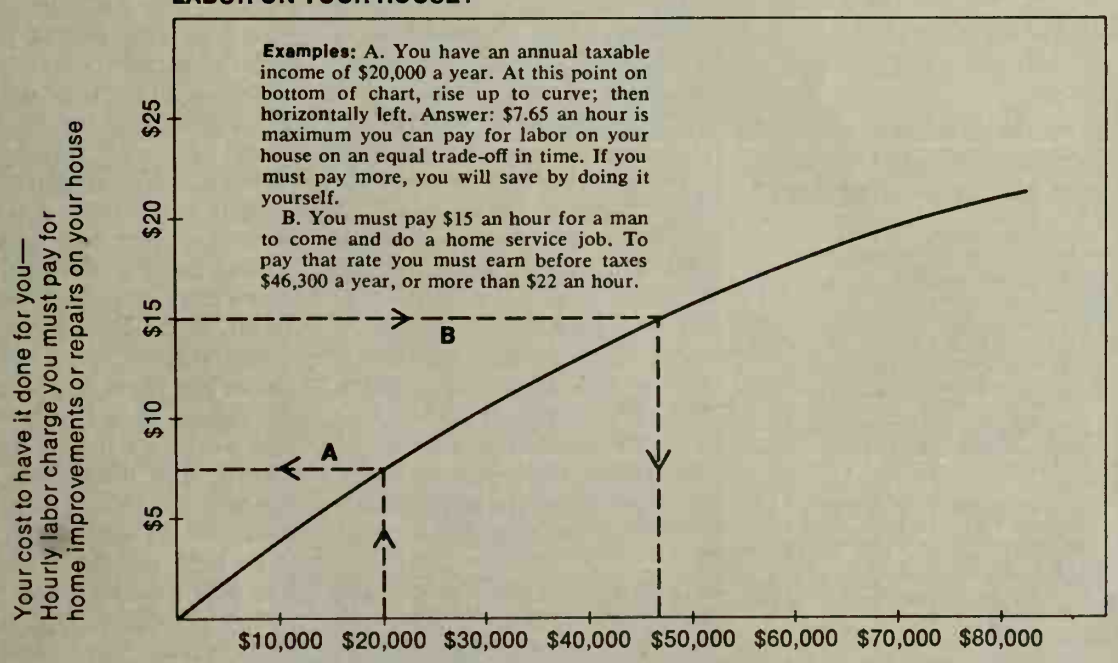
Can you do it yourself?

To gain any significant saving by doing the job yourself, you must presume, of course, that you are reasonably proficient with tools and have the time and patience to do the job reasonably well. But do-it-yourself projects are becoming easier all the time. More and more people are discovering that many home improvement and home repair jobs are much less mystifying than they had thought.

There are a number of reasons for this mushrooming trend to do-it-yourself. New materials and products have been specif-

continued on page 38

HOW MUCH CAN YOU AFFORD TO PAY FOR HOME IMPROVEMENT OR REPAIR LABOR ON YOUR HOUSE?



Eight steps to a successful garage sale

Garage sales, yard sales, rummage sales—call them what you like. They're one of the surest signs of spring, and a good way for cost-conscious families to make some extra cash and clean out the attic at the same time. In fact, one national news magazine recently reported that gross receipts from garage sales range usually between $100 and $400.

How do you go about setting up a successful sale? Here are eight steps to guide you:

1. Allocate your time sensibly

Be sure to allow yourself plenty of time for preparation. You'll need at least three weeks' lead time, and preferably four, for such tasks as checking out the legal requirements in your community, collecting your items for sale, conducting market research, deciding on a sale date and place, preparing and placing your advertising, pricing your items, displaying your items, and getting the necessary supplies for conducting an efficient sale.

2. Look into legal requirements

Be sure to check with your local city government concerning any laws regulating garage sales or rummage sales. Most communities require that you purchase a permit, which allows you to conduct such a sale for a specified period of time, generally two to five days. These permits will usually range from $1 to $5, depending on your community. Only a very few communities prohibit garage sales entirely.

3. Collect your sale items

Don't overlook anything—provided, of course, that you wish to part with it. For every item you have in or around your house, there is a buyer somewhere.

Closets are a good place to begin your search. Used clothing, shoes, hats, ties, and even hangers are ideal items. Then try your kitchen, or any place where you store old or used glassware—one of the hottest selling garage items. Next, check your basement or garage. Collect tools, furniture, sports equipment, ladders, and any miscellaneous items you want to get rid of. Among other items that have been known to sell: garden hoses, golf bags, old typewriters, wigs, empty mayonnaise jars, toys, books, mirrors, pots and pans.

4. Do some market research

This step is critically important to a successful sale. Visit a number of garage sales in your area, and be sure to carry a pen and notebook to record your findings.

continued on page 86

Fly a Kite You Make Yourself
from Better Homes and Gardens

Remember the joy and excitement of flying a kite? You can capture that feeling again with these new, spectacular kites. Anyone — beginner or expert — can build and fly up to 10 different kites that not only look different but perform differently too! This Skylink kite is available in 3 sizes:

Skylink 1 — Basic building block of the system
Skylink 4 — Simply rearrange a few parts to build any of 4 different kites or make separate kites
Skylink 10 — 10 different kites. The most exciting of all!

Kites are made from high-strength plastics, with vivid red, white and blue striped sails that make them a spectacular sight in the sky. Kit includes connectors, branches, main sail, stabilizer and wings. Easy-to-assemble. Comes with complete assembly instructions, and flying and launching tips.

Quantity
_____ No. 13888 Skylinks 1, (1 kite) $3.49
_____ No. 13889 Skylinks 4, (4 kites) $8.49
_____ No. 13890 Skylinks 10, (10 kites) $14.99
_____ No. 13891 500 feet of 30# test cord, $1.29, 2 for $1.99

Total of Merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

Postage and handling: For orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

master charge THE INTERBANK CARD
your BANKAMERICARD welcome

If you use your charge card, fill out boxes below:
Expiration Date Month/Year ☐☐☐☐
Master Charge Interbank No. ☐☐☐☐
Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Better Homes and Gardens, Dept. 2S2, Box 374, Des Moines, Iowa 50336

Name_____
Address_____
City_____ State_____ Zip_____

OUR GUARANTEE: Your satisfaction, or return your purchase in 10 days for a full refund.

continued

Home improvements

ically designed for easy do-it-yourself installation and repair, thus greatly simplifying many jobs. Often you'll do a better job yourself if only because outside workers, however skilled, seldom apply the tender, loving care that a man and wife apply to their own home.

Also, how-to books and periodicals, plus classes in carpentry and the like, are available almost everywhere and can help you learn the basic facts. Finally, stepping into the breach for an essential job, especially in an emergency, may be crucial for survival, since finding a good contractor or serviceman who will make a house call is increasingly difficult these days.

Where are your greatest savings?

You'll save the most money when you tackle work for which labor takes the biggest slice of the job's total cost. An extreme example is replacing a kitchen faucet washer. A plumber often must charge you $10 to $15, and virtually all of that goes for his time to come and do the job. The total cost of the material required —the new washer—is a mere two cents or so.

Most common home-improvement jobs break down roughly to a 50-50 split between the cost of labor and materials, says Art Oxenberg, president of Federal Builders, Westbury, N.Y., one of the largest home remodelers in the U.S. In other words, about half the price you're charged for a new attic or basement room, other comparable new living space, a new porch, or new roofing or siding, goes for the labor.

There are exceptions, of course —among them, remodeling a kitchen or bathroom. For these projects, a higher proportion of the total cost goes for the material (new cabinets, fixtures, appliances) and a lower proportion for the labor to install them. On the other hand, labor can account for a much larger share of such fix-up work as the installation of new wall paneling, new floor or ceiling tile, and painting the inside or outside of your house. That's one reason, of course, why these are popular do-it-yourself jobs. Labor also accounts for a major portion of the cost of many common home service and repair calls.

If you're in doubt about the labor quotient of a particular job you might do, and thus whether you'll save much by doing it yourself, talk with a few contractors. What hourly rate do they charge for such work on house? How does this compare with the whole job cost? While you're at it, find out if the contractor or dealer will sell you the materials for a job and let you do the work yourself. Some will be happy to. Others will do only a portion of the work (the hard part) and leave the rest for you to complete.

How can new materials and products simplify your work?

They make it easier for you by being especially designed for trouble-free installation. Some of the most notable include water faucet kits expressly designed for the do-it-yourself homeowners, a broad variety of prefinished molding for wall paneling, and electric light dimmer switches that can be installed in minutes.

Recently, manufacturers have focused on other new products for do-it-yourself installation, from window replacement packages and clock thermostat kits (for saving fuel) up to complete add-a-porch kits and central air-conditioning packages (including ductwork). And one of the toughest jobs in the house—plumbing—has been vastly simplified by the introduction of rigid plastic pipe that is easily cut by a saw and installed with far less muscle than it takes to install regular metal plumbing pipe. Other boons to the self-styled plumber: packaged bathtub kits, complete with tile wall panels; tile kits for installation on the wall around the tub; whole shower stalls which can be easily assembled and installed.

A growing variety of other new products expressly designed for do-it-yourselfers include add-a-deck kits, containing presized and prefabricated posts and framing members for addition to a house; automatic operating garage door kits; ceiling packages with the necessary framing parts as well as all the tiles; do-it-yourself humidifiers for hook-up to forced warm air furnaces; prefabricated circular stairways.

Such innovations don't mean, of course, that now practically anyone and his wife or brother-in-law can successfully tackle any or all work on a house. Some skilled owners, yes. But unless you've got the aptitude, plus the willingness to learn how to do new work, it's best to leave the difficult and unfamiliar jobs to professionals. Know your limitations and act accordingly.

To help you do a number of jobs well yourself, look into the variety of aids offered by retail lumberyards, home centers, and other major suppliers dealing with the public. In addition to the

do-it-yourself pamphlets
ides that explain how to
virtually every kind of
job you may tackle, you
nd free instruction classes
ed to teach various aspects
me construction and re-
ng. Some of these classes
ared for the novice, others
e seasoned do-it-yourself
wner.
ddition, many stores will
watch selected films, in
color, showing step-by-step
handle common remodel-
os. Expensive tools needed
e-time use can usually be
. Many material suppliers
ly offer expert sales advice
ut some also go beyond the
call of duty—they will even
le the finished plan you
f a project to file for your
ng permit. In short, coop-
e retailers will do virtually
hing for you short of mop-
our brow when the job is
done.

final tips

p around and get to know
st home material suppliers
r area. Before launching a
project, compile a materials
everything you will need.
ids on the total list from
r three different home ma-
suppliers.
n't skimp on quality just to
a few bucks. Paying extra
ood quality materials can
simplified installation as
as longer life and reduced
p and maintenance.
o, don't skimp on tool qual-
ligh-quality tools are safer,
to use, and will help you
rm tough jobs far better
cheap tools. You'll general-
d a basic array of tools, in-
ng a power hand drill and
ble electric saw. But don't
og wild on a tool-buying
till you are sure you know
you'll really need.
n't overlook local building
when you're doing major
. If you violate the code,
might even be required to
all the work down. By and
, the building code comes in-
lay when you install new
bing or new wiring, or make
uctural change, or an addi-
o your house. Such work al-
ay require that you take out
lding permit. Replacing old
es or wiring or any structur-
rt of the house probably
t bring code or permit prob-
assuming new parts are the
or better than the old.
k details with your local
ing inspector's office.
y it safe. Carelessness causes
ents, especially with power
and ladders. And don't
e a hazardous job, like re-
ng a two-story house or a very steep roof, unless you're really qualified.

• *Realistically gauge your own capability and stamina for doing various work you may want or need.* For that matter, a really good one-step remodeling contractor, if available to you, often can do a tough remodeling job—like a new kitchen or bathroom—with less fuss and bother and at a more reasonable cost than you think because he's a specialist in the work. That's the contractor to consult, especially for a home improvement job that contains a high built-in material cost and a low labor quotient. ■

The Anyplace Fireplace™
Now you can put one up in any room... on a weekend!

Adding a real woodburning fireplace to your home probably sounds like a big, expensive project.

The fact is, most any do-it-yourselfer can install the Heatilator® Anyplace Fireplace on a weekend. And this fireplace actually costs less than a quality sofa!

You can put the Anyplace Fireplace right on a wood floor, against a combustible wall, with no masonry work needed.

And with the Anyplace Fireplace you decorate it any way you want—with the new brick facings, wall covering, marble, wood paneling, even paint, paper or stone.

To help beat the fuel shortage, there's the Mark 123C with controlled heat circulation that'll spread the warmth. Or you can choose from gas or electric fireplaces in almost any style—built-in, wall-hung, or the new freestanding models, The Compatibles™, in House & Garden colors.

For the name of your nearest Heatilator brand fireplace dealer, call this toll-free number: 800-553-8905*. Or write for our free Fireplace Idea Kit.

Heatilator Fireplace,
A Division of Vega Industries, Inc.,
1913W. Saunders St.,
Mt. Pleasant,
Iowa 52641
Also available in Canada.
*Iowa residents call collect (319) 385-8880.

heatilator®
AMERICA'S LEADING FIREPLACE SYSTEMS

Richard W. Jones, Pamela Wilson Cullison

DECORATING

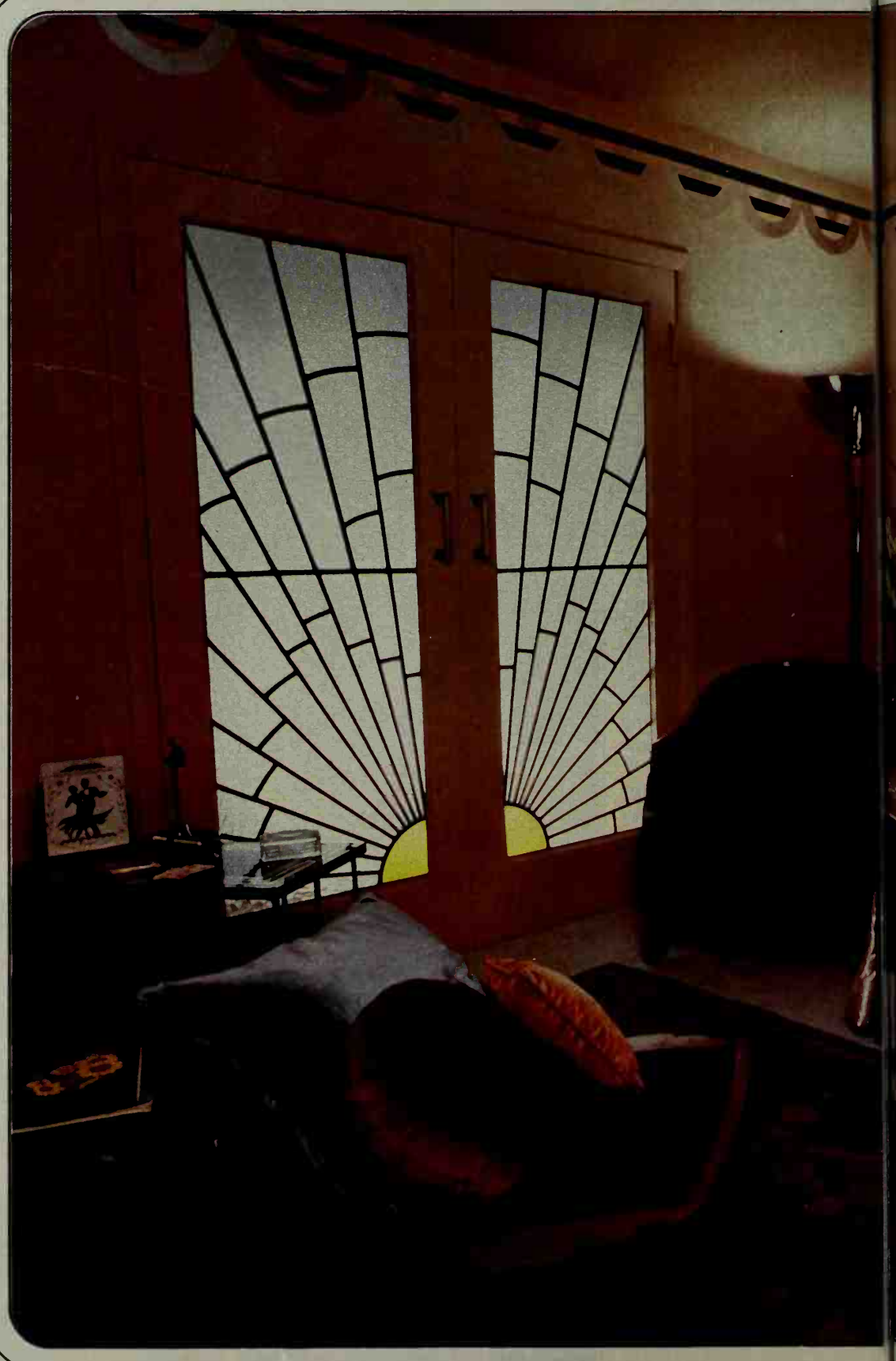
HOW TO GET THE ART DECO LOOK

If you tend to save things, and you're over 35, Art Deco might be as close as your closet. In fact, if you own *anything* that was made during the 1920s and 1930s—a lamp, a comb and brush set, a chair, a table, or a teacup—there's a good chance it's designed in the Art Deco style.

Born in Paris in 1925, Art Deco quickly became a decorative mania in America and throughout the world. Characterized by strong geometric patterns and shapes, streamlined sleekness, and curvilinear designs, Art Deco was a radical new concept that merged machine-age technology with the decorative arts. If the term "Art Deco" still doesn't ring a bell, think of Radio City Music Hall and the Empire State Building. They're both examples of the style that's making a strong comeback today.

In part, the Art Deco revival can be attributed to the current nostalgia craze. But we feel that Art Deco is much more than a passing fad. More and more, it is being recognized as the only true, lasting style the world has produced in the 20th century, a style that is surprisingly compatible with the way we live today.

On these six pages we'll show you three different versions of the Art Deco look: One, a room that's been decorated with authentic "antiques" from the Art Deco era; another that's furnished with new adaptations that are available in stores today; and a third that gets its Art Deco flavor from furniture and accessories you might already own, or can easily find at garage sales, secondhand stores, or antique shops.



Photographs: Harry Hartman

Art Deco dressing table with exquisite scent bottles, crystal boxes, and plastic jewelry.

Gladiolus were the flowers of the day, with frosted glass vases to hold them in.

Notice how the wooden back of this blue velvet chaise is stepped like a skyscraper.

As strange as it may seem, Art Deco lived through the Great Depression without losing an iota of its Hollywood glamour. People escaped the worries of the day by going to the movies, or by staying home and creating their own great escapes. This authentically furnished Art Deco bedroom looks like a movie set with its soft, mysterious lighting, dusty pink walls, pink satin bedspread, and pillows encased in black satin.

Motifs and influences of the Art Deco era are extraordinarily diverse. Design inspiration came from such unrelated sources as pure geometry, cubism, art nouveau, archaeology, and ancient Egyptian, Aztec, and American Indian art. The *torchere* lamp in the corner (left), and the sharp, leaded sunray motif on the frosted glass doors reflect the Egyptian influence.

Rigid taboos about makeup and dress were relaxed during the Art Deco days, and mirrored dressing tables came into vogue as places to gild the lily. According to the Art Deco dictum, no material was too exotic or impractical for use. This rosewood dressing table proves the point with its sharkskin-covered footrest and ivory drawer pulls. The blue velvet chaise is another example of the way people pampered themselves during the Art Deco era. You can easily imagine someone stretched out on the chaise with a cocktail in one hand, a long cigarette holder in the other, issuing orders to a make-believe maid. The lamp behind the chaise shows the fanciful side of Art Deco design.

Black glass, greyhounds, and innocent nudes—all symbols of the Art Deco era.

Mix metallic powder with paint to create an Art Deco wall border like the one shown here.

Although Art Deco design is 50 years old, the adaptations being made today look anything but dated. In fact, if you didn't know better, you'd think Art Deco was something just recently dreamed up by avant-garde designers. The reason Art Deco is so in step with today is because it's the forerunner of what we now call "modern" or "contemporary" design. Everything you see in this sophisticated living/dining room is a freshly minted version of ideas that were born in the '20s and '30s.

Needless to say, we're not going to suggest that you rush right out and try to duplicate this particular room, but if you have a penchant for sleek and shiny elegance, and if you like furniture that combines function with style, today's Art Deco offers it all.

Except for the television, everything in this room is Art Deco inspired—the brushed steel etageres, the globe table lamp with its lavender luster base and pink *moire* shade, the classic tubular steel frame chair, the fabrics, the patterns and shapes—even the theatrical lighting techniques.

Color schemes of the Art Deco days had a chic, almost nightclubby look to them. Pale pinks, mauves, and maroons abounded, as did blues, pearl gray, peach, and white. Here we used a glossy maroon wallpaper in part of the room, and a geometrically patterned metallic wallpaper behind the sofa. The plush wall-to-wall carpet is dusty rose, and the ceiling is painted to match.

If you want to give instant gleam and glitter to a plain or simply furnished room, try the Art Deco device of mirrors and mirrored furniture. **continued on next page**

THE ART DECO LOOK: ADAPTED FOR TODAY

You can create an overall Art Deco effect simply by using the colors of the era—or by shining up your room with Art Deco accessories.

Pillows hand-painted with Art Deco designs give punch to the blue velvet sectional sofa. Black *torchere* lamps provide glamorous lighting effects.

Brushed steel etageres add architectural interest to the room and showcase the Art Deco accessories displayed within.

continued

You can even give your windows the Art Deco look. This window treatment consists of a zigzag valance, with two plywood pylons (covered with wallpaper) on either side of the window. To create the silvery ornamentation at the top we applied long strips of metallic tape (the kind you use to mend leaky pipes).

Buying information, page 112

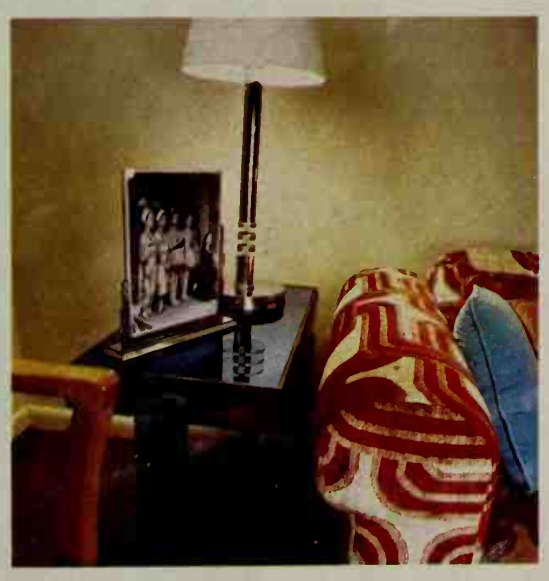
Dine Art Deco style at a glass-top table that's supported by a sunburst of steel. Notice the console table—it's made entirely with dowels.

THE ART DECO LOOK: COLLECTED FROM YESTERDAY

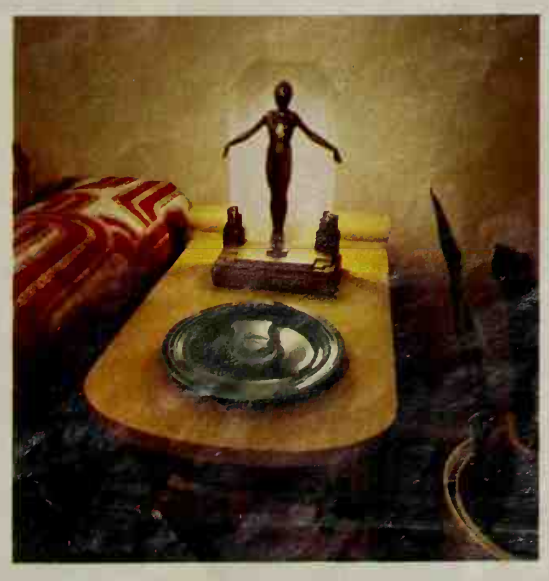
By now, you may be wondering if we meant what we said about Art Deco being as close as your closet. After all, so far all we've shown you are the one-of-a-kind objects d'Art Deco, and new adaptations being made today. Well here's the Art Deco we're talking about—the mass-produced "kitsch" that everyone (except the rich) owned during the '20s and '30s. This is the stuff that dime-store dream houses were made of—and today, people are collecting it (and showing it off) because it's cheap, fun, and easy to mix into any kind of room setting. We accessorized this modern-day family room/music room with an assortment of Art Deco objects you can easily find—if not in your closet—at garage sales, estate sales, and secondhand shops. We suggest that you begin your treasure hunt in the basement, then work your way up to the attic. When you happen onto something that is reminiscent of the '30s, there's a very good chance it's an object dating from the Art Deco era, and worthy of serious or just-for-fun display. For now, check this room to see if anything in it looks familiar.

To create a conversation-piece art wall like the one at right, shuffle through your old sheet music and see if you can't find some tunes from the '30s that are suitable for framing.

If these bentwood chairs look vaguely familiar, it's probably because you've sat on similar chairs while cooling your heels at the doctor's office.



Maybe a dab of Art Deco is all you want? How about an old table topped with blue glass, a '30s-style photo holder, or a blond wood chair?



Fiestaware was everywhere during the Art Deco era. This three-step secondhand table sports an example, a plate now being used as an ashtray.

GARDEN-FRESH FABRICS YOU CAN PRINT

By Elizabeth D. Craster

There are dozens of ways to print fabric—silk screen, batik, tie-dye, and wood block, to name just a few. But these printing techniques usually require elaborate preparation, budget-bending equipment, and a messy aftermath (work areas often bear telltale tattoos for years).

But none of these drawbacks apply to our fabric-making technique. All the fabulous designs you see here can be done with the greatest of ease. To set up shop, all you need is produce from the garden, grocery, and green pastures—plus fabric paint and material.

Buying information, page 112

To produce these patterns, you slice the vegetables or fruit, cover the slices with paint, and then stamp them on the fabric. When the painted designs are dry, press with an iron (following directions on package of textile paint) and you have exclusive fabric that looks good enough to eat.

With an eye to thrift, use fruits and vegetables that are seasonally available. We worked out a variety of designs for you to choose from—but you'll want to experiment with all sorts of plant life.

Of course the cost of your custom-made fabric depends on how much you pay for the yard goods. Gear your fabric purchase to the type of project you have in mind. Cotton blends are perfect for clothing, kitchen curtains, table coverings, even slipcovers. You'll probably want to use heavier fabrics for upholstery and lined window draperies. Most any material with a tight weave will take the print.

Yards of vegetable and fruit fabrics, at left, show off the delectable results of this craft. The russet fabric is stamped with ears of corn; the shocking pink fabric, oranges and lemons; the green fabric, mushrooms. On the ground and hanging from the pump handle are two colorful designs made with apples—one version in blue, one in orange.

Try hanging a "florascape" (above) instead of a landscape above a buffet! Our wall art is made with combination of flowers, leaves, and wild grasses. We coated them with textile paint, laid them on a muslin or cotton rectangle, then pressed them with a paper towel on top.

A bell pepper and mushroom print (below) is an apt choice for most any eating area. The print for the curtains was made by stamping the fabric with rows of sliced peppers coated with green paint, then with yellow paint. The mushroom cloth (foreground) was made by alternating rows of fat and thin mushrooms.

How-to instructions on page 20

Photographed at The Amana Home, Homestead, Iowa. Source: Eunice King

Photographs: Hopkins. Designer: Carole Austin

Springtime Stitchery

from Better Homes and Gardens

Crewel Shadowboxes The last word in crewel. You'll want to be the first among your friends to try these unique shadowbox hutches. They're fun and easy to make as well as a super new decorating idea. Choose from several outdoorsy themes: "Nesting Time," "Pretty Planters" and "Flower Mart". Everything you need to make each hutch is included in the kit—background motifs stamped on imported linen, acrylic, and wool crewel yarns, six-strand cotton floss, ready-to-use stained wooden hutch with hardboard backing, needle, and complete directions. Finished size 5½"x7½".

Needlepoint Leather Purse Kit Add this smart leather bag to your wardrobe—or give as a gift to a lucky friend. The material is split cowhide in a subtle teak shade with an adjustable shoulder strap. The front flap is ready for you to needlepoint the abstract design shown, with your initials highlighted in one corner. Kit includes fully assembled bag with shoulder strap, washable acrylic yarns, diagram for the design and initials and easy-to-follow directions. (Approx. purse size: 10"x12").

Please send me the following:
Quantity

_____ **No. 13840 Leather Purse Kit $29.95**
_____ **No. 00614 Nesting Time $4.98**
_____ **No. 00615 Flower Mart $4.98**
_____ **No. 00616 Pretty Planters $4.98**
} Any 2 for $8.99, any 3 for $12.99

Send to:
Better Homes and Gardens
Dept. 2S3
Box 374
Des Moines, Iowa
50336

Please include payment for postage and handling: For orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

Total of Merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

If you use your charge card fill out boxes below:
Expiration Date Month/Year
Master Charge Interbank No.
Credit Card No.

master charge
your BANKAMERICARD

Name_____
Address_____
City_____
State_____ Zip_____

OUR GUARANTEE: Your satisfaction, or return your purchase in 10 days for a full refund.

GOOD NEWS

Firm, steady support can make the difference between a project that looks professionally finished and one that's obviously done by an amateur. This handy work surface not only supports your project, but grips it tightly while you're working on it.

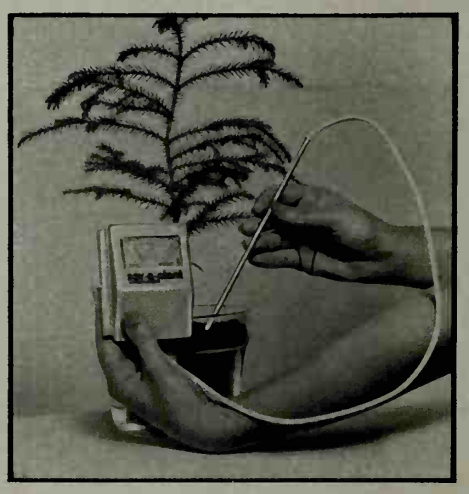
The durable plywood work surface is actually a big vise. You can grip objects up to four inches between the halves themselves or use the pegged "stops" to hold larger pieces. Separate adjustment handles let you grip irregular pieces.

The "V" grooves and notches on the inner edges of the plywood gripping surface hold round objects without crushing or marring their surfaces.

And if you're repairing a bike or refinishing a chair or tackling any other project that's usually a pain in the back, the unit will get your work up to eye level.

When the work is done, just fold the unit flat and hang it on the workshop wall or in a closet.

Workmate, $89.95 in hardware departments. Black and Decker, Towson, Maryland 21204.



Helping houseplants stay healthy is simple if you maintain the proper soil moisture at their root levels. Unfortunately, too many plant lovers unwittingly kill their plants with kindness by overwatering. While the soil often appears dry on the surface, there may be ample moisture at the root level. This unique electronic device solves the watering problem.

To check soil moisture content, simply push the probe into the soil surrounding the houseplant's roots and read the dial. Then refer to the chart in the manual, showing proper moisture level for 168 popular houseplants.

The electronic sensor requires no batteries or external power source. It operates on a galvanic principle and has no parts to wear out or replace.

Sav-A-Plant, $14.95 in garden centers and plant shops. AMI Medical Electronics, Division of LMC Data, Inc., 116 E. 27th Street, New York, N.Y. 10016.

continued

Top Choice® Burger on the left. Hamburger on the right. Or is it hamburger on the left and Top Choice on the right?

Gaines® Top Choice® Burger
r Dogs looks so much like ham-
rger, it's hard to tell the difference.

It's made with beef by-products
d real beef, so it's moist and meaty.

It even holds together like real
mburger.

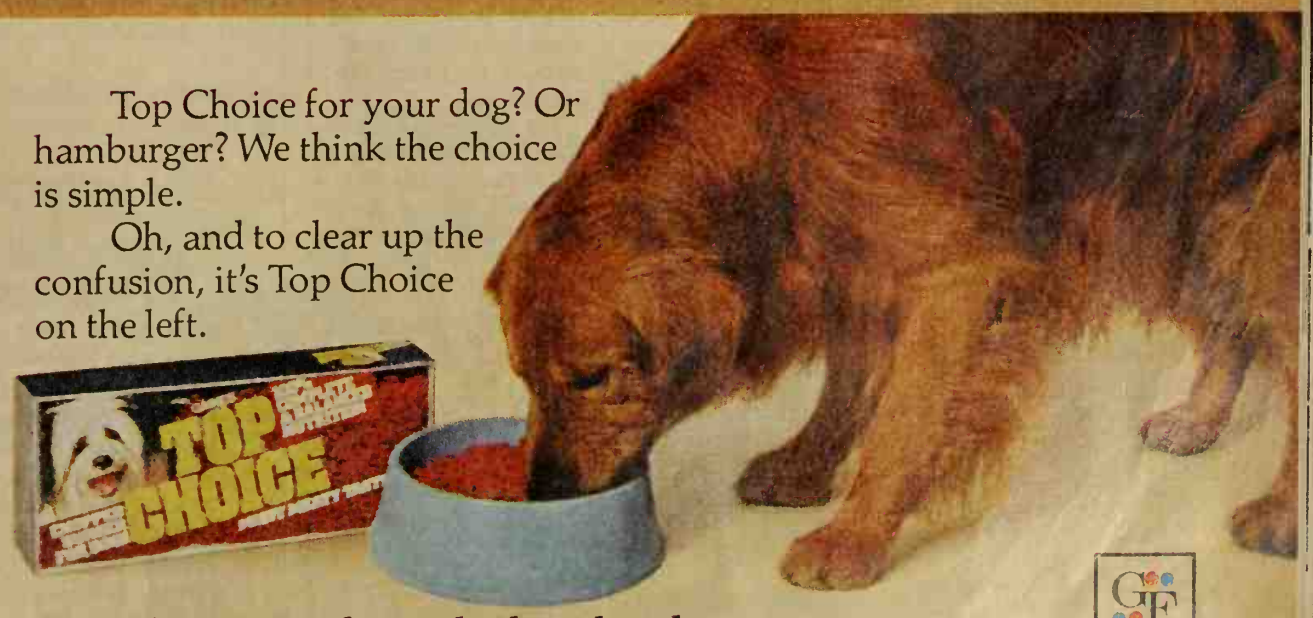
But it's better for your dog.

100% Complete and Balanced Nutrition.

Because it also has vitamins,
inerals and protein for the 100%
mplete and balanced nutrition
mburger doesn't have.

Top Choice for your dog? Or hamburger? We think the choice is simple.

Oh, and to clear up the confusion, it's Top Choice on the left.



Top Choice. For dogs who love hamburger. It's better for them.

GF
GENERAL FOODS

In a recent survey of Sunsweet® Prune Juice users, 74% said **they drink Sunsweet to help keep regular.***

*Based on a survey of 1,379 Sunsweet users of whom 74% indicated that they drink Sunsweet Prune Juice to help keep regular, among other reasons. Write for more details.

© 1974 Duffy-Mott Company, Inc.
370 Lexington Avenue, N.Y., N.Y. 10017

Announcing the Newest, Most Advanced Calculator Available

Today, a calculator is a necessity. You can save hours of time and money. Balance the household budget, tally shopping costs, compute utility bills, gasoline and car repairs, figure interest on loans and savings, determine material needed for sewing or do-it-yourself projects, compute income tax, figure profits and cost on investments, and a dozen more uses. Great for students. The perfect gift for everyone.

You deserve top value for your money. This calculator has more than any other at this price, features normally found only on machines costing twice as much. Order today!

Satisfaction Guaranteed!
Carries a full year warranty.

Please send me the following: ☐ No. 13841 Calculator $37.88 each; 2 for $70.88
Please include $2.00 postage and handling for each calculator ordered.

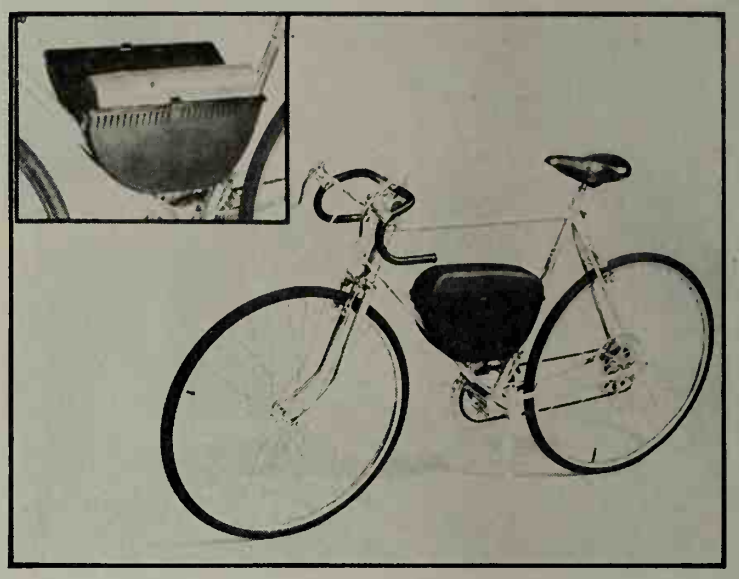
Name_____
Address_____
City_____ State_____ Zip_____
If you use your charge card, fill out boxes below:
Expiration Date Month/Year ☐☐☐☐
Master Charge Interbank No. ☐☐☐☐
Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

your BANKAMERICARD
master charge THE INTERBANK CARD

Total of merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

Send order and remittance to:
Better Homes and Gardens
Dept. 2SG, Box 374
Des Moines, Iowa 50336

GOOD NEWS

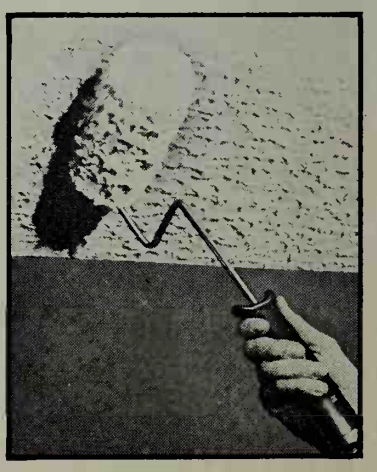


Ever wish your bike had a glove compartment? This unique carrier is the next best thing.

Really big gloves—like baseball mitts—fit right in. So will a hearty lunch and a Thermos bottle. Purses, magazines, and books can be sealed snug against the weather. And your bicycle chain—which is a blessing when you're parked, but a burden when wheeling down the road—fits in where it won't scratch your bike.

The carrier is constructed of tough, black polyethylene and fits most boys' or girls' bikes with a 20-inch or larger frame. Using the locking nylon straps, you can install the unit in about a minute. The straps won't interfere with brake or shift cable operation. Since its overall width is less than five inches, there's plenty of clearance between your knees.

The Kopak, $8.95 in bicycle departments. Marllo, 3015 Franklin Rd., Bloomfield Hills, Michigan 48013.



Roll a heavily textured surface onto your ceiling as quickly as you could paint it. A single application results in a high-relief surface that diffuses light pleasantly and hides cracks and blemishes on the ceiling.

The texture material is a vinyl compound with a heavy aggregate mix, not a texturizing paint. Just mix the ten-pound bag with five quarts of water and let it set for ten to 15 minutes. When ready to use, the material will be about the consistency of cake frosting.

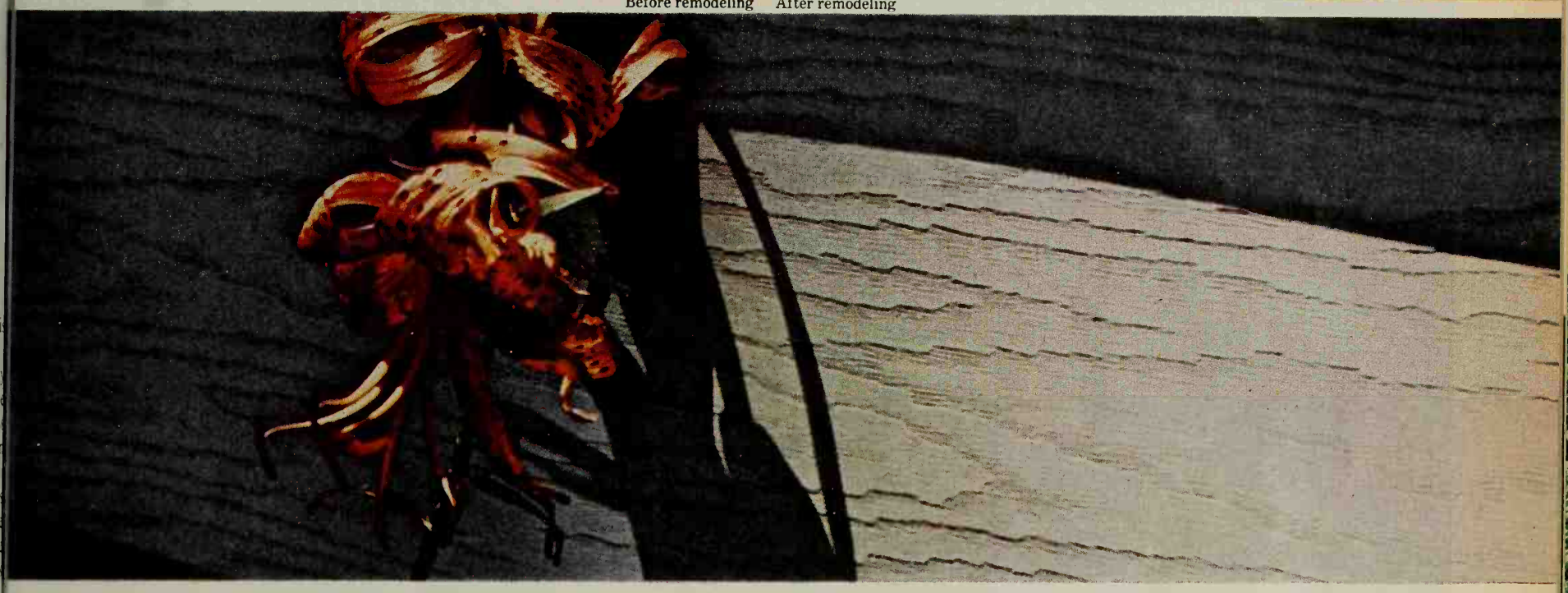
A ten-pound bag makes enough ceiling texture to cover about 120 square feet. It's elastic, so subsequent house settling won't reopen minor cracks. The material dries to a flat white that may be left as is, or painted with any flat ceiling paint.

NTC Roll-On Texture, under $10 in paint, hardware and building supply center. National Texture Corporation, 215 10th Avenue North, Minneapolis, Minn. 55401.

continued

Before remodeling

After remodeling



Bird Solid Vinyl Siding. Its real beauty is the way it saves you money.

In today's economy, Bird Solid Vinyl Siding isn't just the most beautiful choice for your home... it's the most sensible. Because with Bird solid vinyl, you eliminate the need for expensive periodic repainting. Your home investment is protected, for years and years to come.

Bird Solid Vinyl Siding can't show wear or scratches like wood or metal with their thin surface coatings and it never needs painting because it's solid color from front to back.

In fact, houses covered with Bird solid vinyl a dozen years ago still look new... and you can expect they will a dozen years from now.

Bird solid vinyl can't dent, rust, creak or rattle like metal. It can't attract electricity or spoil TV reception.

It looks like beautiful freshly-painted wood. But it can't peel, flake, blister, rot or be damaged by termites like wood.

Only Bird makes woodgrain-textured BRANDED® Vinyl Siding, shown here, with the distinctive vinyl-on-vinyl color accents... today's most-wanted style.

It's just one of Bird's beautiful ways to save money. Get all the details on the complete Bird solid vinyl line by mailing in our coupon today.

Bird & Son, inc.
E. Walpole, MA 02032

Better Homes & Gardens
May 1975

☐ Enclosed is 50¢. Please send me your 32-page, idea packed booklet, "What You Should Know About Roofing and Siding Before You Build or Remodel."

Name _____

Street _____

City _____ County _____

State _____ Zip _____ Phone _____

Please send me free basic facts on ☐ Bird Solid Vinyl Siding & Accessories. ☐ Bird Asphalt Shingles. I'm thinking of ☐ building. ☐ remodeling.

*In honor of the Bicentennial, Bird is providing a matching grant program to non-profit organizations for historic restoration projects nationwide.

Growing up with America since 1795

BIRD & SON

The best dressed homes wear Bird.

BRANDED® VINYL SIDING

Adds new dimension to frypan cookery. Slow-cooks up to 10 hrs. to retain natural juices and flavor.

Removable ceramic vessel holds up to two roasting chickens, can be used separately in oven.

Vessel out, it's a fine frypan with Teflon II—coated surface.

Heat control settings from 280° (slow cooking) to 420° (fast frying). Control removes for immersible cleaning.

Exterior color choice of Harvest Gold or Avocado porcelain finish; ceramic in Deeptone Brown.

Introducing the first frypan that lets you slow-cook in crockery: The Sunbeam Crocker Frypan.

Built with integrity Backed by service

Sunbeam

Sunbeam Appliance Company, a division of Sunbeam Corporation. © 1974, Sunbeam Corporation. ® Sunbeam TM Crocker.

Teflon II is DuPont's registered trademark for its non-stick finish.

GOOD NEWS

If your TV reception isn't as good as it should be—and subscribing to cable TV helps just part of the time—this simple little electronic device may be the solution to your problem. It's a small switch that lets you hook into both cable and antenna systems at the same time. Special circuitry prevents the signals from interfering with one another.

Why would you want both systems? Cable TV can be great for pulling in far distant stations and offering programs not carried on local channels. But, often you can bring in local stations much better via rooftop antenna than through the cable which must split and reamplify its signal several times before it gets to your TV set. Also, with this unit mounted on the back of your set you can switch to antenna TV whenever weather, component failures, or equipment breakdowns cause outage on your cable system.

Cablemate Signal Selector, under $20 in television equipment departments. Winegard Company, 3000 Kirkwood Street, Burlington, Iowa 52601.

Take full advantage of your stereo system's potential with these sensitive stereo headphones. You'll get tonal characteristics comparable to electrostatic headphones', but there's no need for a matching (coupling) transformer.

The silky, lifelike reproduction is made possible by an electrophysiological phenomenon called the piezoelectric effect. As the audio signals reach the headphones, the driver elements of ultra-thin aluminum-coated, high-polymer film expand and contract, creating a breathing motion. Audio response is natural and unmechanical.

Frequency response is 20 to 20,000 Hz, and the headphones are extremely sensitive over the entire power range. The high-polymer driver elements eliminate annoying high frequency resonance and sound spoilage.

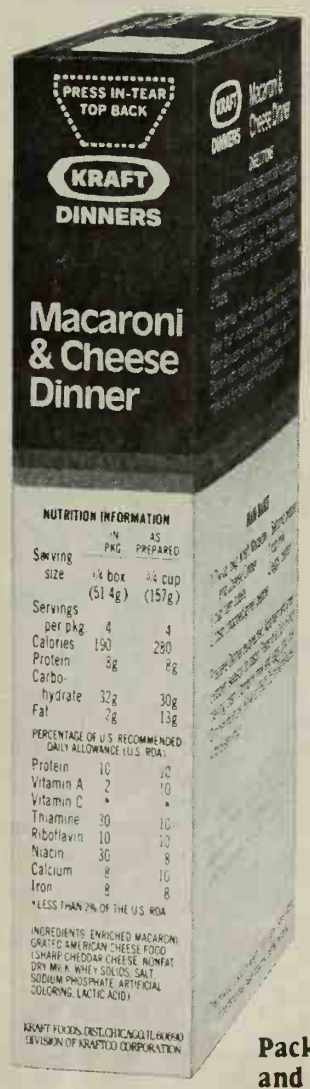
Pioneer SE-700 Stereo Headphones, $79.95 in audio departments. U.S. Pioneer Electronics Corp., 75 Oxford Drive, Moonachie, New Jersey 07074.

There are three things on most food packages that weren't there a while ago.

And all three are important to you when you go shopping.

There's *nutrition information*, for instance. Now many food packages give you a factual report about the product's caloric, protein, carbohydrate and (at times) fat content.

Information like this will help you compare the nutrient content of similar products and make a better informed shopping decision.



There's nothing mysterious about the code. It's part of a new automated checkout system some supermarkets are now installing. And this system will eventually mean faster and error-free checkout service for you.

Finally, there's *open dating*. Food products don't keep all their good qualities forever. They should be served before these good qualities diminish.

Best when purchased by
OCT 1 75

So packaging from Kraft and other manufacturers now tells you clearly the last date when products should be purchased for best results.

And there's something extra you'll find on Kraft packaging: a *product guarantee*. Kraft gives you assurance—in writing—that if you're not satisfied, you can get your money back.

What's printed on our packages is well worth reading.

KRAFT
Division of Kraftco Corporation

Packaging like ours gives you the facts and help you should have when you shop.

WHY FEEL FIZZLED OUT, WHEN YOU CAN BE YOUR OLD SELF AGAIN.

The evening is just beginning. It's the part of the day you've been looking forward to. Yet for you, the day could just as well be over. You don't feel like doing a thing. You're just plain fizzled out. What you need is something to pick you up, so you can be your old self again.

What you need is Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin... because the best part of the day is still ahead of you.

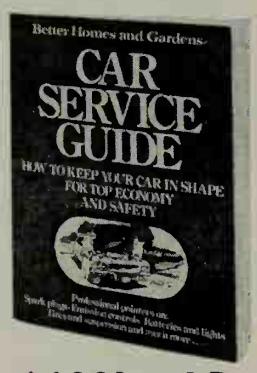
"Feminine Itching Was Making My Life Miserable."

"I was constantly worried about my itching problem. I tried so many things, and nothing really helped. Feminine itching was making my life miserable. Then I saw an ad in the newspaper for Vagisil—a new way to help stop feminine itching. I tried it and it really worked."

Mrs. S. T., Richmond, Virginia

If you suffer from external vaginal itching, there is now a creme medication specifically formulated to bring fast, temporary relief. Called Vagisil,™ it's available without a prescription.

Doctor-tested Vagisil is a gentle, easy-to-apply medication that helps stop external vaginal itching almost instantly. Vagisil leaves a cooling, protective film to help check bacteria, soothe irritated membranes, and so speed natural healing. Get Vagisil at all drug counters. Delicately scented. Greaseless. Non-staining. For trial tube, please send 25¢ to Vagisil, Box 328 RT, White Plains, N.Y. 10604. **Vagisil**



Save $100's of Dollars on Car Repair

Shows you how to keep your car in top shape. Saves you lots of money on repair bills. 128 pages, 1,000 illustrations give you step-by-step instructions. 19 Chapters on lubrication, spark plugs, filters, brakes, mufflers and tailpipes, emission controls, air conditioning, wheel alignment, transmissions—and more!

Written in easy to understand language, it pays for itself the first time used. A great gift. Order today!

Please send me the following:
☐ No. 13810, Car Service Guide, $4.99 each; 2 $8.99

Please include 60¢ postage and handling for one; $1.00 for two or more.

Total enclosed $_____

Send order and remittance to:
Better Homes and Gardens, Dept. 2SE
Box 374, Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ Zip _____

OUR GUARANTEE.
Money back if not completely satisfied.

begins on page 26

How to judge case goods

trees that lose their leaves every year. Oak, pecan, walnut, birch, maple, cherry, and mahogany are a few of the most common.

Softwoods are evergreens, like pine, cedar, cyprus, spruce, fir, and redwood—trees that keep their foliage all year round.

Today, most fine wood furniture is made of solids or veneers. If constructed properly, both produce top-quality furniture, and each has its own advantages. In solid wood construction the wood is cut lengthwise into planks, and then glued into solid panels to increase stability and to permit variations in grain for decorative purposes. Solid construction—of pine, for instance—is used most often for Early American and traditional styles, because solid wood lends itself to the carvings and detailing used on these styles of furniture.

Most of the furniture being made today is of veneer construction with solid wood parts. A laminated, or veneered, panel is actually a wood "sandwich" of five or more layers, placed at the cross grain to each other around a central core. A "face" layer is then placed on top. Veneer is durable, stronger than solid wood, and available at much less cost.

Veneer provides more variety in wood and grain patterns than natural wood, since it can be matched to make unusual designs and effects. And some 200 types of wood are available in veneers.

Today, there are also many new combination woods being made for use in furniture which have exceptional strength and durability.

Particle board, which is a combination of wood flakes and resin binding agents pressed into sheets, is used for furniture in nearly all price ranges. In most cases, particle board is covered with a hardwood veneer.

Hardboard is composed of tiny threadlike wood fibers pressed together under heat. When custom finished, hardboard looks like wood. Woods like these often allow manufacturers to hold down costs and still produce quality merchandise.

Principal joining methods

In furniture construction, quality depends primarily on how well the parts are joined. Because of the new epoxies, laminates, and gluing methods, most of the old rules have gone out the window.

There are four principal methods of putting furniture toge glue, screws, nails, and joints are used in varying combinat depending on the kind of w or woods, the purpose of the niture, and its design, which determines stress.

In much of today's furni construction, the most cri element is the adhesive. number one enemy of furnitu starved glue joints. As glue moisture departs. In time, glue dries out and becomes b tle. Result: a loose furniture jo Synthetic adhesives elimi this drying-out problem, they're best used on furnit pieces that don't require within the joints.

Unfortunately, there's re no way to know what kind of hesive has been used in furnit construction, or how effectiv is, until it's too late. Sometim you have to take things on fai But the sloppy application of a adhesive—and that you *can* —is a good clue to poor furnitu construction.

There's nothing simple abo joints. In fact, the system of jo ings is one of the most comp cated aspects of manufacturi wood furniture.

More often than not, joi will be mortise and tenon, thou they also might be doveta tongue and groove, or doub dowel. (Butt joints aren't consi ered up to par.) Regardless of t type, joints should be sturd smooth, and tight-fitting, witho plastic wood filler to make the that way.

Construction checkpoints

Since nearly every furnitu manufacturer has special co struction features and technique hard-and-fast guidelines to qua ity construction are impossibl However, there are some check points that will help steer yo toward quality merchandise. Yo probably won't find *all* the supe rior construction features in an one good chair, chest, or othe piece of furniture, but you shoul certainly find most of them.

• *Check the back panel*

By looking at the back of a piec of furniture, you can tell mor about its construction than you might think. In quality case goods, the back panel is inset and screwed into the frame. In inexpensive pieces, the panel may be flush with the sides, and simply tacked or stapled or

• *Pull out the drawers*

They're usually a good gauge of overall construction. Quality case goods will have center or side glides for easy drawer operation —and stops to keep you from accidentally pulling the drawer too far and having it land on

continued

The elegant design for this beautiful floor comes from Holland. The quality, softness and easy care come from GAF.

Take an old European design, add some new American know-how and you end up with the most beautifully practical floor you've ever seen. (Or the most practical beautiful floor you've ever seen.)

This GAF GAFSTAR pattern looks like delicate Dutch porcelain, but it's so easy to

Just damp mop and occasionally buff.

And this beautiful floor's not only nice to your eyes, it's also nice to your feet because it has a soft, built-in foam padding.

Whatever GAF GAFSTAR pattern you end up choosing, they all look the same.

Beautiful.

see the Yellow Pages, Or for further information, write GAF Floor Products, Dept. A17, Box 1121, Radio City Station, N.Y. 10019.

GAF® GAFSTAR™
Sheet Vinyl Flooring

One blast.

With Shell Bugkillers, that's all it takes to kill bugs and insects. Because Shell Bugkillers are that powerful. And that fast.

What's more, all Shell Bugkillers come with a patented cap called the CHILD PROTECTOR-TOP.™* Nice to have that sort of protection around the house.

Shell Bugkillers. One great way to get rid of bugs.

Because one good blast is all it takes.

Use as directed on label.

Shell Bugkillers.

*™ CHILD PROTECTOR-TOP is a Shell Trademark for its Aerosol closure.

continued

How to judge case goods

your feet. Drawers should be accurately cut with uniform space all around. When you move drawers from side to side, there should be no more than about one-fourth inch of play. Make sure the front of the drawer is flush with the front of the chest when closed.

• *Open the door*

If there are doors on the piece of furniture, open and close them enough to find out if they tend to hang open or swing shut. Hinges and handles should be anchored with bolts and washers, not nails.

• *Take a seat*

If you're shopping for chairs, don't just look. Sit down, wriggle around, and make sure the chair doesn't creak under your weight. Chair legs should be securely fastened. Connecting crossbars give added support. In choosing a dining chair, make sure there's at least seven inches of clearance between the seat of the chair, and the apron of the table it's supposed to fit under.

• *How to test tables*

Tables should be strong enough to stand on, even jump on, though we don't recommend such experiments. The strength of a table depends on how well the legs are joined to the side rails, and to the tabletop. Poke your head under it and have a look. While you're there, check for reinforcing corner blocks. To test for general strength, press down on the table firmly with the palms of both hands. You shouldn't be able to sway the table back and forth. Make sure it sits squarely on the floor.

Many of these same basic tests can be used for buffets, china cabinets, hutches, desks, and other wood pieces.

The main thing to remember when shopping for case goods is to get as close as you can and take a good look. Push, pull, and lift. If the construction appears to be sloppy, chances are it is, and you won't be happy with that piece of furniture.

The finishing touch

When you talk about furniture finishes, you're referring to the exterior wood surface—what you can touch. Sometimes this is a substance applied to the furniture; sometimes it's actually the top layer of the furniture. Whichever it is, the finish is important. It not only adds to the beauty of the wood, but also protects it from moisture and wear.

Several clues to finish quality are easy to see for yourself. If furniture is finished with a plication of some kind, ch make sure the surface m is hard, smooth, and even plied. Any bubbles or flaw cate less than top quality.

Finishes can vary from la and paint to varnish, oil, plastic. They all have adva and disadvantages which ence how you live with care for them, and repair Here are some of the popul ishes you're likely to run int

Paint or lacquer forms a pervious skin over wood. It' to clean, but quite difficult pair when scratched.

Oil is a good natural prot It makes most acid scratches self-healing, but must reapply it every six m or so (50 percent boiled li oil, cut with 50 percent alc wiped on with a rag or b then buffed). Water or al stains are easily repaired o oil finish, and it won't cra crack in low humidity as ha more difficult-to-repair woo ishes do.

Distressing is especially tical because it doesn't scratches, nicks, and fingerp the way a high-gloss finish The purpose of distressing make new wood look old slightly "beat up" with mark dents, etc.

There are some special ishes, too, that give your furn extra protection. Among t are catalyzed lacquers, poly thane finishes, synthetic nishes, and epoxies. In the s category as these are vinyl faces that are built right into furniture, and surfaces that h been laminated with plastic. I are tops for wear and durabili

Care of case goods

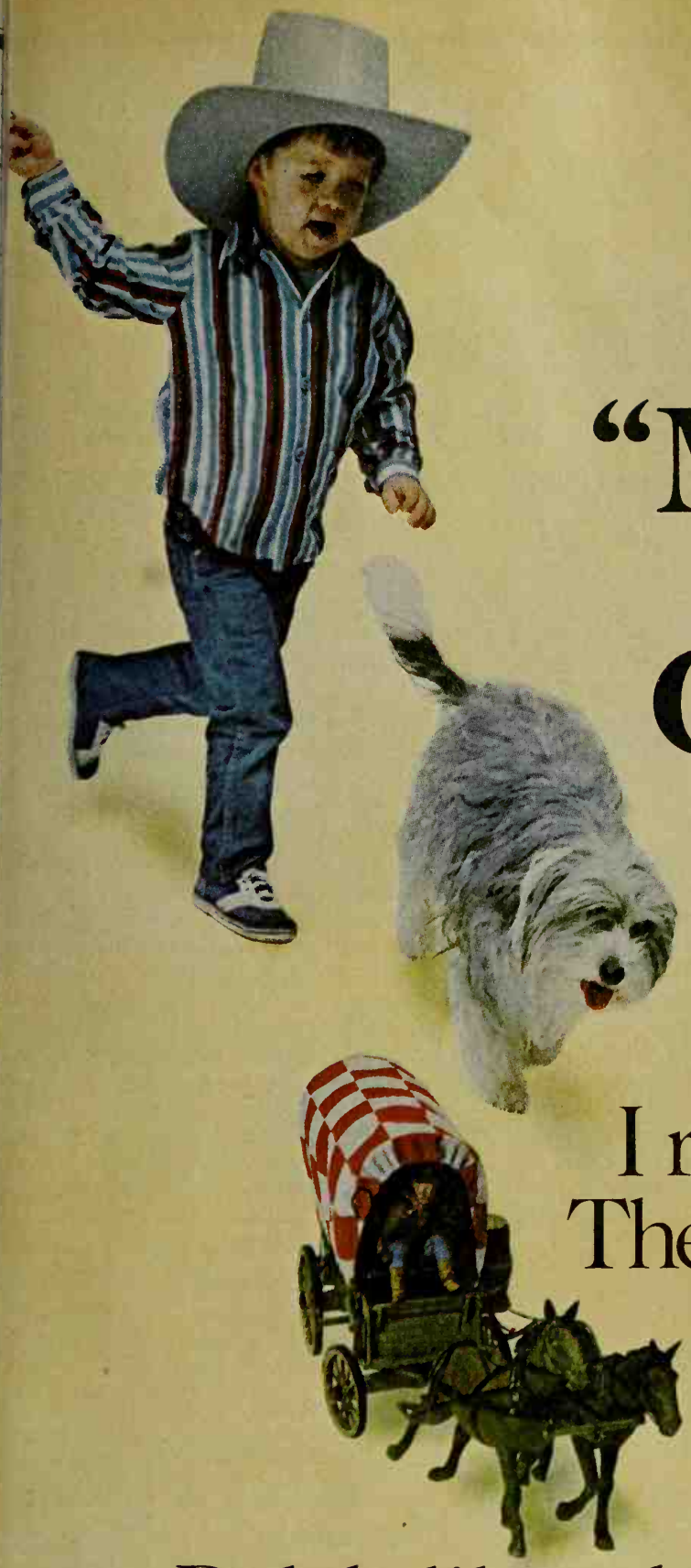
When it comes to polis and waxing, don't get car away. Once every few mont probably enough. Too frequ applications will build up a that actually reduces the bea of the finish. A light coat of w applied two or three times a y is enough for furniture that normal use.

Use only polishes recomme ed for furniture, and always low directions on the labels self-polishing floor wax, for ample, would soften the furnit finish.

To remove wax buildup, cl your furniture once a year w a cloth or sponge dampened i sudsy solution of mild soap water. Work quickly, washi rinsing, and drying a small a at a time.

See page 109 for three new Be Homes and Gardens Buy Guides for home furnishings.

For your pet's health...
See your veterinarian regularly



"Me and Ralph and the Chuck Wagon"

We chase that wagon.
I run and Ralph runs.
The wagon got away.
But Ralph gets his food.
I put in the water
that makes the soup.
Ralph likes the little brown pieces,
and the big red pieces.
Ralph cleans up his bowl.
Me and Ralph gonna
catch that wagon
tomorrow.

Catch Chuck Wagon® dog food
Chunky Beef or Chunky Chicken Flavor

Do You Look Too Old to Land the Job You Want?

You're beginning to wonder. Now that the children are old enough, you'd like the extra stimulation and challenge of a job. Being a wife and mother no longer takes up all your time and energies. You know how many young secretaries, salesgirls and junior executives are out there in business life. And you can't help worrying that perhaps you look too old to fit into the picture. No wonder you're a little afraid to re-enter the working world.

Relax. You know you have ability, and hiring departments will recognize your worth. But, to be honest, looking your youngest probably wouldn't hurt either your job chances or your self-confidence.

Share the secret of younger-looking women from round the world who know the benefits of a remarkable beauty fluid. Discover for yourself this world-renowned liquid known in the United States as Oil of Olay beauty lotion. Beauty researchers discovered Oil of Olay. You can almost see your skin drink in the skin-loving liquid. Notice how Oil of Olay penetrates almost incredibly quickly and completely, and leaves no greasy after-feel. Simply smooth on and let your complexion become softer, more supple and younger-looking from the very first days you use the priceless liquid.

Faithful users apply Oil of Olay at least twice each day to help maintain a youthful look. At night the beauty lotion silkens and smooths your complexion as you sleep. In the morning, Oil of Olay is a near-perfect makeup base, rapidly absorbed and non-greasy, to let cosmetics stay fresh for hours.

Oil of Olay, with its wealth of natural moisture, tropical oils and other emollients, helps soothe away the dryness that accents those little lines and wrinkles that make you look older. The lovely liquid works to maintain the oil-moisture balance needed if your complexion is to look its youngest. And, to keep you looking your particular best, the fluid helps retain your skin's own moisture as well.

You will find the precious lotion at your drugstore. Wouldn't it be a great idea for you and Oil of Olay to go to work together?

Beauty Secrets

You'll want to redo your face at lunch hour to feel refreshed and to know you'll always look your best, even during the waning hours of the day. Always carry a bottle of Oil of Olay to soothe on before you apply your afternoon makeup. Don't be surprised if some of the other women ask what you're using and perhaps want to try your Oil of Olay. Good news has a way of traveling fast.

* * *

After a long day on the job, you deserve pampering. You've earned it. Take a bath, then soothe on Oil of Olay®. You'll feel refreshed for the pleasures of the evening ahead.

Win money for your recipes

CHRISTMAS CANDIES—HOLIDAY APPETIZE

Do you have a special candy that's so good it's become a tradi in your holiday baking—or a tempting appetizer that yule guests will nibble nonstop? We'd like to know about them. S your recipe today for either or both categories and you could b prizewinner next December. Two Cooks-of-the-Month reci receive $50 each. Four Runners-up receive $25 each and Honor Roll winners get $10 each. The selected winning reci will be pictured on the Prize Tested Recipes pages next Decem All 18 winners receive a framed Better Homes and Gardens C tificate of Endorsement and six copies of the endorsed recip

Hints to Help You

Christmas candies can be cooked or uncooked. Do you start from scratch or begin with pudding mix, ice cream topping, candy bars, or frosting mix? Maybe you make a sugarless treat with candied fruit, nuts, or popcorn for the holiday season. Pointers:

no-bake pecan crunch
taffy mallow bars
butterscotch brittle
honey mints
cranberry fudge

Holiday appetizers may incl dips, spreads, cocktail kabo pastry puffs, miniature meatba and seafood tidbits either ho cold. Is yours a fancy bu canape, an enticing open-ho hors d'oeuvre, or an easy pa snack? Suggestions:

quiche squares
shrimp puff-ups
holiday blue cheese ball
sherried fruit kabobs
sesame vegetable dunk

THIS MONTH'S WINNERS

(See recipes on pages 89 and 90)

Cooks-of-the-Month

Mrs. Jerome E. Hartmann, Madison, Wis.
Mrs. Libbie Ann Pearson, Wausa, Nebr.

Runners-up

Mrs. Peter DuBovy, Huntington Beach, Calif.
Mrs. Helen Hahn, Milwaukee, Wis.
Mrs. Helen M. McPhail, Lake Oswego, Oreg.
Mrs. Denny Rowell, Berne, Ind.

Honor Roll

Loris Bree, St. Paul, Minn.
Sue DeGeest, Nashville, Tenn.
Maggie Greenwood, Virginia Beach, Va.
Sylvia Hollender, Staten Island, N.Y.
Marsha Keele, Blanding, Utah
Ruth C. Klees, Oak Park, Ill.
Mrs. David A. Lehmann, Memphis, Tenn.
Elizabeth Leonard, Toledo, Ia.
Mrs. Ralph Wilhelmi, Marshalltown, Ia.
Donna M. Williams, A.P.O. New York
Lyvonne M. Willis, Arlington, Texas
Charlotte Witmer, Campbell, Calif.

CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and m it *"December Christmas Candies"* or *"December Holiday Appetizer* If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you u as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, *May 31*. In cases wh duplicate recipes are submitted, the one with the earliest postm will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7505 Test Kitchen, Better Homes a Gardens, Des Moines, Iowa 50336.**

We Use DUPONT ZEPEL For Fabric Soil Protection

Decorating a home will never be this easy again.

Remember your doll house? It was a dream world where everything was possible. And it wasn't important that the draperies didn't match the rugs. Or that the tiny rocking chair didn't go with the miniature dressing table.

But today your doll house is gone. Your childhood dreams have become realities. And making a decorating mistake could be very expensive.

Still, a little girl's dream never dies. And at your Ethan Allen Gallery we respect the little girl that lives on in every woman. That's why we make decorating a home as uncomplicated as possible.

Which is why you'll find that we have no salesmen. Only expert Home Planners who are trained to help you avoid making costly decorating mistakes. And all of the furniture that you see is expertly arranged in beautifully decorated rooms. So our Home Planners can give you a better idea you fall in love with in the Gallery will work with the furniture you have at home.

And our Home Planners can help you choose from the wide selection of draperies, carpets, upholstery and wallpaper found in the Home Fashion Center. And it's quite a convenience—like having many different stores under one roof.

And finally, when you visit our Gallery, we will give you the new Ethan Allen Treasury of American Traditional Interiors. Its 408 pages show the vast Ethan Allen collection and hundreds of full color decorating ideas. You can get it free (no purchase required) at our Gallery or by sending $7.50 to Box 1066, Danbury, Connecticut 06810.

So visit our Ethan Allen Gallery. And with the help of our trained Home Planners you'll be able to make a little girl's dream come true.

Ethan Allen Galleries

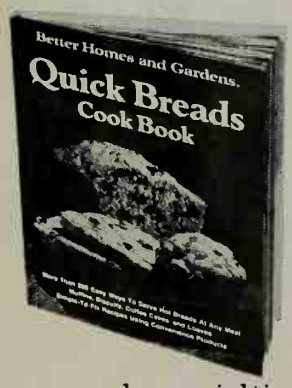
See the Yellow Pages for

New Ideas

DECORATING BOOK

Starting with the basics — defining your lifestyle and developing a workable budget — this all-new edition of ring-bound classics from Better Homes and Gardens tells you how to get the best in home improvements for less. Includes hundreds of ideas . . . the best efforts of America's leading interior designers. Divided into tab-indexed sections, it tells you how to use color with confidence; coordinate and blend furniture styles; select floor coverings; how to be adventurous with paint; wallpaper and window treatments; ways to decorate with plants; plus dollar-saving ideas that stretch your decorating budget. It's 400 pages long with more than 300 full color photographs to help you visualize decorating ideas that really work. Just $12.95 wherever books are sold.

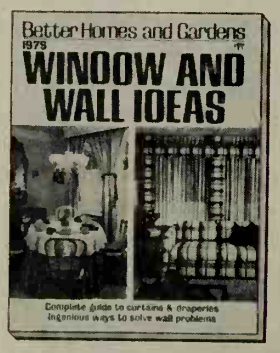
QUICK BREADS COOK BOOK



There's something special about breads fresh from the oven. In this new Quick Breads Cook Book, the editors of Better Homes and Gardens Books offer you 234 recipes for great tasting breads that are ready for the oven in a hurry. Recipes include coffee cakes and loaves, muffins of all kinds, scones, biscuits for all occasions, doughnuts and fritters, pancakes and waffles, cornmeal specialties, dumplings, popovers, even graham crackers. Also included, preparation and assembly helps with how-to photos, and a basic quick bread mix you can store for use in over a dozen recipes. Hard cover. Just $2.49 wherever books are sold.

WINDOW AND WALL IDEAS '75

Whether you're following a decorator theme, or prefer to design your own, this colorful Idea Publication from Better Homes and Gardens gives hundreds of ways to decorate the windows and walls of any room. It begins with a discussion on how windows can add color and pattern to a room; followed by examples of how to assemble window treatments, what to do with problem windows, and how to shop for curtains and draperies. Wall coverings are shown in actual room settings — including 20 winning wall treatments — that give ideas for using a variety of covers to create a special effect or alter architectural defects. Just $1.50, at your nearest newsstand.



begins on page 2

How to keep your weight

6. Serve smaller portions—but arrange them to look more generous. Most of us recognize that our appetites aren't really governed by how much we're served, but how much we *appear* to be served.

Thus, if you serve three thin slices of meat instead of three thick ones, you may feel just as filled afterward. Spreading vegetables across the plate may make them seem more bountiful. Some persons feel "starved" unless they eat a second helping. A small first helping followed by a small second helping may achieve the desired effect.

7. Eat slowly. Dr. Levitz has shown that many overeaters are compulsive not only about quantity and frequency of meals, but about fast eating. They wolf down meals, completing them long before their companions, and may try to avoid embarrassment by taking additional helpings while others are still finishing.

To combat the fast-eating habit, Dr. Levitz suggests establishing a slow-eating ritual. Cut food into tiny bites, and chew each 25 times before swallowing it. Set knife and fork down after each bite, and wait two minutes before picking them up again.

8. Enlist your family and friends in your campaign. The most successful dieting methods, according to Dr. Stunkard, are those that use group therapy. TOPS (Take Off Pounds Sensibly) and Weight Watchers both employ the enthusiasm of fellow dieters to help motivate the individual dieter to stick with his regimen.

However, a formal organization isn't the only source of support. Husbands and wives can diet together for mutual encouragement. And non-dieting members of the family can help, too, by complimenting the dieter for his progress and trying to keep temptations from his path. In fact, as Dr. Agras says, accentuating the positive and keeping silent about the negative is a good rule for all relationships!

9. Give yourself rewards. The real reward in successful dieting comes when you look and feel better. But it may take a discouragingly long time before you can really appreciate the changes. To reinforce your resolve, set short-term goals with interim rewards.

When you've lost five pounds, you might buy a new dress sport coat. A ten-pound could be good for an outing at beach, complete with new bik Rewards work even better if t involve the whole family. Pr ise them a trip when you att an interim goal.

10. Support your diet in ot ways. Exercise is very help For example, if a 200-pound p son walked three miles to w he would use about 300 calor If he drove the three miles (minutes) and then sat down the remainder of the hour would expend 130 calories. T difference, 170 calories, rep sents the energy used up by wa ing instead of driving the th miles. If it is one and one h miles to—and one and one h miles back—it figures at one hc of total walking. The 170 diff ential would equal about pounds over a year.

And you establish an exerc habit this way—a satisfying s stitute for snacking as a pastir You don't even need a forn exercise program. When you to the shopping center, park far as possible from your de nation. Don't take an eleva when you can walk a few flig of stairs; try to put more mus into your housework; instead hiring someone to rake leav take a turn at it yourself.

Overweight people, in gener are remarkably adept at acco plishing physical tasks with t least amount of effort. Ma yourself work. You'll not or burn up calories, but you'll f better, too.

Most of your new patterns c be discontinued after a sh time. Once you've condition yourself to take less food and less, for instance, you'll no long have to resort to the trick of ing smaller plates, or go throu the ritual of chewing each mor a specified number of tim However, you may be tempted backslide into the old ways occ sionally, and then you shou once more reinforce your ne habits by practicing these ritual

Once enough time has elaps to establish the habit of weig control, the old associations w have lost their hold and the ne for reinforcement will becor less and less frequent.

Dr. Nathan Maccoby of Sta ford compares the unhook overeater to a man who h stopped smoking. "It takes hi awhile," Maccoby says, "b eventually he no longer needs find something to do with h hands while drinking a cup coffee." ■

(Written in cooperation with E win Kiester Jr., a well-know eater and drinker.)

Your back wakes up feeling great... It's a Sealy Posturepedic morning.

More than just a firm mattress, Posturepedic® is a unique back support system. It's designed in cooperation with leading orthopedic surgeons for firm, comfortable support.

Under six layers of surface cushioning, there are specially spaced "body-action" coils for lasting support. The patented torsion bar foundation provides extra firmness and durability.

Posturepedic promises no morning backache from sleeping on a too-soft mattress. There's no other mattress like it.

SEALY POSTUREPEDIC

The unique back support system.

Sealy.

HOME IMPROVE-MENTS THE MOST CHANGE FOR THE LEAST MONEY

By David Haupert

The tired, but sound, old house that "needs some work" is one of the most underrated solutions to today's housing crunch. Most shoppers turn thumbs-down as soon as they realize just how *much* work is really needed. But balking at a big remodeling challenge can kill your chances of getting the most house for the least money. When Cheryl Payne first stepped into the old house at left, she saw battered floors, crude plumbing, exposed wiring, and crumbling walls. But she combined hard work, imaginative decorating, and *$2,000* to convert this *$6,000 bargain* into a comfortable, attractive home.

Probably the most dramatic change took place in the bathroom at right. New plumbing and lighting fixtures, colorful vinyl wall covering, and shag carpeting are the most obvious improvements. But extra touches like the shutter covering the service entry, a plant stand in the corner hiding plumbing lines, and a step-up bathtub that's raised to clear the drain also solve problems and add character to the room.

Photographs: Jim Hedrich, Hedrich-Blessing. Source: Geri Nikolai

A graceful old archway connects the living room in the background with the music room. In this part of the house, Cheryl's main expense was for carpeting. She dyed the sofa fabric to extend its usefulness, made the wall graphic out of plywood and felt, and even designed her own corner table by spraying a metal frame with silver paint and topping the base with a piece of heavy glass. For a "something different" ceiling fixture, she strung tree lights inside a couple dozen pop cans fastened to plywood, added a border to hide the wiring, and suspended the whole works.

Buying information, page 112

Resisting the temptation to buy new kitchen cabinets, Cheryl gave the old ones a bright supergraphic paint job. Plastic tiles on the backsplash, a new counter top, vinyl fabric on the walls, and an inexpensive suspended ceiling finished off the room comfortably. Throughout the house, Cheryl kept spending to a minimum, substituting ingenuity and elbow grease whenever possible. The result was an uncommonly neat and attractive home for an incredibly low investment. Even if costs are higher in your area, Cheryl's game plan still can work for you, too.

Photographs: Bill Helms. Designer: Pasquale Marino. Source: Ruth Marti

HOME IMPROVE-MENTS DO A ROOM AT A TIME

IT'S HOME IMPROVEMENT TIME

By Noel Seney

The unassuming house at left is the type that many families would pass over—or would live in only a year or two before they move on.

But the family that lives here decided to make the very most of it. Their decision to stay and improve one room at a time was based partly on their liking for the neighborhood and partly on the sound structural condition of the house. And though faced with a space shortage, they enjoyed the challenge of getting the most living out of every square foot.

Of course, do-it-yourself improvements like these take time—but you'll find the momentum picks up as you reach the first goal and your expertise increases.

In the living room, above, the main space-stretcher was opening the stairway. Just cutting away part of the wall that once enclosed the stairway made the room seem larger.

Using one light and subtle color throughout also adds to the spacious feeling. And the problem of fitting enough seating into a small room was solved by building sofas that fit the space exactly. They are simple and solid and the large cushions make for plenty of comfort.

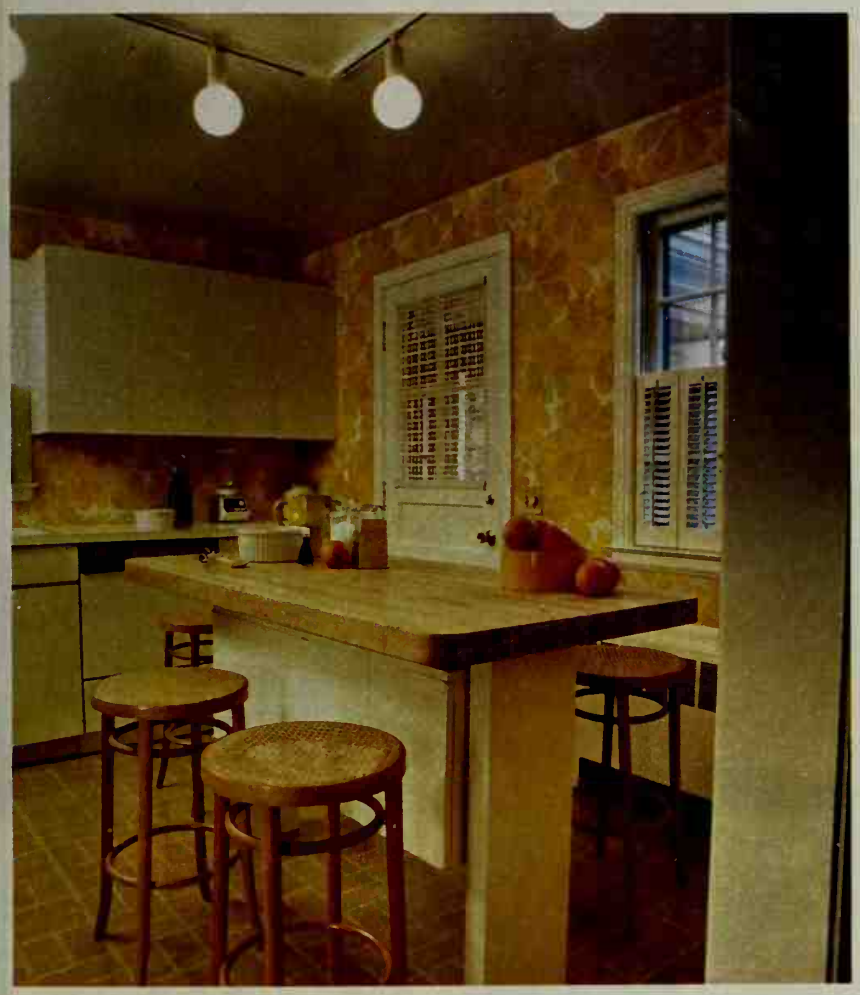
Buying information, page 112

TOP The once-tired kitchen gets an all-new look with wallpaper, vinyl floor covering, and remodeled cabinets. The lighting, too, is better than ever. The track system lets each globe be placed where it does the most good.

The eating bar is a lot more than just that. Below, there are cabinets for extra storage and the butcher-block top can serve as an extra work surface. The bar can be moved closer to the main work area—or out of the way—as needed.

BOTTOM There's no cramped feeling in the dining room—the glass-topped table sees to that. And the floor-to-ceiling shutters blend the window to the walls much better than a fabric window treatment could.

The suspended light fixture is on a track here too—so it can be moved when the table is placed the other way.



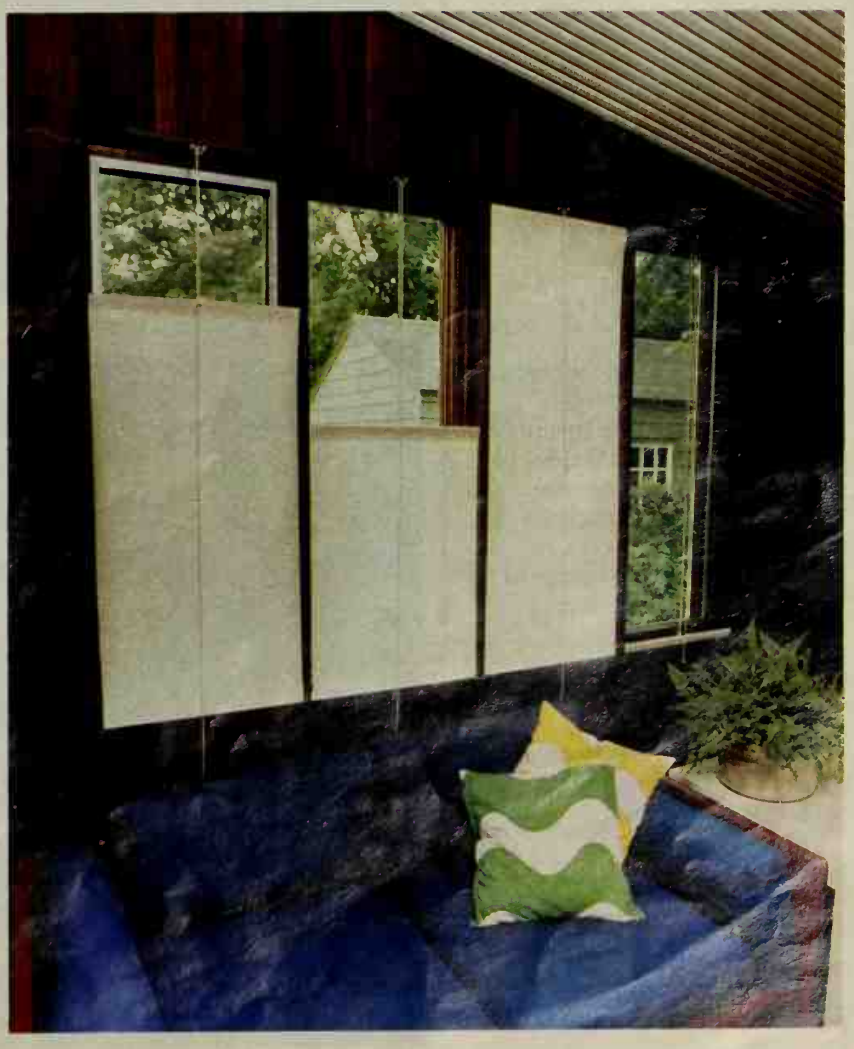
TOP The family got an extra room by enclosing this small porch—and opening it to the room beyond made both spaces seem larger.

The handsome wood paneling is flooring strips, and the floor here is real brick.

In the adjoining music room, suspended cabinets with shelves above replaced a closet. That way, the room gained a bit more floor space without losing any storage. The paneling and ceiling treatment—nailed-on 1x2s—help tie the two rooms together.

BOTTOM This clever window treatment can work well in many rooms. Ordinary shades are installed for "bottoms up" operation so you can adjust for just the right mix of light and privacy.

Here, the rollers are neatly concealed by a boxlike channel below the windows. The channel is made of the same flooring material used as paneling on the walls.



HOME IMPROVE-MENTS STRETCH ANY ROOM

If you're finding your house slightly cramped, here's an answer: small, space-stretching additions.

Each of the projects shown on these two pages stretches space for more comfortable living—and at reasonable cost.

Some of the bump-outs are built on foundations. Others hang on the side of the house. But all are simple to build and require only the usual assortment of tools.

It may take just a few inches to uncramp and open up your house. So, bump out a wall and breathe easier.

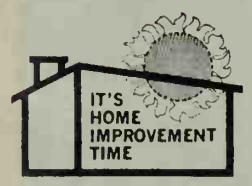
By Steve Mead

The problem of getting more space and daylight was solved, at left and above, by the addition of a traditional bay window.

The sofa, which once dominated the living room, is now back out of traffic. The result: a cozier seating arrangement with an added bonus of space to move around in.

Although the homeowner built this project from scratch, prefabricated kits for bay windows are available in knock-down form. Most window manufacturers can provide you with details.

Photographs: Bill Helms. Designer: F. Eilers. Source: Ruth Martin



By spending $500 the owners of this house eliminated constant run-ins with furniture. The solution was a 2½-foot bay complete with window seat.

To get the extra space the existing floor joists were extended by bolting new 2x6s to them. Sidewalls and roof were then built on the resulting platform and the existing wall was removed.

Now the table and chairs are well out of the flow of traffic to and from the kitchen and laundry.

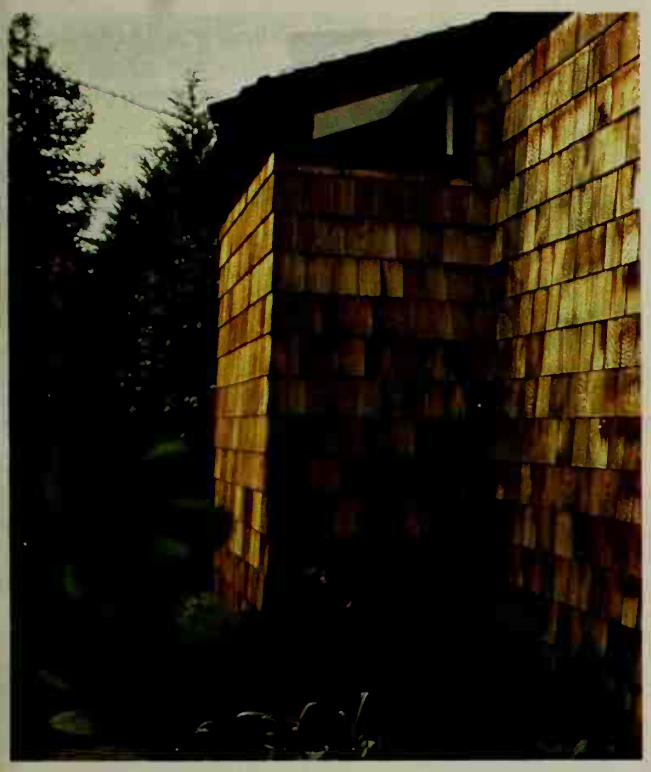
Photographs: Maris/Semel. Architect: Allan Chapman. Source: Estelle Guralnick

Wherever there's a window in your house there's a place for a plant bay like the one shown at right.

Since a structural header existed, there was no trouble "hanging" the addition on the house. First, the window was removed and the shingles stripped back to reveal the structure.

Next, 2x8 framing was bolted to the existing header, then the floor and corners were hung from it. Large panes of fixed glass inserted in the openings and shingle siding complete the job.

Photographs: Maris/Semel. Architects: James Crissman. Source: Estelle Guralnick



Photographs: Fred Lyon. Architect: Ernst Meissner. Source: Barbara Cathcart

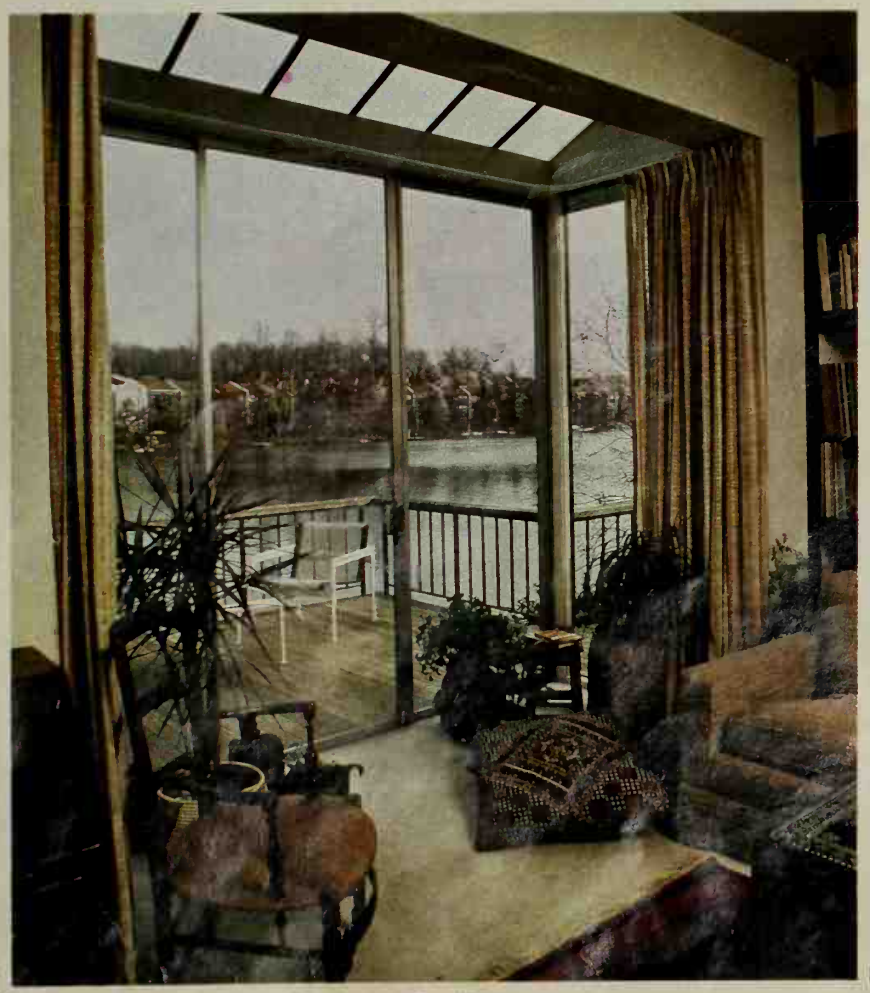
The project at left is a good example of what you can get with minimal investment. The homeowner, doing all the work himself, built the project for $750. And for his money, he got another full bath in what was a bath-and-a-half house.

The first step was building a foundation and opening up the wall. Then, 2x6 floor joists and a plywood subfloor were built. Next, the fiber glass tub/shower was set in place and exterior walls were framed around it. The roof of the existing house was continued over the addition and a roof dome skylight built in before the roof was finished. As a finishing touch, a fixed glass window was added.

Buying information, page 112

A bump-out built like the one at right can give a lift to the darkest interior.

Here the homeowner simply moved the sliding glass door out three feet onto the deck. To further the greenhouse feeling, fixed glass panels were installed in the sidewalls and roof. And, since the door already existed—in the now opened wall—the cost was held to a minimum.



Photographs: Olman. Architect: Phil Eddy. Source: Eileen Leubecker

A dull, commonplace room can be easily transformed into a smart-looking, functional living space by adding a well-planned shelving system. It can solve a multitude of storage problems if you're suffering from overstuffed cabinets. And, it could become the focal point of the room when it's skillfully arranged with cherished books or records.

You don't have to be a professional carpenter or graphic designer to adapt our shelving ideas to your own walls. Use inexpensive brackets, boards, and fasteners for a shelving unit in the family room or outdoors. Use more expensive woods and brackets if you wish to match the wood and decor in your living room or kitchen. But before you head for the lumberyard, determine the size of the shelf and the kind of joiners and brackets you'll need.

By Joan McCloskey and David Ashe

SHELVE IT

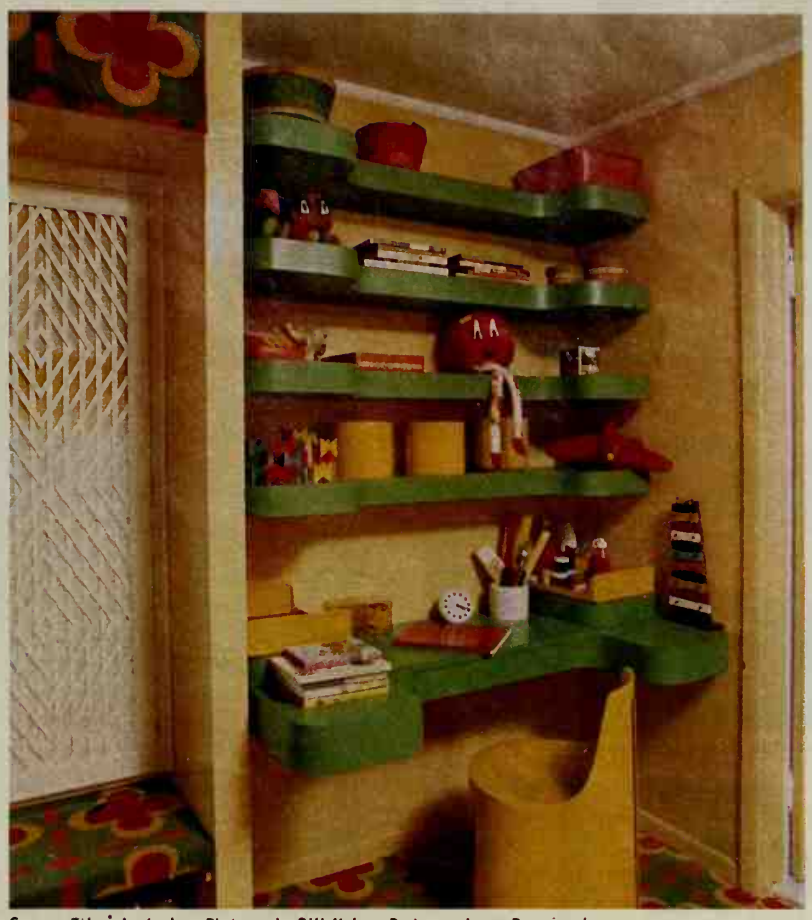
Source: Eileen Leubecker. Photograph: Bill Helms. Designer: Color Design Art

Our first example of sensational shelving solved a problem that plagues many homeowners—how to fit storage into a small study or den. It's done by fastening floor-to-ceiling 1x10s to end walls and attaching intermediate 1x10s to back wall and ceiling with toggle bolts and angle braces. To give the unit a substantial look, the 1x10s are faced with 1x2s.

You'll need to call on your sense of scale and proportion when deciding where to place the horizontal shelves inside the vertical boards. Use adjustable shelving hardware so you can change your shelving to accommodate your current collectibles or art works. The system pictured provides storage for plants, encyclopedias, and whatnots, in addition to enlivening the room with a strong design element.

P.S. Paint the walls before you install the shelves!

Flank a fireplace wall (below) with shelves to display your precious possessions—be they books, sculpture, or succulents. Our crafty homeowner began with two ceiling-height plywood boxes, 16 inches deep and 60 inches wide. The lower portion has two doors concealing adjustable shelves. Upper shelves, of plastic light diffuser, are lighted by fluorescent tubes, creating a bright focal point for a charming living room setting.



Source: Eileen Leubecker. Photograph: Bill Helms. Designer: James Pannone, Inc.

Ask any parent—a child's room usually needs shelving (left), and lots of it, more urgently than any other room in the house. That multitude of toys, books, games, and science projects cries out for orderly and accessible housing.

Consider converting a closet or unused floor space into a swinging open shelving unit as colorful as the Sunday comics. A jigsaw is the perfect tool to cut freewheeling curved shelves like these covered with flexible plastic laminate. Note the height and depth of the lowest shelf—it's pint-size, the right size for a small child to sit down to color or paint. Install this shelf on flexible brackets so it can be raised as the child grows. There's even a drawer built into the bottom shelf to hold crayons.

Buying information, page 112

Source: Bonnie Maharam. Photograph: Bill Helms. Architect: Michael Spector

Photograph: de Gennaro. Landscape Architects: Galper/Baldon Assoc. Owners: M/M Gerald Silver

SHELVE IT

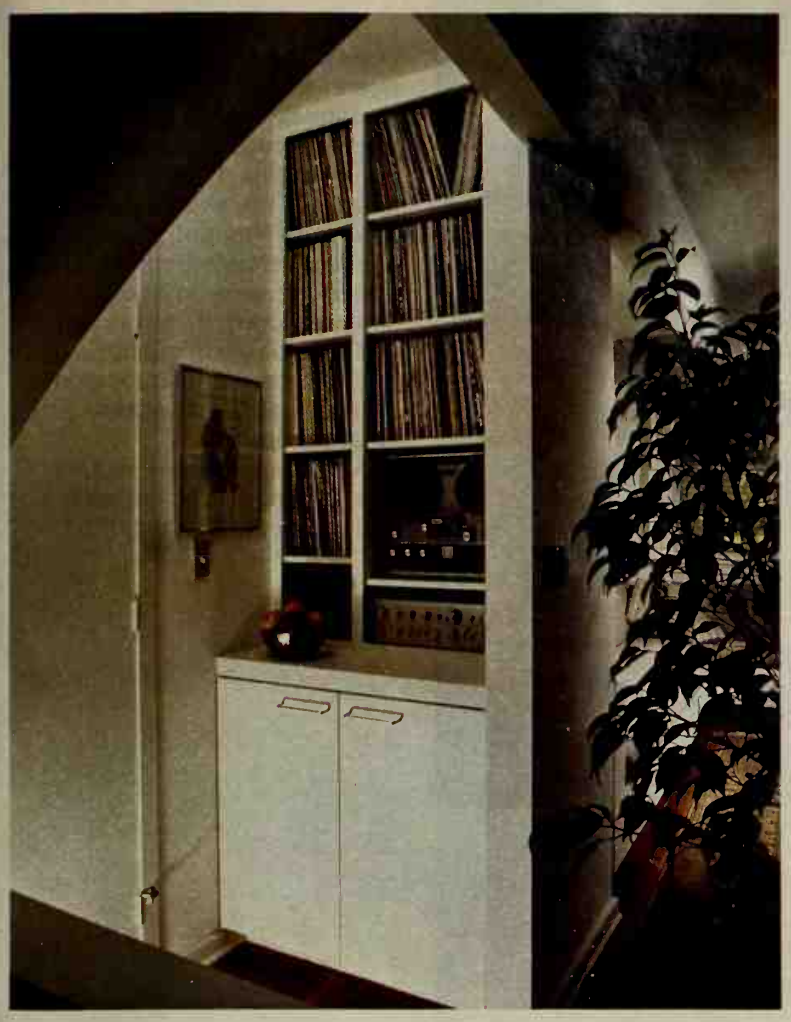
Shelves belong outdoors just as much as they do inside. They can perk up an entryway between garage and house or add vital storage space to a carport. They can frame a kitchen window from the outside, creating an appetizing view. They're ideal for summering houseplants outdoors during warm weather in July and August, too.

Each shelf in this handsome unit is made of ¾-inch exterior grade plywood over a frame of flat 2x4s. Edges are finished with 1x3s projecting above plywood the thickness of the tile to be used. A bed of mortar was applied to the plywood and 4x8-inch glazed tiles set into the mortar. After the mortar hardened, the joints were grouted. The heavy shelves are supported with 1x1-inch tubular stock welded together in a ladder pattern and bolted to the wall.

Freestanding bookshelves break the monotony of plain walls in this comfortable living room. Sandwiched between tall, shuttered windows, the easy-to-build shelves are made to hold a wide range of varisized books: coffee-table picture books and current novels.

The shelving units are a contemporary addition to this circa-1850 dining room, now turned living room. To make the room less parlor-like and more inviting for the family, the new owner constructed three units to flank the front windows. The shelves were constructed in place since they barely clear the ceiling. Each unit stands on a four-inch wood base, clearing the wall by an inch and the ceiling by ¾ inch. This separation from the walls and ceiling creates interesting shadows and sets off the bookcases as separate units. The handsome units are made of ordinary ¾-inch plywood painted white. They're faced with 1x2s to give them a solid look.

Source: Ruth Martin. Photograph: Bill Helms. Designer: Paul Bailey



It's easy to transform an awkward space into an efficient entertainment center, as these imaginative homeowners did. This simple and inexpensive unit, made of ¾-inch plywood faced with 1x2s, houses a large record and tape collection, a tape recorder, and an amplifier enclosed in wood shelves built especially to house them. A record player goes in base cabinets below.

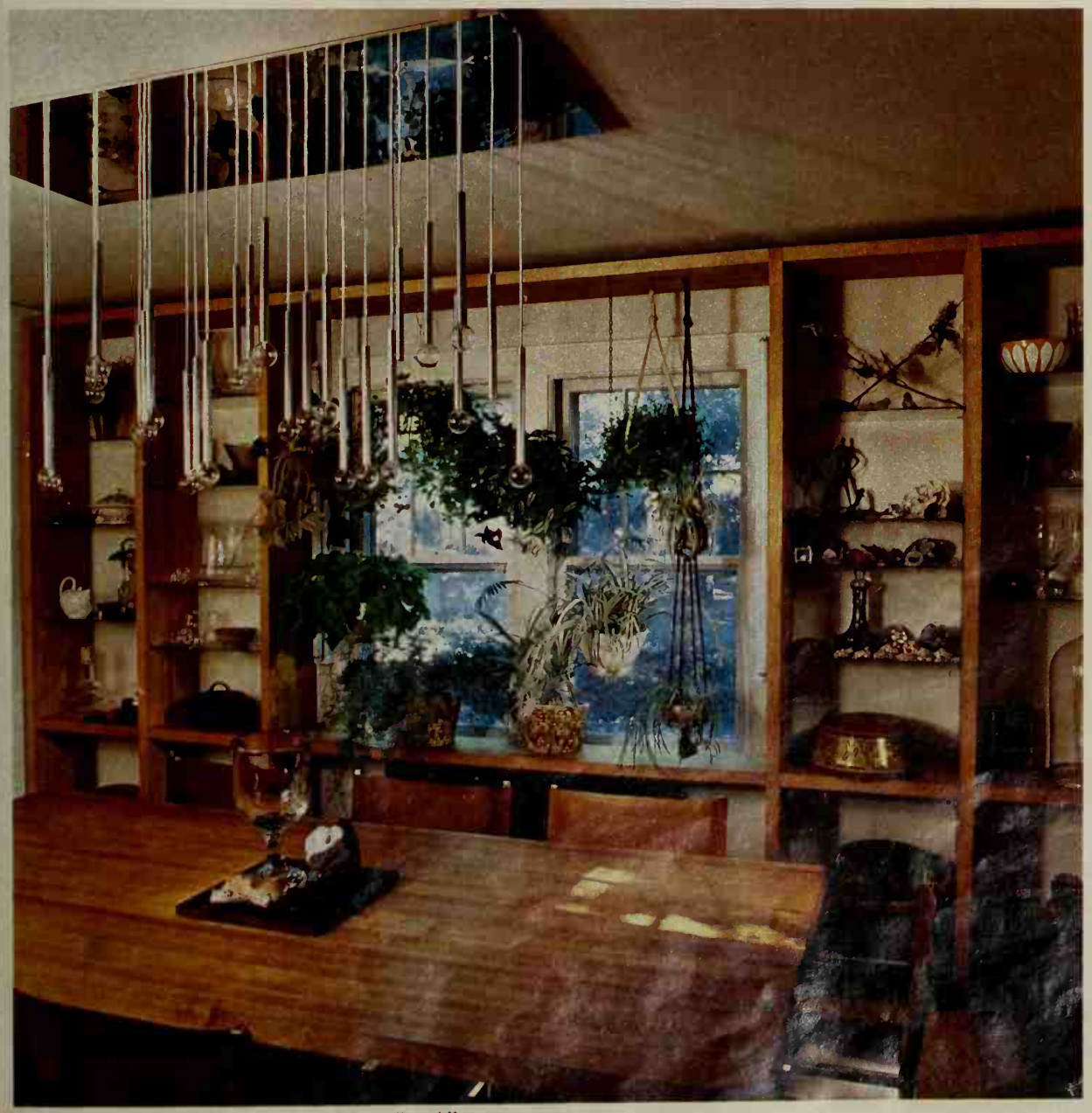
Though this spot looks as if it might have been a closet under a stairwell, it was originally just wasted space. Now, the outside frame, the shelves themselves, and the cabinet below fill the entire nook. The vertical members have adjustable metal tracks so the homeowners can change the position of the shelves inside if they decide to purchase a new stereo unit with different dimensions.

For large parties, it's convenient to convert the 12-inch-deep shelf into a serving bar.

Once you've shopped our ideas for basic shelving units and chosen your favorites, how do you secure the shelves to the wall? The very best way is to attach the shelves to wall studs. If this isn't feasible, follow the guidelines below:

*** If you have drywall (plasterboard) walls, use toggle bolts or Molly bolts (collapsible anchors). The universal Molly is ideal if you intend to remove the unit for painting, and then replace the shelf. For permanent removal, you take the system down from the wall, pound the sleeve through the wall into the wall cavity, and patch the hole.**

For permanent installation of heavier units, toggle bolts work well. However, if the unit is removed from the wall, toggles will fall behind the wall and new bolts will be needed if you want to reinstall the unit.



Natural wood shelves sweep across these dining room windows, beautifully augmenting a quiet color scheme. Two-inch-thick butcher block was the unique choice of material for verticals and some horizontal members. (Note the more common use of butcher block as the dining room tabletop.) For a less expensive version of this shelving unit, you can choose pine or fir 2x2s.

Beveled glass provides some additional shelving to hold handcrafted pots, iron art works, punch bowls, and company casseroles.

In case you're curious, the light fixture cascading from the ceiling is an ingenious combination of highly polished stainless steel from which hang white wiring and clear bulbs. Stainless steel tubing slides over the sockets, creating a stunning contemporary fixture.

Source: Bonnie Maharam. Photograph: Bill Helms. Designer: Howard Mont

Paneling, 2x6s, and 1x6s are combined to make this attractive catchall kitchen shelving unit. No one need run across the room to retrieve salt and pepper shakers, sugar bowls, or candlesticks—they're close at hand on the shelving unit.

The slanted shelf, held in place with 1x4 cedar strips, is a perfect place to stash cook books and magazines. You might adapt this idea to your kitchen by building a shelving unit against one wall and hinging the tabletop to the wall.

Source: Eileen Leubecker. Photograph: Bill Helms. Designer: Color Design Art

In this living room, mirrored back panels add depth to a ten-inch-deep shelving system. Simple 1x2s finish the front edges and provide center support for the 1x10 shelves. The mirrors reflect an array of hanging plants, wicker birdcage, fossil collection, and art books. Adaptations of this idea would be ideal for use in a bath, dining room, or study to add more dimension to these smaller rooms.

A word of advice—if you glue the mirrors to the wall, use special mirror mastic.

SHELVE IT

Source: Eileen Leubecker. Photograph: Bill Helms. Designer: Color Design Art

The best way to plan a shelving system, particularly one that covers as much wall space as this one, is on paper. Many people actually cut ribbons of brown paper to tape on the wall till they settle on a pleasing design.

The smart homeowner who built this system (bottom) used the tape technique and also built the unit on the site in a step-by-step fashion.

First he fastened 2x3s to the wall. Directly in front of those he placed two of the front uprights. Next, the longer shelves were slipped into place between the two uprights. Then the shortest shelves were installed. Horizontal 2x3s act as shelf supports between uprights. Shelves and supports were held together with lag screws and large face washers.

This storage wall (below) combines almost every type of commonly needed compartment into one complete unit. There are bookshelves, niches for TV and stereo equipment, closed cabinets, and areas just the right size for artworks.

Shiny silver Mylar covers the wall behind the white lacquered wood shelves. (As we cautioned on our opening page, be sure to paint or paper the wall before you begin the shelving system installation.)

The varying depths of the shelves give the unit interesting ins and outs. Deeper shelves can hold large, heavy equipment; narrower shelves, lightweight art or books. Plan units to fit around stereo speakers, and see that TV and music equipment is close to outlets.

Source: Bonnie Maharan. Photograph: Bill Helms. Architect: Michael Spector

Source: Pauline Graves. Photograph: Richard Fish. Designer: J. Paul Howe. Owners: M/M Albert Cutler

WILDFLOWERS

How to tame them for your garden

Hamilton Mason and Beverly Garrett

Make this your year to go natural by opening your garden to the flowers of the field, roadside, and woodland. From spring to fall, the native plants assert their independence by blooming untended—oblivious to seasonal quirks such as too little or too much rain, and insect or disease explosions. Although some of the wildflowers look fragile, as a group they're tough, trouble-free, and well worth space in your garden.

You might fill a shady pocket of soil with species that awake with the first whisper of spring or sow seeds of a field flower in a sunny, open spot for a blaze of summer color. Or, you can go all out and naturalize your entire lot, supplementing wildflowers with native trees and shrubs.

The closer you come to meeting the conditions the native plants prefer naturally, the better they'll do. But there's usually no need to introduce special soils in pockets for them; a typical garden loam is fine for all but the desert species. Like most plants, natives split into two groups—those that like sun and those that prefer shade. But almost all of the spring-blooming species will adapt when planted in a location that gets filtered light. What will grow where depends much more on temperature than on either soil or sun. Some of the alpines, for example, don't do well at lower altitudes. Nurseries that sell wildflowers specify regional and climatic preferences of individual plants.

To avoid endangering rare species, it's best to buy wildflower roots from a nursery. Don't dig plants in the wild unless you're rescuing them from advancing construction work or some other development that would doom them. Some of the natives, such as the sun-loving field and roadside plants, come easily from seed. You can safely gather seeds as they ripen without worry about damaging the environment; just don't take all the seeds from any one spot. Or, you can buy your wildflower seeds; they're packed individually by species or in mixtures with many species per package.

Spring brings back color in sunny spots

Come May and June, the brightest blues under the sky belong to native members of the iris family—the blue-eyed grasses that grow wild across the country. The western species, *Sisyrinchium bellum,* **left,** glorifies a sloping, difficult lot. Established clumps are divided and replanted in late spring to fill in bare spots on the lot; California poppies and other natives are interplanted with the perennial blue-eyed grass so there's a long season of different flowers.

Carpet a corner with sun-loving wildflowers and you'll be rewarded with a pageant of color as one species follows another in blooming sequence. In this rock garden, **top right,** yellow sea dahlia, *Coreopsis maritima,* rises above clumps of baby blue-eyes *(Nemophila menziesii),* orange California poppies, and spikes of blue *Phacelia viscida.* The next dominant flowers that will take over this spot will be matilija poppies with their spectacular white blooms and creamy blue wild larkspur.

Like a sea of gold, massed California poppies sweep around this house, **bottom right,** brightening every spot not claimed by native trees and shrubs. Poppies reseed themselves for a long season of bloom. But to guarantee this stand, new seeds from a commercial grower are sown yearly, along with mixed wildflower seeds. The mixed seeds ensure continuing bloom after the waves of poppies. California poppies are western natives, but can be spring sown in sunny locations in the northern sections of the country.

Tips on starting natives

- To plant wildflower roots, spade soil thoroughly to a depth of six or eight inches. Open individual holes for each plant; set plants at the level they grew in the nursery. Water.
- Wildflowers can be started from seed sown in the spring or fall. Before sowing, prepare the seedbed. Dig the soil, break up clods, then rake soil smooth. Sow seeds in drifts or clumps. Keep the seedbed moist until the seedlings are up and established.

Santa Barbara Botanic Garden

Photographs: de Gennaro; Guerrero; Dieter. Sources: Dorothy Campbell; Bonnie Maharam; Estelle Guralnick

Early-season flowers bloom in the shade

Dainty spring beauties, **top,** drift across naturalized lawns from Maine to Montana and southward to Georgia and Texas. This wide-ranging woodland flower competes successfully with lawn grasses on shady lots. To get wildflowers established in your lawn, start with roots from a wildflower nursery; don't mow your lawn until the flowers and foliage die down. Violets, too, can be naturalized as companion plants if you don't mind violet foliage in the grass throughout the summer months.

Nodding bells of the blue-pink *Mertensia virginica,* **bottom left,** rank as a late-spring tradition in the northeastern and central parts of the country. This native isn't fussy; you can count on it to bloom profusely in deep shade or full sun. Since it spreads rapidly, a single start from a nursery or friend will grow into a clump in a year or two. The foliage dies down by midsummer, leaving space for seeded wildflowers or annuals to grow. A non-native tip: try these bluebells among your tulips or other spring-flowering bulbs.

You're planting pure gold when you set out a clump of marsh marigolds. These glossy little flowers, **bottom center,** shine in the spring garden, and they'll repeat their cheerful show year after year once you get them established in a moist, partially shaded location. A wetlands native that grows naturally in the northeastern and central sections, the marsh marigold is best started from nursery-purchased roots. For drier spots, try the creeping buttercup.

When the large-flowered trillium blooms you know spring has arrived in the eastern half of the country. This showiest of all the trilliums, **bottom right,** likes a moist, shady location—once settled into place, it will increase yearly. The three-petaled waxy flowers measure two inches or so across; they appear above the leaves so they're easily enjoyed. For a more subtle effect, choose the wake-robin, *Trillium erectum,* that's famed for its brownish-purple flowers.

Martin Viette

Summer comes alive with field flowers

Richard Pentland

Who says you have to mow your lawn? This wild mix around a New England saltbox house is never mowed, and it blooms with abandon all seasons but winter. For a month or so in June, ox-eye daisies, **top**, put on a display, then it's the turn of clover, Queen Anne's lace, mustard, and finally wild asters. A pasture-grass mixture holds down growing space between the wildings. If unwanted natives (otherwise known as weeds) get started, they are pulled. The wanted flowers are allowed to go to seed.

A well-known American, the black-eyed Susan, *Rudbeckia hirta,* **bottom left,** grows in fields and meadows across the country. The wide territory it's claimed nationally speaks for both its adaptability and determination to spread. There's no denying that you have to keep close tabs on this native if you plant it in the garden—ignore it and it will take over all sunny spots, blooming reliably from June to frost. Sow seeds in full sun, then enjoy the summer-long show.

Living up to its name, the brilliant orange butterfly-weed will attract a host of colorful insects. This showy native perennial, **bottom center,** which grows naturally from New England to Texas, is two feet high; start it from nursery-grown roots or from seeds gathered from the wild. Like its less glamorous relatives the milkweeds, butterfly-weed thrives in sunny spots that tend to be dry. Unlike milkweeds, it lacks the milky juice which is normally found in the stems. Use butterfly-weed in pasture-lawns such as the one shown above or in borders with your non-native annuals and perennials.

Queen Anne's lace, **bottom right,** has much in common with the dandelion——both are aliens gone native and both produce myriad flowers with no attention from you. If you want to grow Queen Anne's lace, but don't want to antagonize neighbors who fear it might spread to their lots, pick all the seed heads before they mature. Then, sow new seeds the following spring to ensure the next season's flowering.

Sensational shortcut recipes

FRUIT JUICE CONCENTRATES
Chances are your family starts the day with reconstituted frozen juice concentrate. But why stop there? You can use that fresh fruit flavor to sunny up everything from entrée to dessert.

Speedy Orange Cobbler (left) masterfully mixes newfangled ingredients—juice concentrate and biscuit mix—with those old-fashioned flavors.

A can of pineapple concentrate can be the start of something big and beautiful: **Pineapple Parfaits Tropicale** (left). To make this quick-mix fruit treat even easier, you can stir it up in advance.

Looking for an exciting new way to prepare chicken? Try **Sweet Lemon Chicken** livened up with lemonade concentrate.

FROZEN PATTY SHELLS
Flaky pastries tucked away in your freezer can be shaped and baked in many ways.

As filled half-moons, they house the tastiest of roast beef hash-vegetable combinations in hot and hearty **Quick Cornish Pastries** (above left).

Another time, roll the shells out to make one big crust for **Cottage Cheese and Tuna Pie.**

Or, bake the shells as directed to form the delicate pastry linings for **Lemon Meringue Pudding Puffs** (above left). Whirlwind swirls of meringue hide the luscious centers of lemony pudding.

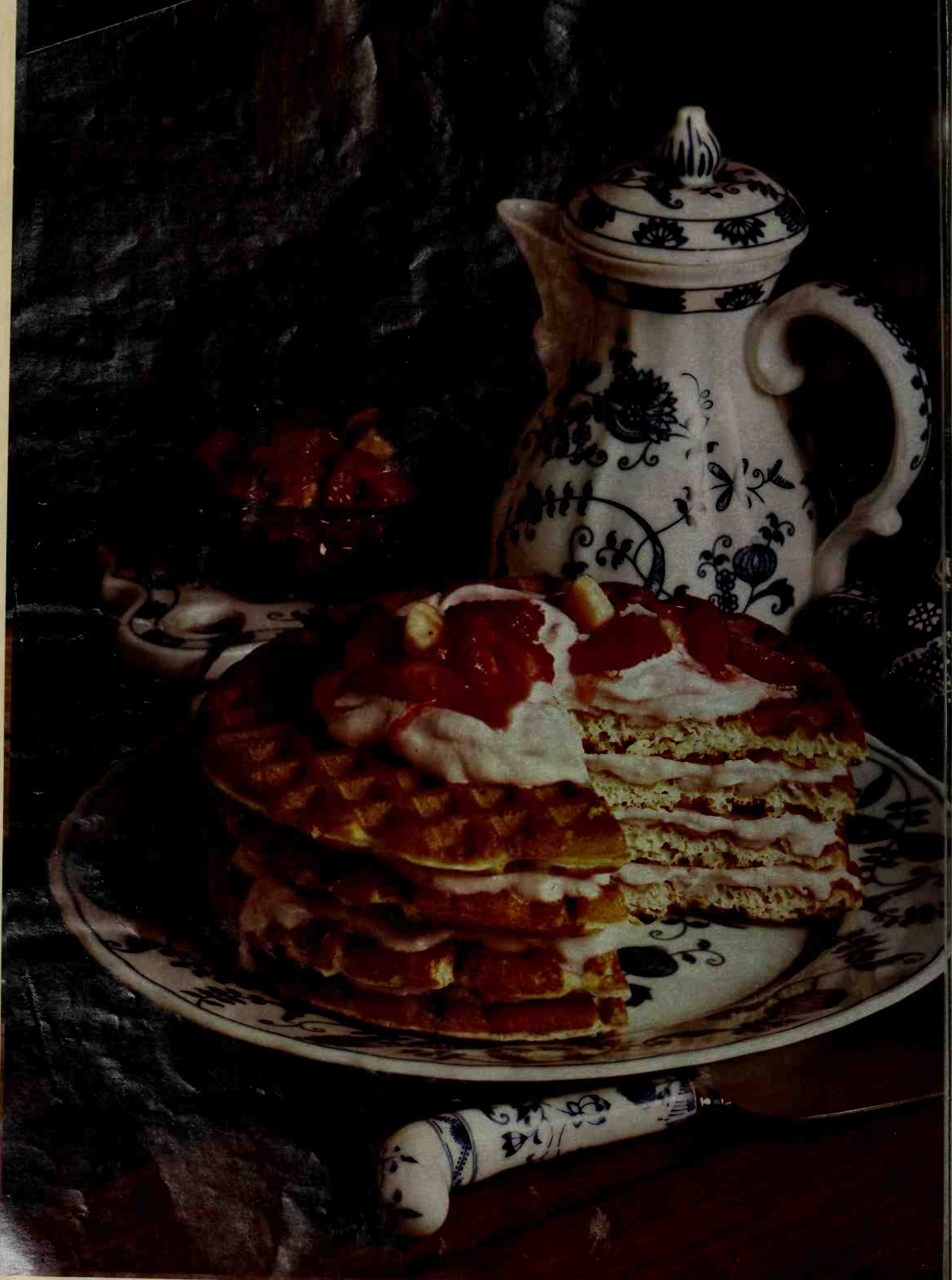
FISH STICKS AND PORTIONS
Flavorful, economical, nutritious, and convenient—a quartet of great reasons to include frozen breaded fish portions in your weekly menus.

Fish Florentine (above right) creates elegance from the ordinary. Crispy-coated fish portions are placed atop a cheese-sauced bed of spinach.

Three fish sticks make a crowd of good eating in our **Curried Fish Sandwiches** (above right). They're topped with a sensational mustard-egg sauce sparked with a touch of curry and served with spiced peaches.

For a different look and taste, bake fish sticks in corn bread for **Corny Fish Sticks.**

Recipes begin on page 87
Buying information, page 112



Sensational shortcut recipes

PACKAGED BISCUIT MIX

Maybe you think you've tried every trick with biscuit mix. It's an old friend—one of the first and most versatile convenience foods. But here are some brand-new ideas to try.

To brighten a brunch or climax a special dinner, bring on **Banana Berry Waffles** (left). You can bake and freeze the waffles ahead, then to serve, just reheat, make the sauce, and stack.

To score with the kids, bake up a batch of **Double Chocolate Cookies.** You do the job in double time with biscuit mix.

Looking for a different entrée idea? Try **Cheese Clam Rolls**—classy, inexpensive, and easy.

WHIPPED TOPPINGS

Dessert topping, whether the frozen or whip-it-up variety, can do a lot more than top pie.

Elevate custard mix to elegant eating with frozen whipped dessert topping and orange liqueur. The resulting **Orange Custard Fondue** (top) is a sweet and light dessert sauce to accent fresh fruit and cake.

Pull five ingredients from your shelf. Three assembly steps later, **Frozen Lime Mint Salad** goes into your freezer.

This **Easy Forest Torte** retains all the flavor of the German classic but removes the complexity. You beat topping mix, chocolate pudding mix, and milk all in one step.

FROZEN BREAD DOUGH—BREAD AND ROLL MIXES

"Homemade" bread can take many forms from a delicate coffee cake to a hearty main dish.

Rediscover the flavor of Grandma's sticky buns with **Peanut Bubble Ring** (bottom). Frozen bread dough and butterscotch pudding mix make it fast to fix and fun to eat.

Pizza takes on a new dimension in **Pizza Roll-up** (bottom). Start with hot roll mix and wind up with pepperoni and cheese.

Catch compliments at your next coffee klatch: **Orange Oatmeal Date Bread** starts with a quick bread mix; **Cherry Raisin Kuchen** with raisin bread dough.

Recipes begin on page 87
Buying information, page 112

MAY SEWING SPECIAL:

FRESH-AS-SPRING FROCKS

Spring is here at last, and the stores are filled with some of the freshest fabrics we've seen in years. To celebrate, we've collected into one pattern four of the prettiest dresses we could find. These are special dresses for very special occasions, all designed just for us by Burda Moden of Germany. Little girls will love the full skirts and old-fashioned touches of ribbon and lace, and smart sewers will appreciate the simple seaming and easy fit of these pretty-as-a-picture frocks. The three long-skirted versions feature a graceful, high-waisted silhouette, trimmed with lace or tied with ribbons just below the bust. You can choose quaint leg-of-mutton sleeves, or perky short sleeves trimmed with yards and yards of crisp, washable eyelet.

Our young photographer wears a short version of the dress, demurely flounced at hem and sleeves, and trimmed with bands of contrasting grosgrain ribbon. All views are suitable for easy-care synthetics in pastel prints, plaids, ginghams, or lace. Pattern #01317, available in sizes 4, 6, and 8. Check size chart below, then turn to page 109 for back views and handy order form.

BODY MEASUREMENT CHART

Size	4	6	8
Chest	23	25½	27
Waist	21	22	23½
Hip	24	26	28
Back waist length	9½	10½	12
Height	40	45	49½

Campbell's Souper Sauce recipes give meat dishes zesty barbecue flavor inside and out.

Campbell's Soups make it easy to stir up a delicious barbecue sauce that flavors meat dishes inside and out. Because you simmer the meat in the sauce, you get barbecue flavor in every bite. Treat your family to tangy barbecue flavor with one of these kitchen-tested recipes this week.

BARBECUE LOVERS' BARBECUE SAUCE

1 can Campbell's Onion Soup
1 can (10¾ ounces) Campbell's Tomato Soup
2 tablespoons cornstarch
2 large cloves garlic, minced
¼ cup vinegar
3 tablespoons brown sugar
1 tablespoon Worcestershire
⅛ teaspoon hot pepper sauce
In bowl, combine all ingredients.

BARBECUE LOVERS' MEATBALLS

1 pound ground beef
½ pound bulk sausage
½ cup soft bread crumbs
1 egg, slightly beaten
Mix thoroughly beef, sausage, crumbs, and egg. Shape into 24 meatballs. In skillet brown meatballs; pour off fat. Add sauce mixture. Cover; cook over low heat 20 minutes or until done. Stir often. Serve with rice. Makes 6 servings.

BARBECUE LOVERS' CHICKEN

2 pounds chicken parts
2 tablespoons butter or margarine
In skillet, slowly brown chicken in b
(about 25 minutes). Add sauce mixture.
cook over low heat 20 minutes or until
Stir often. Serve with rice. Makes 4 servi

COOKBOOK OFFER: Get more than 600 exc
ing recipes in Campbell's "Cooking with Soup
Cookbook. Send $1.00 and one Campbell'
Soup label with your name, address and zip
code to: COOKBOOK, BOX 494, Maple Plain,
Minn. 55359. Offer good only in U.S.A. May
be withdrawn at any time. Void where prohib-
ited or restricted. Allow six weeks for delivery.

Campbell's makes your cooking M'm! M'm! Good!

SPAM Spread gives you meat enough for four sandwiches.

About 50¢.*

OPEN HOUSE

This 4½-ounce can of SPAM Spread packs a big bargain. It's a good-tasting blend of pork shoulder and ham meat. It costs you less than the leading deviled ham spread.* And ounce for ounce, gives you more meat than ready-mixed meat salads. Spread a little SPAM Spread for lunch tomorrow. Spend little. Eat big.

*Based on an independent survey of retail prices.
SPAM is a registered trademark for a pork product packed only by Hormel.

Hormel
FINE FOOD PRODUCTS

begins on page 37

Garage sales

Take a close look at pricing and display techniques. Also analyze where sales are conducted, as well as the position and number of sale signs posted. And be sure to ask for advice from the holders of any sale you visit.

5. Decide when and where

Generally, Thursdays through Saturdays are the best days to conduct a garage or rummage sale. Warm weather is preferable. Also keep in mind the beginning of the school year, to clear out the things that could be used for school children.

Be sure to pick an area where you can display your items attractively and yet leave plenty of room for aisles so buyers can move around freely. For best results, try to have your sale near an area with adequate parking space. If you see that parking will be a problem, and perhaps inconvenience some of your neighbors, contact those neighbors in advance of your sale.

Don't overlook the possibility of running a garage sale as a joint enterprise with your neighbors or a community organization, but be sure you have agreed in advance on how to split the take. One way would be potluck: share the gains evenly no matter who brought in the most money. Or you could try color-coding the price tags or stickers. Yours could be green, your next door neighbor's red, another family's blue. Collect the tags at the cash box for each item sold, then add up each color's share at the end of the sale.

6. Advertise

This is the most important step in conducting a successful garage sale. Your objective should be to tell as many people as possible about your sale. First, check your local supermarket to see if they have a bulletin board in public view. Next, check your local radio stations. Many offer free advertisements for such sales.

Finally, look into your local newspaper's classified or want-ad section. Of all the ways to tell people about your sale, this is the best. Your first step should be to find out about the paper's classified deadlines. Then read the classified section for tips on how to word your ad. In addition to items, make sure the ad contains these three essential elements: date or dates of sale, time of sale, and the address. Once you've composed your ad, typed it on a fresh sheet of paper (and checked it), deliver it personally to your newspaper's classified department. This eliminates any possibility of its getting lost in the mail or misconstrued over the phone. For the best results, run the newspaper ad at least two days prior to your sale. You'll not only reach a larger number of people, but you'll have a chance to correct your ad should any errors occur in the printing.

7. Display items for maximum sales

Most people attend garage sales for one primary reason—to get a bargain. Try to maintain that "bargain atmosphere" through such devices as placing low-cost items together, or putting them where they're more accessible than higher priced things. As a come-on, you might even mark a bushel basket "Free, take one" and place it at the door. Fill the basket with all those little things you'd like to get rid of. It's one way to dispose of stuff that's junk to you while keeping your customers happy.

Other tips: Make prices obvious, with big stick-on price tags. Make sure each item has a tag. If the sale is nearing its end and some items haven't moved, price them downward, with new stickers. Classify items by kind—glassware together, clothing in one spot, and so forth—for easier browsing. Place smaller items at the front of tables, with larger ones behind, to prevent the bigger pieces from getting knocked off. Keep electrical appliance cords out of traffic aisles. Set up racks or sturdy lines for hanging clothing; try to keep sizes together. Finally, don't forget to have some type of mirror available for customers who want to try on clothes.

8. Follow a checklist on sale day

Make these last-minute preparations: Have sufficient change available for money transactions. Supply paper sacks and boxes for people who buy several items. Keep paper and pencil ready in case you need to figure multiple purchases. Try to have several helpers on hand to assist and to watch for shoplifters (yes, they go to garage sales, too). Be prepared at least two hours before the time you set for the start of the sale; there are always early arrivals. And try to get to bed early the night before. ■

n page 78

sational rtcut pes

CUED MEATBALL S

egg
lk
stant mashed potato buds
oon instant minced onion
oon snipped parsley
on grated lemon peel
on salt
epper
ground beef
to-stuffed green olives
onions
green pepper wedges
zucchini chunks
fresh mushrooms
ttled barbecue sauce
e package beef-flavored
ix

l, combine egg, milk, potato he minced onion, parsley, peel, salt, and pepper. Add beef; mix well. Shape about spoons meat mixture around live. Cook boiling onions, l, in boiling salted water for tes; add pepper wedges and ni. Return to boiling; cover mer 5 minutes more. Drain. meatballs, onions, pepper, ni, and mushrooms alternate- kewers. Grill over hot coals to 15 minutes, turning tly with spatula and brush- h barbecue sauce for last 5 s. Meanwhile, prepare rice cording to package direc- Serve kabobs over hot cooked akes 6 servings.

BEEF SKILLET

chopped onion
chopped celery
chopped green pepper
spoons butter or margarine
cubed cooked beef
unce can tomatoes, cut up
unce package frozen
le kernel corn
nce can tomato sauce
age chili seasoning mix
unce package frozen
ch-fried potatoes
(2 ounces) shredded
ess American cheese

ge skillet, cook onion, celery, reen pepper in butter or mar- till tender, but not brown. beef, tomatoes, corn, tomato and *dry* seasoning mix. Gent-

ly stir in French fries. Cover and simmer 20 minutes, stirring occasionally. Top with cheese. Cover skillet till cheese melts, 1 to 2 minutes more. Makes 6 servings.

POTATO SALAD RING

1 5½-ounce package scalloped potato mix
1 cup finely chopped cabbage
1 medium cucumber, pared, seeded, and shredded (1 cup)
½ cup chopped celery
½ cup sliced radishes
¼ cup sliced pimiento-stuffed olives

continued on page 92

SALAD DAYS ARE HERE! CELEBRATE WITH MIRACLE WHIP AND DOLE® FRESH PINEAPPLES AND BANANAS.

Celebrate the longer days of sunshine with the sunshiny flavor of Dole fresh pineapples and delicious Dole bananas.

Their golden taste is a touch of the tropics. Add Miracle Whip Salad Dressing by Kraft, and you've got a summer salad that's something special. Because Miracle Whip has a special blend of spices all its own.

FRESH FRUIT MEDLEY

2 Dole bananas, sliced
1 Dole fresh pineapple
1 11-oz. can mandarin orange segments, drained
½ cup strawberry halves
½ cup blueberries
½ cup Miracle Whip Salad Dressing
½ cup heavy cream, whipped
Toasted coconut

Cut pineapple in half lengthwise through crown. Remove fruit, leaving shells intact. Core and chunk fruit; toss lightly with bananas, oranges, strawberries and blueberries. Spoon into pineapple shells. Combine salad dressing and whipped cream; mix well. Spoon over fruit mixture. Garnish with coconut. 2 servings.

Sip, Taste, Know, Only V.O. is V.O.

CANADIAN WHISKY—A BLEND OF SELECTED WHISKIES. SIX YEARS OLD. 86.8 PROOF. SEAGRAM DISTILLERS COMPANY, N.Y.C.

Buying information, page 112

FILE UNDER POULTRY, FISH, AND EGGS

FISH AND SEAFOOD

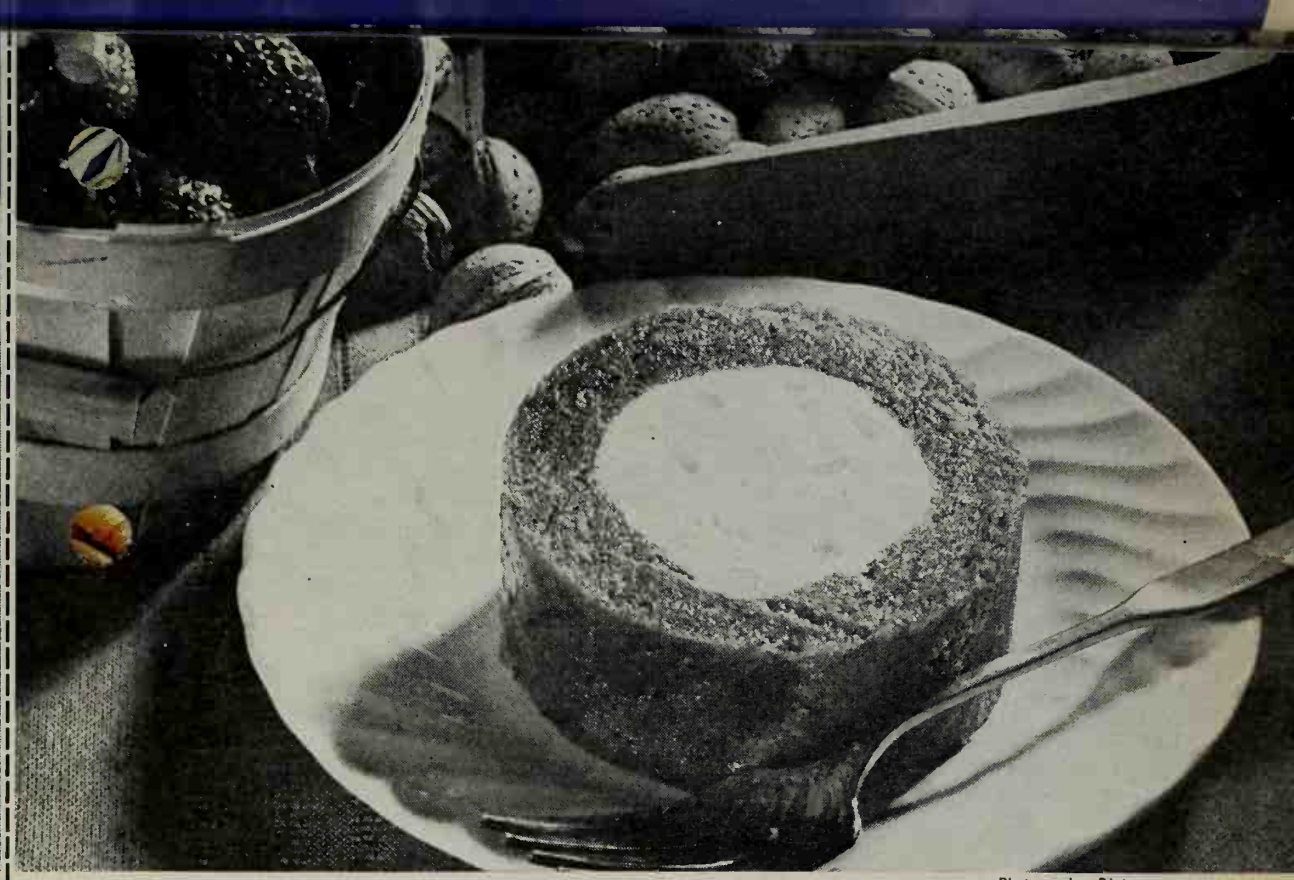
Orange-Glazed Halibut

A refreshing citrus sauce makes this halibut steak recipe a first place winner in the fish and seafood category—

- 1½ pounds fresh or frozen halibut
- 2 tablespoons chopped green onion with tops
- 1 tablespoon butter or margarine
- 4 teaspoons cornstarch
- 1 cup orange juice
- 1 teaspoon chicken bouillon granules
- ½ teaspoon salt
- 1 orange, peeled, sectioned, and diced

Thaw fish, if frozen. Arrange in single layer in 12x7x2-inch baking dish; set aside. In small saucepan, cook onion in butter or margarine till tender but not brown. Blend in cornstarch. Add orange juice, bouillon granules, and salt. Cook and stir till thickened and bubbly. Stir in diced orange; pour over fish. Bake in 350° oven for 20 minutes. To serve, spoon sauce over fish. Makes 4 to 6 servings.

Mrs. Libbie Ann Pearson, Wausa, Nebr.



Photographs: Dieter

FILE UNDER DESSERTS

NUT DESSERTS

Almond-Strawberry Slices

A 20-ounce package of frozen whole strawberries works just as well as fresh in this prizewinning dessert—

- 1 envelope unflavored gelatin
- 1 quart fresh strawberries, hulled
- ⅓ cup strawberry preserves, cut up
- 1 cup whipping cream
- 2 tablespoons sugar
- ¼ teaspoon almond extract
- ½ teaspoon vanilla
- ½ cup chopped almonds

Soften gelatin in ¼ cup cold water; dissolve over hot water. Set aside. Sieve berries; blend in preserves and 2 tablespoons of the dissolved gelatin. Pour into freezer tray; freeze till slushy, about 45 minutes. Turn into chilled bowl; beat well. Divide mixture between two 16-ounce fruit or vegetable cans; freeze till almost firm, about 1½ hours. With long-handled spoon, push mixture evenly up sides of cans leaving centers hollow. Whip cream with sugar and extracts till mixture begins to thicken; add remaining gelatin (remelt, if necessary). Whip to soft peaks. Fold in almonds. Spoon into hollows in cans. Cover and freeze. Slice to serve. Makes 8 to 10 servings.

Mrs. Jerome E. Hartmann, Madison, Wis.

Cut along dotted line

PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

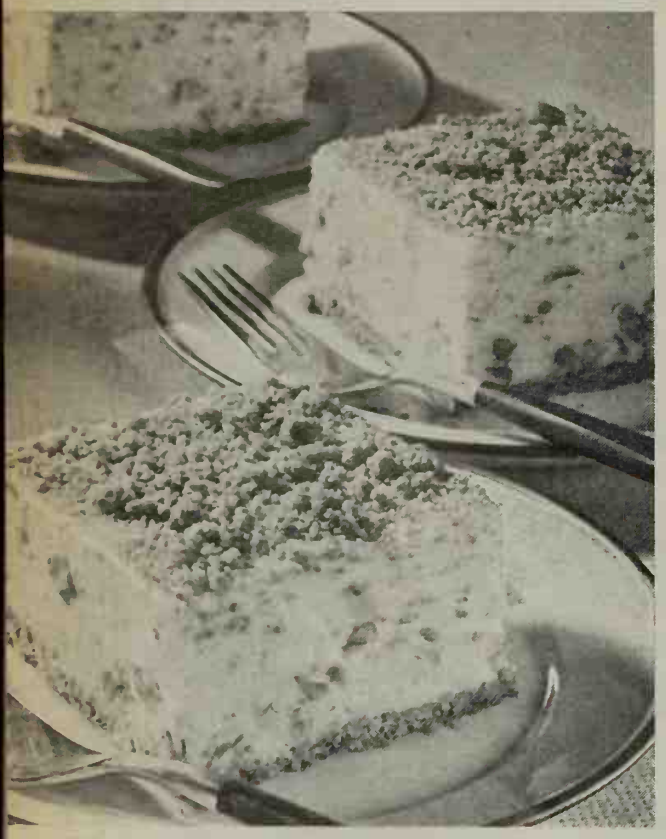
Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $7.95 +75c postage to Better Homes and Gardens, Dept. 910, P.O. Box 374, Des Moines, Iowa 50336.

Greek Nut Logs

1 cup finely chopped walnuts
3 tablespoons honey
3 tablespoons butter or margarine, softened
½ teaspoon ground allspice
½ teaspoon ground cinnamon
1 8-ounce package refrigerated crescent rolls (8 rolls)
1 recipe Glaze

Combine first 5 ingredients; set aside. Turn rolls out onto lightly floured surface; pinch perforations together. Roll to 16x12 inches. Cut into sixteen 4x3-inch rectangles; spread each with 2 teaspoons nut mixture. Roll up, beginning at long side; seal seam and ends. Place, seam side down, on well greased baking sheet. Bake in 350° oven 15 minutes. Prick tops with fork. While hot, brush with *Glaze:* Combine *¼ cup* each *sugar, honey,* and *water.* Add *¼ teaspoon ground cinnamon.* Bring to boiling; boil 2 minutes. Stir in *1 tablespoon lemon juice.* Cool. Top with whipped cream and nuts, if desired. Makes 8 servings.

Mrs. Peter DuBovy, Huntington Beach, Calif.

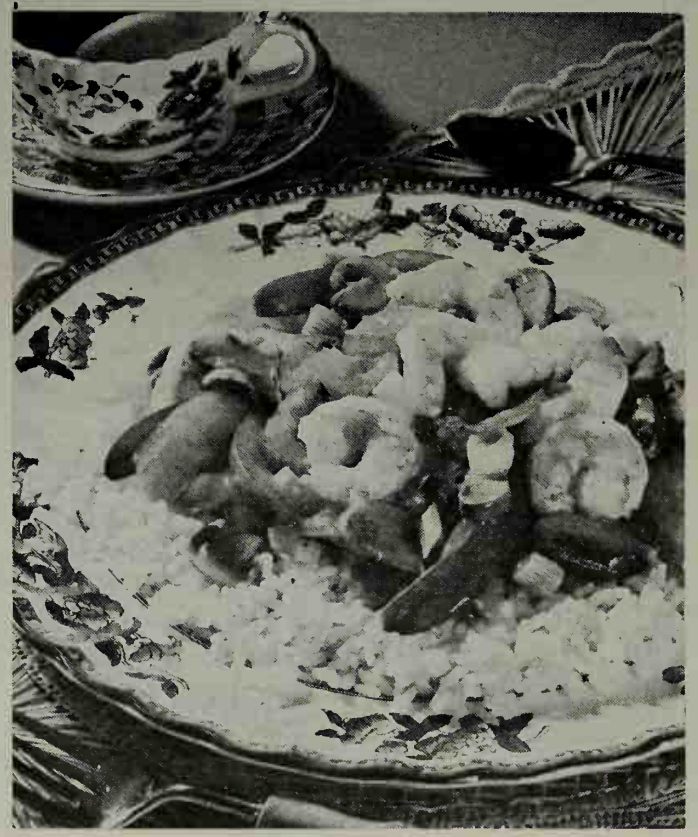


Pecan-Caramel Cream Squares

16 vanilla caramels (¾ cup)
24 large marshmallows (4 cups)
½ cup milk
1 cup chopped toasted pecans
1 cup whipping cream
1 cup graham cracker crumbs
4 tablespoons butter or margarine, melted

Put caramels, marshmallows, and milk in top of double boiler. Place over, but not touching, boiling water. Cook, stirring occasionally, till mixture is melted and smooth, about 25 minutes. Remove from heat; cool. Stir in pecans. Whip cream; fold into caramel mixture. Combine cracker crumbs and butter or margarine. Reserve ¼ cup crumb mixture; press remainder into bottom of 10x6x2-inch dish. Turn caramel mixture into dish; sprinkle with reserved crumbs. Chill several hours or overnight. Cut into squares. Makes 6 to 8 servings.

Mrs. Denny Rowell, Berne, Ind.



Lemon Shrimp Oriental

1 pound frozen shelled and deveined shrimp
5 ounces fresh mushrooms, sliced (2 cups)
1 medium green pepper, cut in strips
1½ cups bias-sliced celery
¼ cup sliced green onion
2 tablespoons cooking oil
1 6-ounce package frozen pea pods
2 tablespoons cornstarch
1 teaspoon sugar
1 teaspoon salt
1 teaspoon chicken bouillon granules
⅛ teaspoon pepper
1 cup water
½ teaspoon grated lemon peel
3 tablespoons lemon juice
Hot cooked rice

Cook shrimp, mushrooms, green pepper, celery, and onion in hot oil for 5 to 6 minutes, stirring constantly. Add pea pods; cook and stir 1 to 2 minutes more. Combine cornstarch, sugar, salt, bouillon granules, and pepper; blend in water, lemon peel and juice. Stir into shrimp mixture. Cook and stir till thickened and bubbly. Serve over hot rice. Makes 6 servings.

Mrs. Helen M. McPhail, Lake Oswego, Oreg.

Quick Fish-Potato Supper

1 12-ounce package frozen hash brown potatoes, thawed
4 beaten eggs
2 cups milk
1 tablespoon instant minced onion
1¼ teaspoons seasoned salt
1 teaspoon dried dillweed
⅛ teaspoon pepper
1 cup (4 ounces) shredded sharp process American cheese
1 14-ounce package frozen fish sticks (16 sticks)

Break up potatoes; set aside. In bowl, combine eggs, milk, onion, seasoned salt, dillweed, and pepper. Stir in potatoes and cheese. Turn into 12x7x2-inch baking dish. Arrange fish sticks atop. Bake in 350° oven for 55 to 60 minutes or till the center is nearly set. Let stand 10 minutes before serving. Makes 6 servings.

Mrs. Helen Hahn, Milwaukee, Wis.

Almond Vegetables Mandarin

Toss in a dful of BLUE DIAMOND Almonds!

Add a few almonds
the stir-fry way, a
standbys like carrot
turn into something
Tossing in a few
cook is so easy an
Almonds add a pl
fresh eye appeal
flavor to everything
to desserts.

And remember, f
almonds, look for the Blue Diamond
brand on tins and cello packs, from
the Almond People in California.

to cooking
outdoors
Morning
gas grill
separate
ol knobs.
moker for
smoking.
ould have

TABLES MANDARIN

iced carrots
eans cut about 1 inch
salad oil
iced cauliflower
reen onion

hicken stock base
rnstarch
owder
ed whole almonds

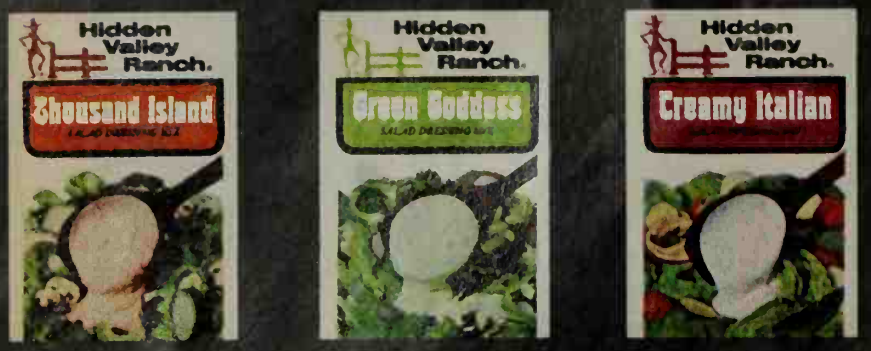
rots and beans with oil
ric skillet) over medium
es. Add cauliflower and
nute longer. Add mix of
tock base, cornstarch
and garlic. Cook and stir until thickened.
Vegetables should be crisp-tender. If they
need further cooking, reduce heat, cover
and steam to desired doneness. Add
almonds. Recipe may be doubled only;
do not make larger quantity at one time.

Makes 4 to 6 servings.

The Almond People
California Almond Growers Exchange
P.O. Box 1768
Sacramento, California 95808

For a copy of "Treasury of the World's Best Almond Recipes" (100 great recipes), Send 50¢ to: Dept. BHG, P. O. Box 651, San Francisco, CA 94101

HIDDEN VALLEY RANCH® BRINGS YOU THREE NEW BUTTERMILK DRESSINGS.



YOU'VE HEARD OF THE FLAVORS BEFORE, BUT NEVER TASTED ANYTHING LIKE THEM BEFORE.

For anyone unfamiliar with delicious Hidden Valley Ranch® salad dressing, let's just say there's nothing familiar about the taste. You see, with our mix you can turn mayonnaise and buttermilk into a unique and extraordinary bowl of salad dressing. Now we're adding three new flavors to the line to go along with the Original Ranch® and the Blue Cheese. They're Thousand Island, Green Goddess and Creamy Italian. Try all three of these new dressings. You'll love their creamy, rich texture, and you'll discover a fresh, lively flavor that's every bit as original as the Original Ranch.®

FAMILY FOOD IDEAS

They taste like nothing else because they're made like nothing else.

10¢ OFF **Save 10¢** 10¢ OFF

on any two packages of Hidden Valley Ranch® Salad Dressing Mix. Ranch,® Blue Cheese, Green Goddess, Creamy Italian, Thousand Island.

SD-131-5

Mr. Dealer: Hidden Valley Ranch® will redeem this coupon for 10¢ plus 5¢ handling if you receive it on your sale of any flavor of Hidden Valley Ranch. Any other application constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons must be shown upon request. This coupon may not be assigned or transferred by you. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Cash redemption value is 1/20 of 1¢. For reimbursement, mail to: Grocery Store Products Co., P.O. Box 6001, Westport, Conn. 06885.
Offer limited to one coupon per purchase.

SD-131-5

10¢ OFF STORE COUPON 10¢ OFF

continued from page 87

Sensational shortcut recipes

- 2 envelopes unflavored gelatin
- ½ cup cold water
- 1 cup dairy sour cream
- ½ cup mayonnaise or salad dressing
- ½ cup (2 ounces) crumbled blue cheese

In saucepan, cover potatoes from mix with salted water. Bring to boiling; cover and simmer 15 to 20 minutes or till tender. Drain and chill. Combine the chilled potatoes, cabbage, cucumber, the celery, radishes, and olives; set aside. Soften gelatin in cold water. In saucepan, prepare scalloped potato sauce according to package directions. Add softened gelatin. Stir over low heat till gelatin is dissolved; cool slightly. Combine sour cream and mayonnaise; gradually blend in gelatin mixture till smooth. Fold into vegetable mixture with blue cheese. Turn into 10-cup mold. Chill till firm, 8 hours or overnight. Unmold on lettuce-lined platter. Makes 10 to 12 servings.

ITALIAN ZUCCHINI CASSEROLE

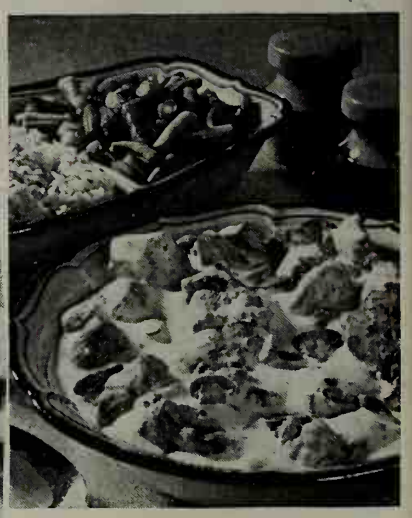
- 2½ pounds zucchini, cut in ⅜-inch slices (8 cups)
- ½ cup chopped onion
- ½ cup chopped green pepper
- 4 tablespoons butter or margarine
- 1 3-ounce can sliced mushrooms, drained
- 1 package spaghetti sauce mix
- 1 cup water
- 1 6-ounce can tomato paste
- 1 4-ounce package shredded mozzarella cheese (1 cup)
- 2 tablespoons grated parmesan cheese

In large saucepan, cook zucchini, covered, in boiling salted water till crisp-tender, about 4 to 5 minutes. Drain well; set aside. In same saucepan, cook onion and green pepper in butter or margarine till tender but not brown. Remove from heat. Stir in mushrooms, *dry* sauce mix, water, and tomato paste; mix well. Gently stir in zucchini and mozzarella cheese. Turn into 10x6x2-inch baking dish or 1½-quart shallow casserole. Sprinkle with parmesan cheese. Bake in 350° oven for 30 to 35 minutes. Makes 6 to 8 servings.

CHICKEN ASPARAGUS STACKS

- 6 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 2 packages hollandaise sauce mix
- 1 teaspoon prepared mustard
- Dash pepper
- 1¾ cups milk
- 2 cups diced cooked chicken
- 1 10-ounce package frozen asparagus spears
- 8 toaster corn muffin or cornmeal rounds, toasted

In medium saucepan, melt butter or margarine. Blend in flour, *dry* sauce mix, mustard, and pepper. Stir in milk. Cook and stir over medium heat till thickened and bubbly. Add chicken; heat through. Meanwhile, cook asparagus according to package directions; drain. To serve, top cornmeal round with a little chicken mixture. Top with second round, asparagus, and more chicken mixture. Makes 4 servings.



SHERRIED BEEF STROGANOFF

- 2 pounds boneless beef for stew, cut in 1-inch cubes
- ¼ cup all-purpose flour
- 2 tablespoons cooking oil
- 1 can condensed cream of mushroom soup
- ½ cup dry sherry
- 1 package stroganoff sauce mix
- 1 tablespoon instant minced onion
- 1 3-ounce can sliced mushrooms, drained
- ½ cup dairy sour cream
- Hot cooked brown rice

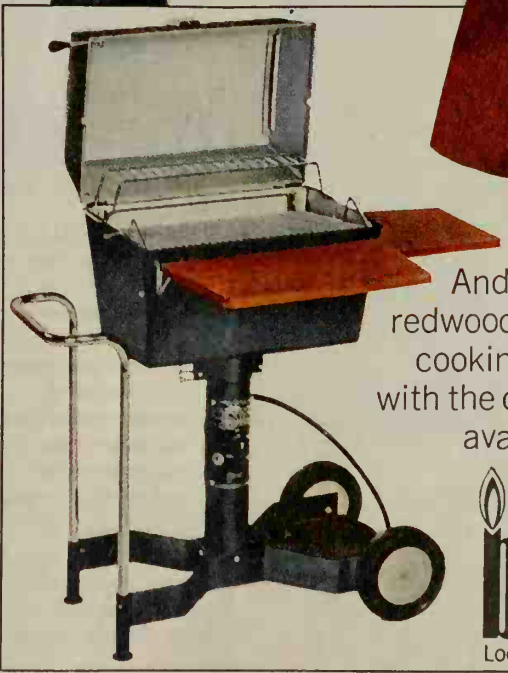
Coat beef with the flour. In large skillet, brown meat in hot oil. Combine soup, sherry, *dry* sauce mix, and onion; stir into meat with mushrooms. Turn mixture into 2-quart casserole. Cover; bake in 350° oven for 1½ hours or till

continued

The gas grill that could replace your gas range.

Now you can cook out, roast out, smoke out, broil out, bake out, and chocolate cake out.

Here's an alternative to cooking in. Cook whole meals outdoors with Locke's Warm Morning Broilmaster II. It's a gas grill plus an oven. With two separate burners, two control knobs. Even an accessory smoker for southern-style slow smoking. Now anything you would have cooked in, you can cook out. It's so easy. No lighter fluids, no mess, no waiting. Gas reaches temperature fast so you're ready to cook in minutes. Use gas wisely. It's clean energy for today and tomorrow. See your Warm Morning dealer.



And here's our regular Broilmaster. It has redwood shelves, cool-touch handles, and enough cooking depth to rotisserie-broil a large turkey with the cover lowered. Portable model shown. Also available with set-in post or patio stand.

Warm Morning
broilmaster
Locke Stove Co., 114 W. 11th, Kansas City, Mo.

HYBRID MEYER Z-52
Zoysia Grass Plugs

"Where other grasses fail", SUCCESS means planting ZOYSIA. Plug Zoysia into your old lawn or problem areas from early spring until winter frosts, and you will join the millions who proclaim "It's the best money I ever spent on my home".

When you purchase our Zoysia, you are assured of QUALITY. In the Midwest we pioneered the Zoysia Grass Industry and maintain one of the largest Zoysia Turf Nurseries. Our nursery is Inspected and Certified by the State of Kansas to be Pure Meyer Zoysia and free of insects or disease.

To end lawn problems, send your order today for prompt delivery, or free Color Brochure.

Guarantee Every plug guaranteed to grow within 45 days in your soil or we replace FREE. All orders shipped fresh with planting instructions. Shipping charges via most economical means.

Kansas City Zoysia Turf Farm
Nursery Division of K. C. Lawn & Tree Co.
Dept. B5, Bucyrus, Kansas 66013

☐ 30 INCH PROFESSIONAL PLUGGER $4.95
☐ 100 PLUGS $ 5.95 ☐ 500 PLUGS $19.95
☐ 200 PLUGS $ 9.95 ☐ 1000 PLUGS $29.95
☐ 300 PLUGS $12.95 ☐ 1500 PLUGS $39.95
☐ FREE Color Brochure ☐ 3000 PLUGS $78.95

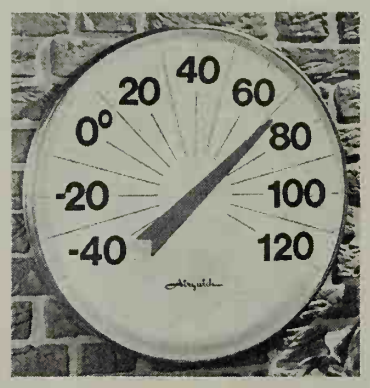
Kansas Residents add 3% Sales Tax

I Enclose $ _____ Check _____ M.O. _____
Name _____
Address _____
City and State _____ Zip _____

KING SIZE (18") SUPER OUTDOOR THERMOMETER

Great for outdoor installation at swimming pool, yard, patio or garden. An unusual gift for personal use. Instant temperature readings on this big 18" diameter dial with bright red indicator hand. Black figures on white background. Rugged all metal construction with clear glass curved crystal. Three point mounting for security against the wind. **No. 08552 $13.99; 2/$25.98** plus $1.50 for postage and handling.

Better Homes and Gardens, Dept. 2SL
Box 374, Des Moines, Iowa 50336



From Ball to you: Four secrets of successful home canning

1. Exclusive Dome Lid sounds off—signals you with an audible snap that says, "Jar's sealed!"

2. Famous Red Sealing Ring locks air *out*—color and flavor *in*—protects food's natural wholesomeness.

3. Clean white enamel lining says "stop" to acid, "stop" to rust. Food never touches metal!

4. Ounce, cup and metric markings on Ball jar eliminate guesswork—makes measuring precise *and* convenient.

Ball Corporation
Box 2022—Dept. BH-A • Muncie, IN 47302
Please send my copy of the 29th edition Ball Blue Book of Home Canning, containing how-to Instructions, hundreds of recipes, charts and tables. I enclose $1.00 (check or money order) to cover book, handling and mailing.

Name (Please Print Plainly)
Street Address
City State Zip Code
(Allow four weeks for delivery)

continued

Sensational shortcut recipes

meat is tender. Stir in sour cream. Serve over brown rice. Makes 6 to 8 servings.

BUTTERSCOTCH CHEESECAKE

- 1½ cups graham cracker crumbs
- ⅓ cup granulated sugar
- 6 tablespoons butter or margarine, melted
- 1 3¾- or 4-ounce package *regular* butterscotch pudding mix
- ½ cup granulated sugar
- 1½ cups milk
- 3 8-ounce packages cream cheese, softened
- 3 eggs
- 1 teaspoon vanilla
- 1 cup dairy sour cream
- ¼ cup sifted powdered sugar

Combine crumbs, the ⅓ cup granulated sugar, and butter or margarine; press into bottom and 2½ inches up sides of 9-inch springform pan. In small saucepan, combine pudding mix and the remaining granulated sugar; stir in milk. Cook and stir till thickened and bubbly. Remove from heat; cover surface with clear plastic wrap and cool. In large mixer bowl, beat cream cheese till fluffy; add eggs and beat till blended. Add vanilla and the cooled pudding; blend well. Pour into crumb-lined springform pan. Bake in 375° oven for 50 minutes or till knife inserted just off-center comes out clean. Combine sour cream and the powdered sugar; spread atop cheesecake. Return to oven for 2 minutes. Cool to room temperature. Store in refrigerator. Garnish with banana slices and chocolate curls. Makes 12 servings.

CREAMY WALDORF SALAD

- 2 3-ounce packages lemon-flavored gelatin
- 2 cups boiling water
- 1 cup cold water
- 1 18-ounce can ready-to-serve vanilla pudding
- 2 medium unpared apples, cored and diced (2 cups)
- ½ cup chopped celery
- ½ cup chopped walnuts

Dissolve gelatin in boiling water. Stir in cold water. Chill till partially set. In mixer bowl, combine the chilled gelatin and the pudding; beat 2 minutes at medium speed with electric mixer. Chill till mixture mounds when spooned. Fold in apple, celery, and nuts. Pour into 7- or 8-cup mold. Chill till firm, 6 hours or overnight. Garnish with green. Makes 10 to 12 servings.

EASY OPERA FUDGE

For chocolate fudge, use one package each chocolate and vanilla pudding mixes in place of the coconut pudding mix—

- ⅓ cup maraschino cherries, chopped
- ½ cup butter or margarine
- 2 3¼- or 3⅝-ounce packages *regular* coconut cream pudding mix
- ½ cup milk
- ½ teaspoon vanilla
- 1 pound sifted powdered sugar (about 4½ cups)
- ½ cup chopped walnuts

Drain maraschino cherries on paper toweling. In saucepan, melt butter or margarine. Stir in *dry* pudding mixes and milk. Cook and stir till mixture comes to boiling; boil for 1 minute, stirring constantly. Remove from heat. Stir in vanilla; beat in powdered sugar till smooth. Stir in walnuts and cherries. Pour into buttered 10x6x2-inch baking dish. Garnish with walnut halves if desired. Chill before cutting. Makes 32 pieces.

SPEEDY ORANGE COBBLER

- ¼ cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- ½ cup orange marmalade
- ¼ cup frozen orange juice concentrate, thawed
- 2 tablespoons butter or margarine
- 1 cup packaged biscuit mix
- ⅛ teaspoon ground nutmeg
- ⅓ cup milk
- 1 pint vanilla ice cream, softened
- 2 tablespoons orange liqueur

In saucepan, combine sugar and the cornstarch. Blend in water, marmalade, and orange juice concentrate. Cook and stir till thickened and bubbly. Cook 1 minute more. Stir in butter or margarine till melted. Keep hot while preparing topper. Combine biscuit mix and nutmeg. Add milk, stirring just till moistened. Pour hot orange mixture into 10x6x2-inch baking dish. Immediately drop dough by 6 spoonfuls onto sauce. Bake in 350° oven for 20 to 25 minutes. Meanwhile, stir together ice cream and liqueur. Freeze till serving time (ice cream will not freeze hard). To serve, spoon ice cream mixture over each serving of warm cobbler. Makes 6 servings.

PINEAPPLE PARFAITS TROPICALE

- ½ of 6-ounce can (⅓ cup) frozen pineapple juice concentrate, thawed
- ¼ cup sugar
- ½ cup flaked coconut
- 1 envelope dessert topping mix
- 1 cup banana chunks
- 1 cup orange sections
- 1 cup pineapple chunks

In bowl, combine pineapple juice concentrate and sugar; mix well. Stir in coconut. Prepare topping mix according to package directions; fold into coconut mixture. Combine fruits. In parfait glasses, alternate

it mixture and coconut
Chill. Garnish with mint
desired. Makes 6 servings.

LEMON CHICKEN

- purpose flour
- on salt
- d broiler-fryer, cut up
- oons cooking oil
- e can frozen lemonade
- trate, thawed
- ter
- oons brown sugar
- oons catsup
- oon vinegar
- oon cornstarch
- oon cold water
- ot cooked rice

r or plastic bag, combine
d salt. Shake chicken pieces,
a time, in flour mixture. In
lowly brown chicken in hot
on off excess fat. Combine
le concentrate, the ½ cup
he brown sugar, catsup, and
Pour over chicken. Bring
ng. Reduce heat; cover and
45 to 50 minutes or till
is tender. Remove chicken
ng platter; keep warm. Skim
pan juices. Measure juices;
er if necessary to make 1¼
quid. Combine cornstarch
cold water. Stir into pan
cook and stir till thickened
bly. Pass with chicken and
kes 4 servings.

GE CHEESE & TUNA PIE

- ge frozen patty shells
- ells)
- n egg
- ry cottage cheese
- iced celery
- hredded carrot
- oon salt
- oon dried dillweed
- pepper

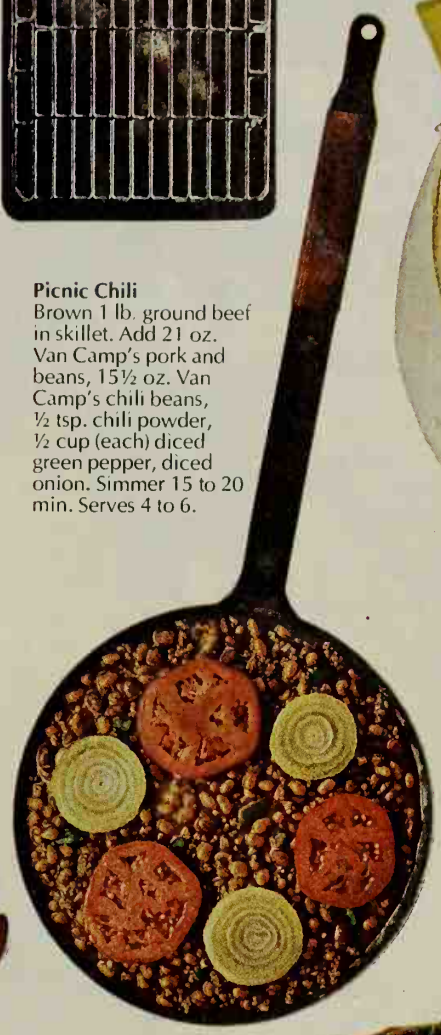
Simple Recipes for an All-Out Cookout

Hopscotch Beans
Combine 31 oz. Van Camp's pork and beans, ½ cup Stokely's Finest catsup, 1 tbsp. prepared mustard in 9" pie plate. Roll small can of refrigerated biscuits pencil fashion, criss-cross over beans. Bake 400°F. 15 to 20 min. Serves 6 to 8.

Picnic Chili
Brown 1 lb. ground beef in skillet. Add 21 oz. Van Camp's pork and beans, 15½ oz. Van Camp's chili beans, ½ tsp. chili powder, ½ cup (each) diced green pepper, diced onion. Simmer 15 to 20 min. Serves 4 to 6.

Beer Beans
Mix 1 lb. wieners (cut bite size), 12 oz. beer, ⅔ cup br. sugar, ¼ cup Stokely's Finest catsup, ¼ tsp. barbecue spice, 21 oz. Van Camp's pork and beans. Simmer uncovered for 20 to 30 min. Serves 6 to 8.

Deviled Dogs
Split 4 cooked wieners lengthwise; insert strip of cheese in each; wrap partially fried bacon around each; place in buns. Mix 21 oz. Van Camp's pork and beans, 2 tsp. prepared mustard, 1 tbsp. chopped onion, and spoon over wieners. Bake 350°F. until warm. Serves 4.



Backyard Bean Salad
Combine 31 oz. Van Camp's pork and beans, 3 chopped hard-cooked eggs, ¾ cup cheddar cheese cubes, ½ cup chopped sweet pickles, ¼ cup (each) chopped Stokely's Finest pimientos, chopped onion, ½ cup chopped celery, ½ tsp. salt. 2 tbsp. Stokely's Finest chili sauce. Toss gently to blend. Serves 8.

Tennis Tacos
Prepare 1 lb. ground beef and 1¼ oz. dry taco seasoning mix according to package directions. Add 21 oz. Van Camp's pork and beans. Simmer 15 min. Build each taco in this order: taco shells; shredded lettuce; taco mix; shredded cheese. Serves 4 to 6.

ONE OF AMERICA'S GREAT SIMPLE PLEASURES

1 9¼-ounce can tuna, drained and broken in pieces

Thaw patty shells overnight in refrigerator. In bowl, combine egg, cottage cheese, celery, carrot, salt, dillweed, and pepper. Mix well. Fold in tuna and set aside. Cut *two* of the shells in half. On lightly floured surface, arrange 2 whole shells and 2 halves in a square, overlapping edges slightly; roll to 8-inch square. Spoon *half* the filling over *half* the dough to within ½ inch of edge. Brush edges with a little milk; fold other half of pastry over filling. Press edges together and flute. Repeat with remaining

continued

continued

Sensational shortcut recipes

dough and filling. Transfer rectangles to 15x10x1-inch baking pan. Brush tops with a little milk. Bake in 400° oven for 30 minutes. Makes 6 servings.

QUICK CORNISH PASTRIES

- 1 package frozen patty shells (6 shells)
- 1 15-ounce can roast beef hash
- ⅓ cup chopped onion
- ⅓ cup finely chopped carrot
- ½ teaspoon worcestershire sauce

Thaw patty shells in refrigerat overnight. On floured surfac roll each patty shell to a 6-in circle. Combine roast beef has onion, carrot, and worceste shire sauce. Place about ⅓ c mixture on half of each circ Fold over other half and se edges together with fork. Bru top with beaten egg or mil Place in shallow baking pa Bake in 400° oven for 35 mi utes or till browned. Serve wi a mustard sauce or warmed c sup, if desired. Makes 6 servin

LEMON MERINGUE PUDDING PUFFS

- 1 package frozen patty shells (6 shells)
- 1 4¾-ounce package *regular* lemon pudding mix
- 3 egg yolks
- ½ teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 3 egg whites
- ½ teaspoon vanilla
- ¼ teaspoon cream of tartar
- ⅓ cup sugar

Bake patty shells according package directions; cool. P pare pudding mix according package directions for puddi using the 3 egg yolks and addi the peel and lemon juice; aside. In mixer bowl, beat e whites, vanilla, and cream of t tar till soft peaks form (tips c over). Gradually add sug beating till stiff peaks for Place patty shells on baki sheet. Spoon about ⅓ cup lem filling into each shell. (Use maining pudding for anot purpose.) Spread or pipe m ringue over filling, sealing edges of patty shells. Bake 350° oven for 12 to 15 minut Cool. Makes 6 servings.

FISH FLORENTINE

- 6 frozen breaded fish portions
- 1 10-ounce package frozen chopped spinach
- 1 10-ounce package frozen Welsh rabbit, thawed
- 1 5-ounce can water chestnuts, drained and chopped (½ cup)
- 6 slices bacon, crisp-cooked, drained, and crumbled
- 3 lemon slices, halved

Fry fish portions according package directions. Meanwhi cook spinach according to pa age directions; drain. In medi saucepan, combine spina rarebit, water chestnuts, and con; heat through. Spread sp ach mixture in 10x6x2-inch b ing dish. Top with fish portio Bake, uncovered, in 350° ov for 10 minutes or till hea through. Serve with lemon slic Makes 6 servings.

CURRIED FISH SANDWICH

- 2 8- or 9-ounce packages frozen breaded fish sticks
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- ¾ teaspoon salt
- ¾ teaspoon curry powder
- ¾ teaspoon dry mustard

To get the best out of a budget meal...

you've got to put the best in.

Minute® Rice and Birds Eye® International Vegetables are two of the best quality brands to keep on hand. Not only do they keep you on your budget...they keep you proud of the meals you serve. Easy meals like Hamburger Rice Oriental. All it takes is a few simple ingredients, a few simple steps, and a few minutes.

Hamburger Rice Oriental

Brown 1 pound ground beef and ¼ cup chopped onion in a skillet. Add ½ cup water, 1½ teaspoons sugar, and ¼ teaspoon salt. Add 1 package (10 oz.) BIRDS EYE® Chinese Style Vegetables with a Seasoned Sauce. Bring to a boil, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 2 minutes. Meanwhile, prepare 4 servings MINUTE® RICE as directed on package. Serve beef mixture over rice. Makes 4 servings.

SEE COLUMN FOR MORE RECIPES.

Minute® Rice and Birds Eye® International Vegetables. We're doing our best for your budget.

More budget meals from Minute® Rice and Birds Eye® International Vegetables.

Chicken Italiano

Dredge 2½ pounds frying chicken pieces with ⅓ cup seasoned flour; brown well on both sides in 2 tablespoons oil in large skillet. Add ½ cup water and 1 bay leaf. Cover and simmer 30 minutes, or until tender. Place chicken on platter; keep warm. Add 1 package (10 oz.) BIRDS EYE® ITALIAN STYLE VEGETABLES with a Seasoned Sauce and ¼ cup water to the skillet. Bring to a boil, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 2 minutes. Meanwhile, prepare 4 servings MINUTE® RICE as directed on package. Serve vegetables and chicken with the rice. Makes 4 servings.

Japanese Style Hamburger

Brown 1 pound ground beef with 1 teaspoon salt in skillet. Blend 2 teaspoons cornstarch with ¾ cup water; stir into meat. Add 1 package (10 oz.) BIRDS EYE® JAPANESE STYLE VEGETABLES with a Seasoned Sauce. Bring to a boil, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 2 minutes. Meanwhile, prepare 4 servings MINUTE® RICE as directed on package. Serve vegetable mixture over rice. Makes 4 servings.

Hawaiian Ground Beef Supper

Brown 1 pound ground beef in skillet. Blend 2 teaspoons cornstarch with ¾ cup water; stir into meat. Add 2 tablespoons catsup and 1 package (10 oz.) BIRDS EYE® HAWAIIAN STYLE VEGETABLES with Pineapple with Seasoned Sauce. Bring to a boil, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 2 minutes. Meanwhile, prepare 4 servings MINUTE® RICE as directed on package. Serve vegetable mixture over rice. Makes 4 servings.

For additional recipes, see Minute® Rice and Birds Eye® International Vegetable packages.

⅛ teaspoon pepper
2¼ cups milk
½ teaspoon onion juice
3 hard-cooked eggs, chopped
1 tablespoon lemon juice
6 English muffins, split, toasted, and buttered

Bake or fry fish sticks according to package directions. Meanwhile, in saucepan, melt butter or margarine. Blend in flour, salt, curry powder, dry mustard, and pepper. Add milk and onion juice. Cook and stir till mixture thickens and bubbles. Stir in hard-cooked eggs. Heat through. Drizzle fish with lemon juice. Serve hot fish sticks on buttered muffin halves; spoon curried egg sauce over. Makes 6 servings.

CORNY FISH STICKS

1 8¼-ounce package corn muffin mix
1 cup tartar sauce
1 14-ounce package frozen breaded fish sticks or shrimp sticks

Prepare muffin mix according to package directions. Divide batter evenly among one well-greased 12-form or two 7-form corn stick pans.* Spoon about 1 tablespoon tartar sauce into each form; top each with a fish stick (or 1¼ shrimp sticks). Bake in 400° oven for 15 to 18 minutes. Cool in pan 1 to 2 minutes. Using narrow spatula, carefully remove from pans. Serve with chili sauce, if desired. Makes 4 or 5 servings.

* If you don't have a corn stick pan, lay fish sticks in bottom of greased 15x10x1-inch baking pan. Spoon tartar sauce over sticks, then top with muffin batter. Bake as above. Cut apart before removing.

BANANA BERRY WAFFLES

2 beaten egg yolks
1⅓ cups milk
2 tablespoons cooking oil
2 cups packaged biscuit mix
1 medium banana, mashed (½ cup)
2 tablespoons sugar
2 stiff-beaten egg whites
1 cup strawberry ice cream, softened
1 8-ounce carton strawberry yogurt
1 10-ounce package frozen strawberries, thawed
1 cup banana chunks

Combine egg yolks, milk, and oil. Stir in biscuit mix, the mashed banana, and the sugar. Beat smooth. Fold in egg whites, leaving a few fluffs. Using 1 cup batter for each waffle, bake in preheated waffle baker. Meanwhile, combine ice cream and yogurt. Combine strawberries and the banana chunks. To serve, place one waffle on serving plate; spoon some ice cream mixture over. Repeat with remaining waffles and the remaining ice cream sauce. Top waffle stack with a little fruit sauce; pass remaining. Cut in wedges. Makes 4 servings.

DOUBLE CHOCOLATE COOKIES

2 beaten eggs
½ cup milk
⅓ cup cooking oil
2 cups packaged biscuit mix
2 4¼- or 4½-ounce packages *instant* chocolate pudding mix
1 6-ounce package (1 cup) semisweet chocolate pieces

In mixing bowl, stir together eggs, milk, oil, biscuit mix, and pudding mix. Stir in chocolate pieces. Drop by spoonfuls onto ungreased cookie sheet. Bake in 350° oven for 10 to 12 minutes. Makes 4 dozen.

CHEESE CLAM ROLLS

2 8-ounce cans minced clams
1 cup (4 ounces) shredded sharp process American cheese
¼ cup mayonnaise or salad dressing
3 tablespoons snipped parsley
¼ teaspoon dry mustard
¼ teaspoon seasoned salt
2 cups packaged biscuit mix
½ cup water
1 can condensed cheddar cheese soup
3 tablespoons all-purpose flour

Drain clams, reserving liquid (about 1 cup). In bowl, combine the clams, cheese, mayonnaise, parsley,

continued

NO unpleasant odor when you spray.

NO sticking of foods to skillets, casseroles, baking pans.

NO hassle to clean up— just a few wipes does it.

Now you can solve your sticky problems the Mazola way.

Mazola® No-Stick™

The no-stick spray with a name you can trust.

Best Foods, a Division of CPC International Inc.

Snitch 'n' Snack Cake.

It's one-bowl easy. It's snitchin' good. And it's especially versatile. It's the perfect snack almost any time. Bake it as squares, a ring or cupcakes. Glaze it or not. Serve it as a dessert, alone or a la mode. Offer it for special flavor at brunch, lunch, or nightcap breaks.

The good flavor comes from the blend of tart and sweet apples in Mott's® Apple Sauce and from Grandma's® old-fashioned molasses. Making Grandma's Snitch 'N Snack Cake is simple. Hiding it from snitchers may be a problem.

FOR GRANDMA'S RECIPE BOOK SEND 25¢ TO:
Duffy Mott Co., Inc.
370 Lexington Ave.
New York, N.Y. 10017

GRANDMA'S ONE-BOWL APPLE SAUCE CAKE

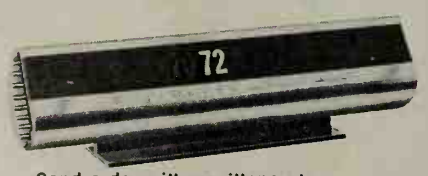
2¼ cups flour	½ cup soft butter or margarine	1 egg
1 teaspoon salt	1 cup Grandma's Molasses	1 cup Mott's Apple Sauce
1 teaspoon baking soda		¾ cup Sun•Maid® Raisins
1 teaspoon cinnamon		

Combine dry ingredients in mixing bowl. Cut in butter. Add Grandma's Molasses, egg and Mott's Apple Sauce. Beat well. Stir in Sun•Maid Raisins. Bake in greased, floured 8-inch square pan in 350°F. oven 40 to 45 minutes. Turn out on cake rack. Sprinkle with confectioners sugar, or glaze. GLAZE: Mix 1½ tablespoons lemon juice and ¾ cup confectioners sugar.

GRANDMA'S® MOLASSES AND MOTT'S® APPLE SAUCE ARE REGISTERED TRADEMARKS OF DUFFY-MOTT COMPANY, INC., N.Y. 10017

Digiguide Digital Thermometer

Here's an ideal and useful accessory for the home, office or as a gift. Big easy-to-read numbers show the room temperature at a glance. Numbers appear, change color and disappear almost mystically as temperatures go up or down. Unique fluted tube design in soft silvery finish. 8" long, 2⅜" high on black aluminum base. No. 08560, $8.95; 2 for $16.90.



Send order with remittance to:
Better Homes and Gardens, Dept. 2SM
P.O. Box 374, Des Moines, Iowa 50336
Please add for postage and handling:
75c for one; $1.25 for two.

Hawaiian "Good Luck"

ti plant

Guaranteed to grow!

Believed by Hawaiians to possess mystical voodo power, it was planted to bring Good Luck, Long Life, and Lasting Love.

It grows out of a log —SO FAST THAT YOU CAN ALMOST SEE IT GROW! All you do is put the Ti log in water and watch it grow! When it sprouts, put it in a pot. The bigger the pot the bigger it will grow . . . from one to six feet tall. You can have the size you want. Grow it in sun or shade — it blossoms! The Hawaiian Ti Plant makes an ideal gift. Send good luck to your friends and loved ones.

Choice of red or green leaves. Guaranteed to grow!

ONE FOR $1.00 3 for $2.50

Please add twenty five cents for postage and handling.

ROBERTA'S Dept. BH-14 P. O. Box 630, Shelbyville, Indiana 46176

continued

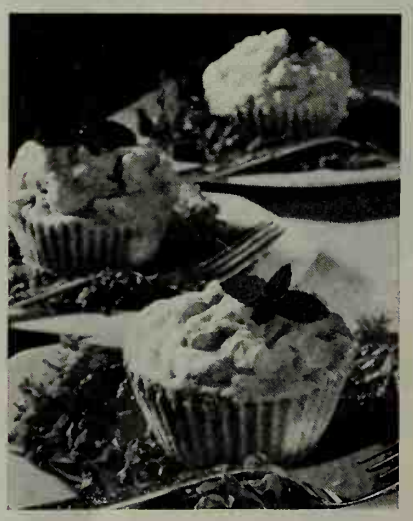
Sensational shortcut recipes

dry mustard, and seasoned salt. In another bowl, combine biscuit mix and water; stir till dough follows fork around bowl. Knead 5 times on lightly floured surface. Roll to 12x8-inch rectangle. Spread clam mixture on dough, spreading to edges along short sides and to within ½ inch of edges on long side. Roll up jelly-roll fashion starting with long side. Moisten edge; pinch to seal. Cut into 12 slices. Place on greased baking sheet. Bake in 425° oven for 12 to 15 minutes or till lightly browned. Meanwhile, in saucepan, combine soup and flour. Stir in clam liquid. Cook and stir till thickened and bubbly. Pass sauce. Makes 6 servings.

ORANGE CUSTARD FONDUE

- 1 2⅓- or 3-ounce package no-bake custard mix
- 1¾ cups milk
- 1 4½-ounce carton (2 cups) frozen whipped dessert topping, thawed
- 2 tablespoons orange liqueur
- 1 teaspoon grated orange peel
- Fresh fruit dippers: strawberries, pineapple chunks, papaya chunks, pear slices, peach slices, apple slices
- Chocolate and pound cake cubes

Prepare custard mix according to package directions, using the 1¾ cups milk and omitting the egg yolk. Cover surface with clear plastic wrap; cool. Chill till thickened, about 2 hours. Beat custard with rotary beater till smooth. Fold in dessert topping and orange liqueur. Top with orange peel. Serve chilled custard mixture with fresh fruits and cake cubes as fondue dippers. Makes about 3½ cups sauce.



FROZEN LIME MINT SALAD

- 1 8¼-ounce can crushed pineapple
- 1 20-ounce can crushed pineapple
- 1 3-ounce package lime-flavored gelatin
- 1 6½-ounce package (3½ cups) tiny marshmallows
- 1 cup butter mints, crushed
- 1 9-ounce carton (4 cups) frozen whipped dessert topping, thawed

In large bowl, combine both cans *undrained* pineapple, *dry* lime gelatin, marshmallows, and mints. Cover and refrigerate for several hours or till marshmallows begin to n Fold in dessert topping. Spoon t ture into 16 paper bake cups muffin pans. Cover and freez hours or overnight. Peel off p and serve on lettuce-lined pl Garnish with fresh mint sprig desired. Makes 16 servings.

EASY FOREST TORTE

- 1 package 2-layer-size fudge cake mi
- 1 3-ounce package cherry-flavored gelatin
- ¾ cup boiling water
- ½ cup cold water
- 3 tablespoons cherry liqueur
- 1 4¼- or 4½-ounce package *instant* chocolate pudding mix
- 2 envelopes dessert topping mix
- 1¼ cups cold milk
- 1 21-ounce can cherry pie filling

Prepare cake mix according to pa age directions. Bake in two 9-i round layer cake pans. Let stan minutes. Remove cake layers fr pans; place on separate plates, sides up. Meanwhile, dissolve g tin in the ¾ cup boiling water; in the ½ cup cold water and cherry liqueur. With tines of f prick holes in tops of cake lay spoon warm gelatin mixture slo over warm cake. Cover and chi hours. In small mixer bowl, c bine pudding mix, topping mix, milk; beat at medium speed of e tric mixer till stiff, about 2 t

minutes. Using about 1 cup pudd mixture, make a ring ½ inch h and 1 inch wide around bott cake layer. Fill center of pudd ring with cherry pie filling. (Y may have some filling left ov Using spatulas, carefully lift sec cake layer and place, flat side do atop cherry filling. Frost top

continued on page 108

Introducing old-fashioned slow-cooked goodness at microwave speeds.

New Litton solid-state Vari-Cook™ oven control makes it possible. In up to one-fourth the time. Until now, microwave ovens cooked everything the same way at the same speed.

Litton's exclusive Vari-Cook control has changed that.

For the first time it lets you change speeds infinitely as you change foods: cook, reheat, roast, simmer, warm, even defrost. Actually set your own speed and cook foods just the way your old family recipes meant them to be cooked.

Best cooking results ever. With Vari-Cook control, even economy cuts of meat are cooked luxuriously tender. Creamy milk- or soup-based casseroles retain their delicious texture. And meals can be kept warm with no loss of flavor.

Just "dial" the desired cooking speed, or push a button for automatic defrost or quick cooking. Then simply match the speed with the exact cooking time. (The free cookbook tells you how.) And relax. The oven shuts itself off automatically.

Vari-Cook oven control. Another Litton innovation. Only Litton offers solid-state Vari-Cook control. Litton has also introduced these other firsts: Family-sized countertop microwave oven. The Micro-Browner® steak grill for browning. Automatic "quick thaw" defrost. And Micro-Timer™ digital control for accurate cook times from one second to 60 minutes. Isn't it time you make the change? Taste a microwave cooking demonstration at your Litton dealer. For the location nearest you, Call **800-328-7777** toll-free.

If Product or Performance Defective ★ Good Housekeeping Guarantees Replacement or Refund to Consumer

LITTON
Microwave Cooking
400 Shelard Plaza So., Minneapolis, Minnesota 55426

Litton... changing the way America Cooks.

Quality is not a Kroehler slogan...

it's a written commitment.

THE KROEHLER QUALITY COMMITMENT

Kroehler Mfg. Co. will repair any product which, due to its fault, fails to perform as promised by the Company within the warranty period as specified in the chart.

This applies to all Kroehler furniture which has received normal in-home use and proper maintenance. The warranty coverage is effective immediately upon purchase to the original customer. Proof of purchase is required when making a repair claim.

Furniture purchased "used" or "as is" or any which has been subjected to abuse, alteration, fire, accident, negligence, similar incident, or is beyond the warranty period is not covered. If such furniture is received at a Kroehler plant it cannot be repaired under the warranty and handling and shipping charges will be imposed. These costs will be passed on to the consumer by the servicing dealer.

The only transportation expense borne by Kroehler for furniture repaired under the warranty is between the servicing dealer and the Kroehler plant. Kroehler Mfg. Co. makes the final decision with respect to its liability.

WARRANTY COVERAGE		1 YEAR	5 YEARS
WORKMANSHIP	Free from defects for	■	■
FRAME CONSTRUCTION	Free from defects for	■	■
SPRINGS	Free from defects for	■	■
FILLING MATERIALS	Free from defects for	■	■
CUSHIONS	Free from defects for	■	■
MATTRESSES	Free from defects for	■	
LEGS	Free from defects for	■	■
MECHANICAL FIXTURES	Free from defects for	■	■
CASTERS	Free from defects for	■	■
FABRIC*	Will not show excessive wear for	■	

(Electrical accessories excluded from warranty.)
*The Kroehler commitment does not include warranty coverage for fading

We want you to know—before you buy—what you can expect for your money. We want you to feel confident about the furniture you buy from us.

The Kroehler Quality Commitment shown here applies to every piece of upholstered furniture we make. It's the most comprehensive warranty in the furniture industry. Obviously, we ourselves are confident about the quality of our work to offer a warranty with such real substance, spelled out so clearly.

It covers our new furniture under normal use. Which means we build our furniture to be sat on, slept on, lounged on, napped on . . . to be fully enjoyed by active households of children and adults. So when we say Kroehler people care about quality, we don't just say it . . . we back it up in writing.

Hotline: For your nearest Citation by Kroehler dealer, call **800-477-4700** toll free (in Illinois 800-322-4400). For more decorating ideas, send for our 26-page full-color shopping guide, "Lively Living with Kroehler Furniture." Send 50¢ to: Kroehler Mfg. Co., Dept. H, 222 East Fifth Street, Naperville, Illinois 60540.

Many Kroehler upholstered fabrics are protected with **DuPont Zepel®** stain repellent.

Citation by KROEHLER

OUTSTANDING VACATION RESORTS IN THE WEST

By Gordon G. Greer, Tony Swan, and the Travel and Transportation staff

With inflation, recession, and the energy crisis threatening to put a damper on travel this season, many families will be vacationing at resorts close to home. They can anticipate a marvelous time. Every section of America has hundreds of fine resorts—self-contained retreats where you can spend a splendid holiday without long, dreary, gas-consuming days on the road or the necessity of changing hotel rooms each night. Some of the best in the West are described in this article, and here's how we went about choosing them. First, we ruled out all resorts in national parks, which we've frequently described in these pages before. Dude ranches, too, because they're also special cases. Next, we eliminated, literally by the hundreds, those places where many people have a perfectly fine time surrounded by the trappings of a single favorite pleasure—fishing, for example, or tennis, or golf. Our intent was to endorse only "full service" resorts where families with varied interests can find enough diverse pastimes to satisfy everyone's tastes. We then polled our scouts for recommendations from their areas, and, finally, when we'd pared the list to manageable size, at least one representative from our Travel and Transportation staff visited each resort that was still in the running and wrote an extensive on-the-scene evaluation. These reports were compared, personal prejudices were reconciled, and our final selections emerged.

Note well that these resorts are by no means all alike. Some are small, others huge; some are ancient, some mere babies; some are rustic and informal, others glitteringly chic. What makes one place "outstanding" may be an especially lovely setting. Another place, less scenic, may give great value for little money—while still another may cost practically an arm and a leg but coddle you with luxuries beyond your wildest dreams.

About rates: Unless otherwise noted, the quoted rates are European Plan (EP), which covers only the room, no meals. Modified American Plan (MAP) rates include breakfast and one other meal, usually dinner. Full American Plan (FAP or simply AP) includes all three meals in the price. Most places offer money-saving package plans, too—family packages, weekend packages, and so on.

RESORT ACTIVITY SYMBOLS

These symbols show at a glance the main activities at each resort. Often there are facilities for other pastimes, too—such things as bicycling, volleyball, table tennis, horseshoes, shuffleboard, badminton, skeet shooting, and hiking.

Golf can be played on the grounds or nearby—as opposed to having guest privileges at a course ten miles away, say, which isn't good enough to get a symbol. The total number of holes includes par-3 "executive" courses.

Tennis courts are available—the number shows how many—and are diligently maintained in good condition. A resort gets no symbol if it offers only a couple sagging nets above a weed-covered surface of broken concrete.

Horseback riding stables with a good assortment of gentle mounts are conveniently situated, either on the grounds or close by. Resorts where you must be driven a dozen miles to a stable have not been awarded a symbol.

Fishing, for either freshwater or saltwater species, is offered on the grounds or in a body of water within a few minutes' walking or driving distance. Places with only a small pond stocked for youngsters don't get a symbol.

Swimming facilities include at least one good-size pool. Often there are several pools, both indoors and outdoors, heated when necessary. At larger resorts, there may be professional instruction in swimming and diving, too.

A genuine sand beach—not just a little patch of gravel—is available for sunning, swimming, and other water sports. Resorts don't get a symbol if they have a beach only at low tide or during unusually dry summers.

Boating can be seriously (or frivolously) pursued here. Sometimes you can bring your own boat along with you; otherwise, you can borrow or rent from the resort whatever craft are appropriate to the local waters.

Skiing is a principal activity in winter, on either advanced slopes or beginners' slopes, or both. You'll find ski lifts, instructors, and après-ski unwinding. In most cases, a ski lift runs in the summer for sight-seeing trips.

Professional entertainment is regularly scheduled—usually musical combos but sometimes comics, magicians, or dancers. Resorts without a symbol may have amateur entertainment provided by talented staff members or guests.

Recreational programs for kids, run by responsible counselors during periods when most public schools are out, give youngsters supervision in doing their own thing, freeing their parents to go off somewhere else and do likewise.

THE ADMIRALITY

Box 75, Port Ludlow, Washington 98365; phone 206/437-2222

If the loggers who put Port Ludlow on the Washington state map could visit this quiet little Puget Sound backwater today, they'd have trouble recognizing it. It's still green, and the Olympic Mountains still brood in the background, but the loggers' shacks have given way to handsome new condominiums, and graceful sailboats cruise quiet waters once clogged with fresh-cut logs. A brand-new, 18-hole golf course twists and dodges through stands of timber, many of its fairways offering splendid views of the Sound and the Hood Canal. Old Binocular Hill has become Kahili Park and sprouted a complex of slides, swings, jungle gyms, tennis, volleyball, and basketball courts. It's all part of The Admiralty, a thoughtfully planned and tastefully executed update on the Puget Sound good life. In the natural wood condominiums, most of them offering a view of the water, accommodations range from motel-type bedroom units to four-bedroom suites. All but the motel-type doubles offer kitchens, fireplaces, and decks. Besides Kahili Park and the golf course, recreation includes a man-made saltwater swimming lagoon, saunas, squash and handball courts, a rec center for the kids, rental bikes, a marina with rental boats, and a children's playground.

Open year round. Basic doubles start at $24 a day from April through October, $20 the rest of the year. One-bedroom suites start at $42 in high season, $36 in winter; two-bedrooms at $62 and $54.

BIG SKY

Big Sky, Montana 59716; phone 406/995-4211

Newsman Chet Huntley is gone, but his dream of the definitive Montana mountain resort is alive and growing in the Gallatin Valley, about 50 miles north of Yellowstone National Park. An all-seasons facility designed to handle all levels of tourism, from campers to jet set, Big Sky is distinguished most for its setting—10,647 acres of meadows and mountains surrounded by the Gallatin National Forest. It's definitely high, wide, and handsome, ideal for outdoor-oriented families, with horseback riding and hiking during the summer months, skiing (both downhill and cross-country) in the winter. Besides camper facilities, there are three accommodations choices—the Meadow Village, primarily oriented toward summer visitors; the Mountain Village, set up to handle the downhill wintertime set; and the Big Sky Guest Ranch, a 1927 dude ranch that has survived intact under the Big Sky umbrella. The two villages are primarily condominiums, with accommodations ranging from motel-type bedroom units to three-bedroom suites, plus the newly opened Huntley Lodge in Mountain Village. The guest ranch is a straight American Plan setup, rustic and much more at peace with its environment but rather expensive at $40 per head per day. Summer comes to the meadow (6,200 feet) around the first of June, and good weather lasts through September.

Open year round. Motel-type doubles in Meadow Village are $23 mid-November through mid-April, $25 the rest of the year. Comparable Mountain Village units are $25 and $23 through the same time periods. Meadow Village studios (all but the plain bedrooms offer kitchens, fireplaces, living and dining rooms) are $35 in winter, $40 in summer, Mountain studios $40 and $35. Studios can accommodate four people.

SALISHAN LODGE

Gleneden Beach, Oregon 97388; phone 503/764-2371

The magnificent Oregon coast is cluttered with countless motel and condominium operations billing themselves as resorts, but few of them merit the word when they're measured against this subdued but luxurious 11-year-old facility. Few expenses have been spared in making Salishan noteworthy in all its parts. The three indoor tennis courts represent the latest refinements of that art, and the indoor pool complex includes a broad range of exercise equipment as well as saunas and hydrotherapy pools. The golf course will never host a U.S. Open, but it's tight enough to challenge anyone. Nevertheless, what makes Salishan stand out from its contemporaries is a natural feature—the stretch of beach that fronts Salishan's 700-acre spread. Lodge guests are given gate keys to the seaside section of the property, and they share the beautiful sands only with property owners who have purchased a home from Salishan. Driftwood, heaped in windrows, is available for the carrying off—guests are welcome to it. Salishan's 125 rooms are consistent with the lodge's various trappings. Set in handsome two-story wood buildings, they are quietly, comfortably posh. Some offer splendid ocean views, all have fireplaces and walk-out balconies. And thanks to the fierce competition for the Oregon Coast vacation business, the rates are reasonable.

Open year round. Double rooms start at $28 a day during the low season (November through February), $38 in high season (July through September), with rest-of-the-year rates in between. Two-bedroom apartments start at $45 and $52 a day for low and high seasons, respectively. Extra persons in the room add $4 to the bill.

INN AT OTTER CREST

Otter Rock, Oregon 97369; phone 503/765-2111

If you think Otter Rock sounds like some tiny community lashed to the Oregon coastal granite, face forever thrust into the Pacific westerlies, you're right. The Inn at Otter Crest, whose advent three years ago quadrupled the number of buildings at Otter Rock, is set on some of the most spectacular granitic ups and downs in the area and—predictably—is most noteworthy for the views it offers. If you like rugged coasts and the explosion of big Pacific rollers, this is the place for you, winter or summer. Otter Crest is an all-condominium property, its 292 units crowded onto 87 acres of steep hillsides and cliffs. It offers a variety of accommodations, ranging from standard motel-type bedrooms to two-bedroom combinations that include loft, living room, full kitchen, and two baths. Furnishings are undistinguished but comfortable. Although the place seems a little overbuilt, the architects have managed to turn this into a charming feature by microbusing guests to their rooms along walkways scarcely larger than the buses. Another intriguing device is the cog railway-style elevator that motors guests up and down the three accommodations levels. Probably no elevator in western America can match its view, and just try to keep your kids off it. Below the property is an Oregon state beach park, great for tide pooling and agate hunting as well as just plain beaching. Recreational facilities (tennis, badminton, saunas, and a big rec room) are built into the rate structure—no extra charge for use.

Open year round. Bedroom units start at $26, one-bedroom suites (sleeping a maximum of six) at $44. Larger accommodations are proportionately more expensive.

KAH-NEE-TA

Warm Springs, Oregon 97761; phone 503/553-1112

Kah-Nee-Ta: the name and the setting, in the sunny juniper and sage hills of north central Oregon, inspire visions of a time before place names like Portland or Bend. Certainly that's what the sachems of the confederated tribes of the Warm Springs Reservation must have had in mind when they dreamed up this bold and unusual resort property. In a business whose everyday words are "unique" and "fabulous," Kah-Nee-Ta manages to be both—perhaps only slightly fabulous, but definitely one of a kind, from its angular and dramatic main lodge to its tepee village. Resort operations, centered around the hot springs that feed the main pool and spa, have been part of the Warm Springs economy since 1964,

ut the completion of the new lodge two years ago really put ah-Nee-Ta on the map. A three-tiered arrowhead-shaped build-g perched on a hillside overlooking the older village complex, ne lodge is as up to date as tomorrow. The architectural treat-ent features big open spaces, bold colors, and lots of wood. ooms are bright and luxurious, each with its own walk-out balcony nd view. There's a heated pool in the courtyard, and when it's time or dinner the Juniper Room offers rarities like Indian Fried Bread, enison steak, and Baked Bird in Clay along with more familiar fare. ccommodations in the village range from cottages to concrete-oored tepees that will sleep ten people for $10 a night. Although oom rates are quite reasonable, there are use fees for almost all the ecreational facilities. Summer is the most popular season, pepped p with occasional salmon bakes, complete with Indian dancing nd an Indian storyteller. There are also annual Indian celebrations n nearby Warm Springs—the Root celebration in April, the Huckle-erry Festival in August, and Pi-Ume-Sha, which includes a rodeo nd powwow, the last week in June.

Open year round. The basic rate for a double room in the lodge is $27 a day (plus $3 for each additional person over 11) from March 15 through September; $24 (plus $3 for each additional person) the rest of the year. For the same periods, cottages in the village rent for $27 and $21 a day, respectively, double occupancy. The cottages will sleep up to six.

SUNRIVER LODGE

Sunriver, Oregon 97701; phone 503/593-1221

When you see the pines and meadows of old Camp Abbot drows-ing in the eternal sunshine of central Oregon, you're likely to think that someone in the Army Corps of Engineers had a keen eye for real estate back there in 1943, when camp was set up. Of course the scene has changed somewhat since then: the barracks are all gone, replaced by scores of snappy-looking vacation homes and condo-miniums; the old parade ground has become an 18-hole golf course; the thousands of young soldiers have been replaced by crowds of vacationers. Today the name is Sunriver, and it is quite possibly the most complete vacation facility in the far West. Certainly it's one of the prettiest. Thanks to an enormously successful real estate pro-gram, Sunriver has already become something of a small town, com-plete with its own airport, shopping center, and filling station. The property is enormous—55,000 acres bordering the Deschutes Na-tional Forest—and there's a great deal to do. Besides the standard run of recreational facilities, there are two rec halls, a playground that sports a replica of a frontier-style wooden fort, a resident polo team (matches every weekend during the summer), a pottery work-shop, a nature center (where hikes in the surrounding country are organized), canoes for trips on the Deschutes River, which cuts through the property, a string of rental horses, and flocks of bicycles —you can simply park your car for the duration. In the winter there's skiing—cross-country here, or downhill at Mt. Bachelor, 24 miles away. Thanks to careful planning, Sunriver has had little negative impact on its stirring setting, and you're only a few minutes' walk from a totally undisturbed outdoors.

Open year round. Basic condominium doubles start at $32 from May through September, $22 the rest of the year. Kitchen-equipped suites start at $42 and $32 over the same time periods, and complete homes begin at $37 and $30.

INN OF THE SEVENTH MOUNTAIN

P.O. Box 1207, Bend, Oregon 97701; phone 503/382-8711

Inn of the Seventh Mountain sounds like a stopping place in Shangri-La, but it's much more accessible than that, set in the high (elevation 4,200 feet) piney woods seven miles west of the mid-Ore-gon vacation crossroads of Bend. A four-year-old condominium lay-out that's already a favorite with skiers (nearby Mt. Bachelor offers perhaps the finest powder west of Utah), Seventh Mountain's recent management change has helped to make summertime operations equally popular. There's plenty to do—horseback riding along miles of Deschutes National Forest trails, hiking, fishing, tennis, swim-ming (in two pools), year-round ice skating, basketball, volleyball, a rec hall for the kids, with a full-time recreation director—but per-haps the outstanding feature of this good-looking property is friend-liness. From the moment you arrive, you and your family will feel at home. Use of all facilities except the stables is included in the rate structure; just treat everything as though it's yours. As is common with condominium operations, there is a broad range of accommo-dations packages, ranging from a basic motel-style bedroom unit to multiple-bedroom loft units, some with bunkhouse setups just right for large families. All but the motel-type units have kitchens, as well as fireplaces. Most of these comfortably and stylishly furnished units also feature beautiful views.

Open year round. Basic motel-type double rooms start at $14 a day. Two-bedrooms, two-bath loft units start at $52, and the bunkhouse (six bunk beds in one bedroom, with a queen-size Murphy bed in the living room) starts at $36.

SUN VALLEY

Sun Valley, Idaho 83353; phone 208/622-4111

You'd have to be spoiled indeed to be bored at Sun Valley, and you'd have to be a candidate for the Superstars series to run through the entire list of activities here, even without taking into ac-count the tamer pastimes offered at the Sun Valley Center for the Arts and Humanities. It's a list that's unique among western resorts, running from archery through float trips and kayaking to rock-climb-ing and soaring. A three-level program for kids (six and under, seven to 11, and 12 to 17) offers a barrage of supervised activities, complete with overnight facilities and services. Variety is also the watchword in Sun Valley's accommodations and eateries. You can find just about anything you want in the complex's handsome inn and condominium lodgings, and very good seems to be the bottom of the scale. All but the standard hotel-type rooms feature fireplaces and fully equipped kitchens complete with dishwashers and dis-posals. Food offerings range from the top-of-the-house Duchin Room to a reasonably priced, fast, and tasty cafeteria service that's just the thing for families. Surrounding all this are the splendid 12,000-foot spires of the Sawtooth Mountains (where Sun Valley's wintertime visitors ski) and the millions of acres of the Challis and Sawtooth Mountain National Forests.

Open all year. Inn doubles start at $28 a day, condominium studio units at $24.

SWEETWATER PARK

Garden City, Utah 84028; phone 801/946-3306

An all-condominium complex that's brought a boom to the Bear Lake area, Sweetwater Park is living proof that the beehive ap-proach to resort living can be not only successful but fun. Although the resort's total acreage is 6,000, with the big Cache National For-est offering more open space in the high country (great hiking and riding) to the southwest, all accommodations are clustered around a common on the south shore of the lake. It may seem a little silly to get away from it all amid a madding crowd, but it's a formula that seems to work here, particularly with kids. Something's always happening on the common—softball, football, Frisbee, kite flying—and, of course, at the beach: sailing and water-skiing on this big lake (160 square miles) dominate the long list of things to do here. There's a definite cowboy touch, complete with junior ro-deos, but the shag-carpeted, king-size-bedded amenities won't re-mind anyone of Buffalo Bill. Accommodations range from basic motel-type bedroom units to three-bedroom setups with fireplaces and complete kitchens.

Open mid-May to October 30 and December 15 to April 1. Basic bedroom doubles start at $26, one-bedroom condominium suites at $39.

THE HOMESTEAD

Midway, Utah 84049; phone 801/654-1102

Although this serene little Heber Valley property is one of the old-timers of our collection, old in this case is not synonymous with decrepit. Opened in 1889 with its still-active hot springs as the focal point (its original name was Schneitter's Hot Pots), The Homestead has preserved its past while adding some modern embellishments that improve on the good old days. Today's visitors can choose their accommodations from one of the historic buildings—the old Milk House, or Virginia House, for example—or comfortable new units, housed in unobtrusive ranch-style buildings. The resort stands on sprawling green lawns that could have been borrowed from *Gone With the Wind,* with the nearby Wasatch Mountains providing an eye-filling backdrop. Besides the mineral baths, horseback riding is a favorite Homestead pastime, with miles of trails in nearby 23,000-acre Wasatch Mountain State Park. Excursions into nearby Heber City for a ride on the Heber Creeper, an old-time steam train, are sure to score with the kids, and the food scores with everyone: The Homestead's main dining room is commonly packed with visitors driving in from Salt Lake City, 47 miles to the northwest. May and September find this high (5,700 feet) valley at its most pleasant; high-summer visitors will need reservations long in advance.

Open year round. Basic rates for two people in a double room start at $19 per day; $27 for a room that sleeps three to four; $39 for accommodations for five or six.

BLOOMINGTON

St. George, Utah 84770; phone 801/673-6181

Bloomington isn't exactly Arizona—it lacks about ten miles of that status—but it isn't exactly Utah, either. It's a kind of compromise, combining a wintertime climate like that of Phoenix or Tucson with proximity to Utah's Color Country attractions: Brian Head Ski Resort is 84 miles away, Zion National Park 43 miles, the ghost town of Silver Reef 25 miles, and picturesque St. George, with its handsome Mormon temple, three miles. (One of the promotional slogans favored by management here is "Ski in the morning, golf in the afternoon.") Bloomington's promoters call this the "Palm Springs of Utah," and Utah old-timers have long referred to it as "Dixie," ever since the days when Brigham Young began coming to St. George for winter retreats. As you might expect, it gets hot in the summer, with temperatures frequently topping 100 degrees. But it's a desert heat, dry and surprisingly comfortable. Bloomington itself is an exceptionally well-upholstered and -built condominium operation with attractive rates. Aside from hotel-type bedroom units, locked out from large units, the smallest accommodations are spacious and luxuriously appointed two-bedroom condominiums (living rooms with fireplaces, kitchens with dishwashers and disposals, two baths). Spring is perhaps the most pleasant season here, although fall lends a special magic to Zion and the high country beyond.

Open all year. Bedroom units are $18 a day from June through October, $24 the rest of the year. Two-bedroom condominiums are $30 and $38 through the same time periods, for two people; an extra person adds $4, under 4 free.

SNOWMASS RESORT

Box 220, Snowmass, Colorado 81654; phone 303/923-2000

This Rocky Mountain resort is a veritable supermarket of pleasures: 14 swimming pools, 13 restaurants, 11 tennis courts, seven lodges, and dozens of condominiums sprawled on glorious Colorado high country (8,000 feet) 12 miles southwest of Aspen. The Snowmass mall offers every conceivable service, including a bank and a grocery store that delivers, and it would take you the better part of a summer to exhaust the recreational offerings. There's everything from a well-stocked and -staffed arts and crafts center to whitewater raft trips. Hiking or riding in this pines-and-aspen country is good for the soul, and golfing in the thin air is good for your tee shots and ego. And of course in the winter it's skiing. This is a great place for a family to do things together—or apart, for that matter, after parking the kids at Kinderheim, where they'll get instruction in horseback riding, swimming, hiking, archery, fishing, nature studies, and crafts. The fun doesn't stop at sundown, either. There's a selection of nightclubs, a nightly movie, and occasional rock concerts drawing heavyweight entertainment names like Gordon Lightfoot, Jose Feliciano, and Dionne Warwick. And you can choose from a blizzard of accommodations, either hotel-style lodge rooms or fully equipped (fireplaces, kitchens with dishwashers and disposals) condominium homes.

Open June 1 through Labor Day and from November 15 through April 15. Basic lodge doubles start at $30 a day, including full breakfast and complimentary golf and tennis; condominium studios at $25. All condominium accommodations require a three-night minimum stay.

THE BROADMOOR

Colorado Springs, Colorado 80901; phone 303/634-7711

The Broadmoor. For three generations of vacationers, that was all you needed to know about Rocky Mountain resort living. And even though fresh concepts in summer resorts, such as those offered at Snowmass and Tamarron, have deprived this regal property of its lonely eminence, they have by no means eclipsed it. The Broadmoor has been unique since opening its doors in 1918, and gives every indication of remaining so. One reason is its diversity. There are recreational facilities that you might expect, such as golf and tennis, along with others that you might not—all-year ice skating at the Broadmoor World Arena, a national center stage for championship figure skating and hockey, and a collection of over 1,000 live specimens at the Cheyenne Mountain Zoo. But an even bigger reason for The Broadmoor's preeminence in its field is sheer size. Sprawled on 5,000 acres with three hotel buildings, three golf courses (the original by Donald Ross, another by Robert Trent Jones, a brand-new one by the Arnold Palmer organization), and several other facilities, it's hard to tell whether The Broadmoor is in Colorado Springs or Colorado Springs is really a suburb of The Broadmoor. The setting, on the foothills of the front range of the Rockies, is eye-filling, the interiors elegant, the dining a study in perfection. Fall is perhaps the prettiest time of year in this high country, but The Broadmoor is definitely a resort for all seasons, with a broad range of winter activities.

Open year round. Doubles start at $33 per day, suites $65, May 1 to November 1, $25 and $55 November 1 to May 1.

TAMARRON

P.O. Drawer 3131, Durango, Colorado 81301; phone 303/247-8801

This brand-new resort 18 miles north of the Wild West town of Durango, Colorado, is a prime example of what results from a fortuitous combination of good planning, stunning locale, good management, and plenty of money. From marble-floored bathrooms to shag-carpeted living and sleeping areas to original prints and sculptures, Tamarron's emphasis has been on quality. The avowed aim of management here has been to create *the* western states resort, and the finished product is in a dead heat for that title with some of the more familiar names. Original touches abound: a heated swimming pool that's three-quarters indoors, one-quarter out; a staff ecologist with a voice in development policy; charcoal grills built into condominium-unit kitchens; concierge services, to take pressure off the

ont desk. The range of activities is broad indeed: a golf course to hallenge anyone, indoor and outdoor tennis, a skeet range, horse-ack riding, hiking, a mountain climbing school, fishing, two kids' ctivities centers, two game rooms, two health clubs (men's and omen's) complete with sauna, steam, and massage facilities. In the inter there's ice skating, sleigh rides, and a small ski hill with a ouble chair lift. For more ambitious skiers, Purgatory Ski Area is ust eight miles north. The setting, nestled under the Hermosa Cliffs ,200 feet up in the Rockies, surrounded on three sides by the San uan National Forest, is worthy of a Zane Grey dust cover, and the enu in Tamarron's gourmet dining room would be just as much at ome at Maxim's.

Open year round. European Plan double rooms, either inn units or one-bedroom condominiums, start at $38 a day. Extra persons over age 12 in the same room are charged $6; under 12, free. Modified American Plan is available for $13 per day per person, $9.75 for children under 12.

PAJARO DUNES

661 Beach Road, Watsonville, California 95076; 408/722-9201

Imagine squadrons of pelicans patrolling miles of broad, open beach. Shorebirds tiptoeing in the wash of the surf. Great crowds of gulls debating in raucous shrieks. Blend these ingredients with sand castles, kids, and condominiums, and you have Pajaro Dunes, a California coastal one-of-a-kind. Pajaro (PA-ha-roe) is Spanish for bird, and you'll see more of them here than you ever thought possible—along the beach and in the specially built tidewater slough sanctuary. But bird-watching is only part of the picture. There are recreational programs for kids (daily bulletins keep you up-to-date on what's going on), an arts-in-residence program, movies, beachside marshmallow roasts, three rec halls with sports equipment for checkout, rowboats and paddleboats for poking around in the lagoon, bikes for getting around the complex (Pajaro is stretched along a mile and a half of beach), and 17 tennis courts, all included as part of the deal. When you check into one of the handsome natural-wood condominiums (the complex has won several design awards), you'll feel right at home. Eating is do-it-yourself, with utensils furnished—unless you opt for a culinary excursion to the Monterey-Carmel area, just 25 miles south on California-1. Cooking in can be just as much fun, though, because of plentiful and inexpensive fresh produce available at roadside stands in the area. The pace is strictly at ease, attire informal, and attitudes at departure time generally regretful.

Open year round. For two nights, which is the minimum stay here, rates range from $95 for a one-bedroom condominium unit to approximately $250 for four bedrooms.

DEL MONTE LODGE

Box 627, Pebble Beach, California 93953; phone 408/624-3811

Because of the diversity of locales and facilities, no resort can call itself the West's unequivocal Number One—but the Del Monte Lodge comes close. Not only is the entire resort a watchword in western elegance, even its subdivisions are famous: the Seventeen-Mile Drive, winding through 5,328 acres of private forest and shoreline; Pebble Beach Golf Links, site of the 1972 U.S. Open; Spyglass Hill, the Robert Trent Jones-designed companion course to Pebble Beach; Club XIX, the renowned Continental restaurant. Top it off with accommodations worthy of an interior design magazine, then add the general attractions of the Monterey-Carmel area, and you have a holiday package that's certain to delight you and yours. The Lodge is completely self-contained, with a shopping center on the grounds that offers everything from haberdasheries to a post office and bank. Equestrian activities are especially popular here, with many miles of trails winding through the Del Monte Forest. The Beach Club, which doubles as the Lodge's tennis center, is a great favorite with younger visitors. Skeet and trapshooting are also offered. Make no mistake about it—the Del Monte Lodge has catered to the Cadillac trade ever since its opening in 1919, but considering the quality of its offerings, its Modified American Plan rates qualify it as a sort of big splurge bargain. Anytime is a good time to visit—the golf courses are playable year round—but spring and autumn are particularly pleasant.

Open year round. Modified American Plan rates—per person, double occupancy—start at $45 a day. Full American Plan rates are also available—and, in December and January, reduced European Plan rates.

OJAI VALLEY INN

Ojai, California 93023; phone 805/646-5511

Ojai is an Indian word meaning "nest," which was the way the Chumash tribe perceived this secluded, mountain-ringed section of the California coast ranges. It's a benign and lovely area, green and misty by winter and spring, warm, golden, and drowsy by summer. At the center of the "nest" is a fine old 18-hole golf course, rambling across rolling oak-dotted hills, and at the center of the course—surrounded by it—is the comfortable and gracious Ojai Valley Inn. A fixture in the valley since its completion in 1923, the main lodge and some of its satellite cottages are handsome samples of the California Spanish look prevalent in the state's architecture during the '20s and '30s. Room furnishings are long on comfort, and the American Plan rates are a bargain. Small children are definitely welcome, and there are three units specially set up to accommodate good-sized families, all of them adjacent to a small playground area. With a clientele drawn from a fairly broad cross section of ages and incomes, the Inn maintains a relaxed pace; the only trace of formality is at dinner, where sport coats and ties are suggested for men. The food is good, and the dining facilities offer a pleasant view of the golf course. Picnics, hayrides, steak fries, and square dances embellish the more athletic run of resort activities, and a dance band—now entering its 16th summer at the Inn—is on hand every weekend. For a special treat, time your visit for May, when nearby orange groves perfume the air with their blossoms.

Open year round. American Plan rates range from $24.50 to $34.50 per person per day, based on double occupancy. Children under four are charged $6; those from four to eight, $11.50; others $18.

MURRIETA HOT SPRINGS

Murrieta, California 92362; phone 714/677-5611

Murrieta Hot Springs is an old-fashioned Southern California spa 45 miles east of San Clemente that has made an impressive leap into the late 20th century. The resort's handsome old tile-roofed buildings, dating to 1900, are still there, but they now serve as employees' quarters; today's guests stay in nifty new hotel units (four cleverly decorated room styles to pick from) or in condominium apartments. The old attractions are still there, too—sulfur spring baths and even hot mud baths replete with tule reed roots, if you come to "take the waters." But a big tennis and golf boom has served as a focal point for the dramatic update of this old-time oasis, and today's clientele covers a broad range, from spa-goers to movie stars to ordinary families. Besides outdoor activities and the spa, there's a day-care center and a recreation center that always has something going, from needlepoint to foreign language classes. With a complex of shops and restaurants at its center, the resort is completely self-contained. Big stands of stately old date palms reinforce the oasis feeling, as does the near-desert climate. You'll find sunshine and shirt-sleeve temperatures year round, but early spring is perhaps the nicest time of year to visit. The pace at Murrieta is very casual and easygoing, due largely to its relative isolation (80 miles from the nearest jet airport).

Open year round. Basic hotel-type doubles start at $33 a day, plus $6 per extra person, children 12 and under free. Luxury doubles and junior suites are $43, or $53 with kitchenettes. Two-bedroom condominium homes start at $75. For Modified American Plan, add $12 per person.

INN AT RANCHO SANTA FE

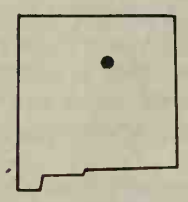
P.O. Box 869, Rancho Santa Fe, California 92067; 714/756-1131

The small hideaway resort may be on the endangered species list, particularly in Southern California, but the Inn at Rancho Santa Fe persists in its gracious tradition of privacy and quiet. Drowsing gently amid the rolling eucalyptus and citrus groves seven miles east of Solana Beach (about 20 miles north of San Diego), the Inn and next door village of Rancho Santa Fe are legacies of the Santa Fe Railroad, which began development of the area in 1923. There isn't much for very young children to do, but kids old enough to appreciate the sports facilities, the Inn's beach-house facilities at nearby Del Mar Beach, or the fun of browsing around the village are likely to enjoy this spot. Although there's no golf on the property, the Inn maintains membership in three local country clubs, all within five miles of the front door. Accommodations range from the bedroom-with-bath hotel units of the main building to fully equipped cottages (usually rented for longer stays, but available on a daily basis). Furnishings are bright, and all the rooms offer some sort of view of the beautiful landscaped grounds. Good food is in step with the rest of the Inn's high standards, and during the summer months there are Friday and Saturday night dances.

Open all year. Inn doubles are $18 to $30 per day without a sitting room or $36 to $40 with a sitting room. Suites start at $38, private cottages at $72. For an extra person in the room, add $5.

THE BISHOP'S LODGE

Box 2367, Santa Fe, New Mexico 87501; phone 505/983-6378



Excellent food, handsome New Mexican colonial architecture and decor, and beautiful grounds have made this lodge a Southwest resort landmark since it opened in 1918. Even though the charms of Santa Fe are just three miles to the south, there's a definite getaway feeling here; the lodge is set at the front of 1,100 rolling acres that adjoin the Santa Fe National Forest. It's a particularly delightful place for children. Every summer morning at eight the lodge's two counselors muster all the kids and roam off into the sunrise somewhere, reappearing at four. Each kid is assigned a suitable horse and saddle that are his throughout his stay. And besides the horseback riding there are other organized activities, ranging from sports tournaments to arts and crafts to mini-carnivals. You and the kids can see exactly as much, or as little, of one another as you like. Accommodations are in spacious adobe-style units, most of them with fireplaces, some with handmade furnishings.

Open from March through October. From March through May—and again in September and October—only European plan rates are offered, with double rooms starting at $32 a day. The rest of the season is American Plan only, with daily, double occupancy rates starting at $30 per person in June, $32 July 1 through July 15, then $34 through Labor Day.

THE WICKENBURG INN

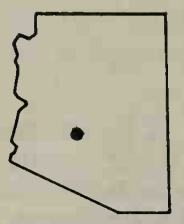
P.O. Box P, Wickenburg, Arizona 85358; phone 602/684-7811

Plunked down in the middle of rolling mesquite hills seven miles north of Wickenburg in what is definitely get-away-from-it-all country, this brand-new spread combines an old Arizona tradition, the guest ranch, with a new Arizona boom, the tennis ranch. You can spend your days galloping around the Inn's 4,700 acres (2,200 of them devoted to a wildlife preserve complete with man-made waterholes) or on the courts sharpening your backhand. What separates this facility from others like it is its thoroughly equipped arts and crafts center, where you can try your hand at a broad range of pastimes—silversmithing, lapidary work, and ceramics, for example—and a children's center with a full-time director and a pet rattlesnake named Stanley. There's also a resident ecologist conducting twice weekly slide shows and an ongoing environmental impact survey. Accommodations—either in the main lodge or the condominium-style casitas—are impressive. Lodge units are of the standard hotel variety, with a Wild West look to them. The casitas (Spanish for "little house") are of real Mexican adobe and would look just as much at home in San Blas or La Paz. Interiors are a blend of modern comfort with a Mexican colonial look that's been painstakingly detailed. The Inn's American Plan rates, which include use of all facilities, are as tempting as any you'll find in Arizona, as is the food.

Open year round. In the main lodge, American Plan rates—per person, double occupancy—are $39 a day from mid-December to mid-May, $25 from mid-May to September 30, and $33 from October 1 to mid-December. Casitas start at $45, $30, and $39 through the same time periods. Extra persons over age 12 add $21 per day; under 12, $10.

THE WIGWAM

Litchfield Park, Arizona 85340; phone 602/935-3811



This fastidiously manicured monument to elegance is a particular favorite with golf fanatics. There are three courses at The Wigwam, two tough 18-hole Robert Trent Jones layouts and a third setup that's split into two nines for a less strenuous outing. Sprawled (the total property is 13,000 acres) in a ritzy sub-suburban setting 17 miles west of Phoenix, the Wigwam got its start in 1918. The old adobe building still stands, as handsome and well kept as though it had been built yesterday, and the various additions to the property have followed the Southwestern adobe motif. Almost all the accommodations are housed in one-story adobe-style buildings with a walkout patio for each room. Since the Wigwam is a full American Plan operation, the rooms have no kitchen facilities, though most have mini-refrigerators. If you like totally free-and-easy setups, you may find the Wigwam just a trifle stuffy—coats and ties are required at dinner, for example—but of the top properties in the Phoenix area it's definitely the biggest bargain. Perhaps the best time of year for families to visit is during Thanksgiving, Christmas, or Easter holidays, when there are special programs.

Open September 29 to May 25. Basic doubles start at $32 per person American Plan from October 1 to February 1 and again from April 9 to May 23; $38 from February 1 to April 9. For additional persons over 12, add $14 to $16; for children under 12, $2 plus the child's age.

TANQUE VERDE RANCH

Route 8, Box 66, Tucson, Arizona 85710; phone 602/296-6275

This is one of the most gracious and restful resorts in Arizona or, for that matter, the entire West. But then graciousness comes easy to a place as old as Tanque Verde. Begun in 1860 as a stagecoach stop, and worked later as a cattle ranch, Tanque Verde first began guest ranch operations in 1925. And although there are lots of other recreational facilities now—tennis courts, a health club, and swimming pools, for instance—horseback adventures on the thousands of miles of trails of the adjacent Coronado National Forest and Saguaro National Monument remain the favorite pastime with visitors. During school holidays there's a very active kids' program, right down to a separate dining room for youngsters. Accommodations are in bungalow-style cottages that range from rather plain old-time units to luxurious new ones with fireplaces and living rooms. All facilities fees are built into the American Plan rate schedule, making Tanque Verde not only gracious but a bargain as well.

Open year round. AP rates—per person, double occupancy—start at $27.50 a day from May 1 to December 15, $34.50 the rest of the year. ■

Since 1955 Crest has helped over 40 million kids prevent cavities.

©1974 The Procter & Gamble Company

Over 19 years ago Crest toothpaste with fluoride was introduced. And since then, Crest has helped over 40 million kids prevent millions and millions of cavities.

We know Crest's fluoride works because there have been over 20 clinical studies proving it. The kids who have been helped by Crest know it works because they have the good checkups to prove it.

So make sure your kids cut down on treats. Take them to the dentist every six months for a regular checkup and have them brush regularly with a fluoride toothpaste you know you can trust. Have them brush with Crest.

Why trust your family's teeth to anything else?

people are going to the dogs two ways

For years people have crunched animal crackers. Why shouldn't dogs enjoy People Crackers? Good idea? We thought so. So we baked up nourishing little crackers shaped like the people in a happy dog's life. Now your dog will love mailmen, milkmen, policemen—even dogcatchers! Try liver flavored or regular People Crackers today.

French's®—providers for pets for over 70 years.

STOP ANNOYING NOISES AND WASTING WATER

GET THE GENUINE
WATER MASTER
'Thrust-Back Collar'
TOILET TANK BALL
America's Largest Seller
The efficient Water Master Tank Ball instantly stops the flow of water after each flushing.
$1.00 AT HARDWARE STORES EVERYWHERE
Higher in Canada

Green Thumb
PLANT COMMUNICATOR

- Lets your plants talk to you, just insert the probes into the soil.
- Tests the water penetration rate through various types of soil.
- Measures the moisture content at the root level.
- Overfeed your plants ... this unit cries.
- Feed it right ... it purrs.
- Green Thumb tells you if your plants need water or fertilizer.

Send check or money order for $15.00 (includes handling, shipping & battery).
Money Back Guarantee.
Little International Trade Arcade
(10306 N.E. 10th, Suite 110)
P.O. Box 1824, Bellevue, Washington 98009

My-Ro Seal-A-Crack.
No-mess bathtub caulk in self-adhering vinyl strips. Six bath-coordinated colors, at hardware stores everywhere.
My-Ro Products, Inc.
Milwaukee, Wisconsin 53212

OUTDOOR GARDEN POOL $4.98
Beautify your garden with this one-piece sunken garden pool for live goldfish and exotic water lilies. One water tight piece of aqua colored Polypropylene. Easily installed. Ideal garden size 3'5" x 2'3" x 8" deep at ground level. Recessed water lily pot holds 1 to 3 bulbs. $4.98 complete or 2 for $9.75. Water Lily Bulb FREE with each pool. Add 50c for shipping.
Michigan Bulb Company, Dept. OS-1411,

continued from page 98

Sensational shortcut recipes

sides with remaining pudding mixture. Chill at least 1 hour. Garnish with chocolate curls, if desired. Makes 12 to 16 servings.

PEANUT BUBBLE RING

- 1 loaf frozen white bread dough
- 1 3¾- or 4-ounce package regular butterscotch pudding mix
- ½ cup packed brown sugar
- ½ cup chopped peanuts
- 1 teaspoon ground cinnamon
- 4 tablespoons butter or margarine, melted

Thaw bread dough in refrigerator overnight. Quarter loaf lengthwise; cut each quarter into 8 cubes (32 cubes in all). Combine dry pudding mix, brown sugar, peanuts, and cinnamon. Dip each dough cube in melted butter or margarine, then roll in pudding mixture. Place in greased 6-cup ring mold in 3 layers. Drizzle with any remaining butter and sprinkle with any remaining pudding mixture. Cover; let rise in warm place till nearly double, 1 to 1¼ hours. Bake in 350° oven for 20 to 25 minutes or till done. Let stand in pan for 2 minutes before inverting onto rack to cool. Makes 1 coffee cake.

ORANGE OATMEAL DATE BREAD

- 1 beaten egg
- ⅔ cup water
- 1 6-ounce can frozen orange juice concentrate, thawed
- 1 17-ounce package date bread mix
- ¾ cup quick-cooking rolled oats
- ¾ cup sifted powdered sugar

In large mixing bowl, combine egg, water, and *½ cup* of the orange juice concentrate. Add bread mix and oats; stir just till dry ingredients are moistened. Turn mixture into greased 8x4x2-inch loaf pan. Bake in 350° oven for 60 to 65 minutes or till done. Cool in pan 10 minutes; remove from pan to rack. Cool. Combine powdered sugar with enough of the remaining concentrate to make pourable; drizzle over loaf. Makes 1 loaf.

PIZZA ROLL-UP

- 1 package hot roll mix
- ¼ cup tomato paste
- 1 teaspoon dried oregano, crushe
- ¼ teaspoon garlic powder
- 4 ounces pepperoni, chopped (1 c
- 1 cup (4 ounces) shredded mozza cheese

Prepare hot roll mix and t according to package dire roll out on lightly floured to 14x10-inch rectangle. with tomato paste. Sprinkl oregano and garlic powde with pepperoni and cheese. ning at narrow side, roll u roll fashion. Pinch sides an to seal. Place, seam side do greased 15x10x1-inch bakin Cut 4 or 5 slashes diagonally *Do not allow loaf to rise.* B 375° oven for 30 to 35 min till golden brown. Let stand 15 minutes. Makes 6 serving

CHERRY RAISIN KUCHEN

- 1 loaf frozen raisin bread dough
- Few drops red food coloring (o
- 1 12-ounce can cherry cake and pastry filling
- 2 3-ounce packages cream chee softened
- ⅓ cup granulated sugar
- ¼ cup milk
- 2 tablespoons all-purpose flour
- ¼ teaspoon almond extract
- ½ cup all-purpose flour
- ¼ cup packed brown sugar
- 3 tablespoons butter or margarin

Allow frozen bread dough in refrigerator overnight. on lightly floured surface t inch rectangle. Place in 13x9x2-inch baking pan. C let rise in warm place till double, 1 to 1½ hours. A drops red food coloring t pastry filling; spread c and evenly over dough. cream cheese, the granulate milk, the 2 tablespoons fl the almond extract; beat Pour mixture over cherry In bowl, combine the re flour and the brown sugar butter or margarine till resembles coarse crumbs. mixture over cheese layer. 350° oven for 40 minutes. C in squares. Makes 1 coffee

For a gift your fr will appreciate the around, give a sub tion to Better Hom Gardens. *It's a gift o ter living.*

Cook outside your castle on a Charmglow gas grill.

It's the year 'round alternative to indoor gas cooking.

From city townhouse to suburban split level, a Charmglow gas grill will make your castle more enjoyable than ever. An ordinary meal becomes a feast with Charmglow. You get delicious outdoor flavor without any lighter fluid, charcoal or messy clean-ups. And gas heats quickly, gives you the temperature control you need to bake, roast or barbeque entire meals with ease.

This year enjoy the convenience of outdoor gas cooking with a Charmglow gas grill. See your dealer or write Charmglow Products, 908 Main Street, Antioch, Illinois 60002.

Charmglow®

American Gas Association

Western people love to fly with us to Mexico

...because we fly from more gateways in the U.S. and Canada than any other airline. They love us for our convenient schedules and our gracious Mexican hospitality from our ticket counter employees to our cabin attendants.

They also love us for the wide variety of low-cost Aeromexico quality approved tours that cover just about every major attraction in value-packed Mexico.

They include continental cities like the capital itself, Mexico City, or Guadalajara; sophisticated coastal resorts like Acapulco, Puerto Vallarta, Mazatlan, Ixtapa/Zihuatanejo, (north of Acapulco on Mexico's West Coast) or the newly opened places along the just-completed 1,000-mile highway in Baja California; Merida, gateway to the Mayan monuments; Cozumel, or the newest of all—Cancun, off the Mexican Caribbean coast.

Now you know some of the reasons Aeromexico flies more tourists to and within Mexico than any other airline. Shouldn't you take a tip from them?

Fly Aeromexico soon.

AEROMEXICO APPROVED • QUALITY TOURS •

See your travel agent or call

AEROMEXICO

THE AIRLINE OF MEXICO

Aeromexico has offices in: Atlanta • Boston • Chicago • Dallas • Denver • El Paso • Honolulu Houston • Los Angeles • Miami • Newark • New York • Orange, Cal. • Philadelphia Phoenix • San Diego • San Francisco • Seattle • Toronto • Tucson • Washington, D.C.

BHG-W-575

AEROMEXICO
8400 N.W. 52nd Street
Miami, Florida 33166

Please send me free literature on your low cost Aeromexico quality approved tours.

Name_____

Address_____

City_____

State_____ Zip_____

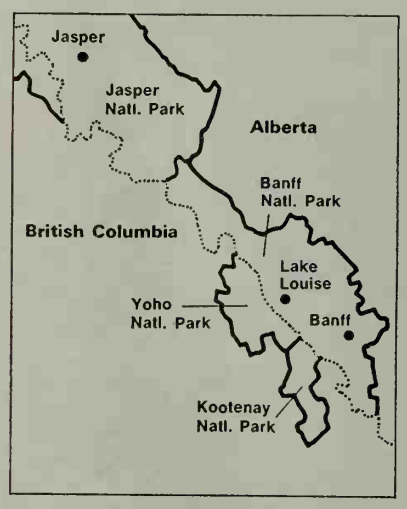
TRAVEL WEST

An insider's guide to family vacations for readers who live in metropolitan areas of the Far West

Canada's other Rocky Mountain parks

Ever since Canada's railroad barons established Banff, Lake Louise, and Jasper as posh mountain resorts, these names have become synonymous with a vacation in the Canadian Rockies. All three boast some of the most spectacular alpine scenery and outstanding outdoor recreation in North America, along with such amenities as aerial tram rides, elegant hotels, and excellent restaurants.

But during the summer months, the resorts also attract legions of tourists who pack the hotels to capacity and campgrounds to overflowing.



Yoho and Kootenay National Parks, lesser known and nearly as spectacular, lie just west of Banff and a stone's throw over the continental divide from Lake Louise. At 507 and 543 square miles, respectively, they're both smaller than either Jasper or Banff and considerably less developed. If you're seeking the solitude in which to experience the Rockies, both have distinct advantages. In addition to awesome scenery, they offer a number of sight-seeing destinatio close-at-hand wildlife, hundr of miles of backcountry tra uncrowded campgrounds, a some secluded resorts.

Yoho (the name is a Cree w meaning "how wonderful") l entirely within British Colum and straddles the Kicking Ho River and the Trans-Cana Highway (Canada-1). Ris from 3,300 feet near its weste entrance to 11,686-foot Mo Goodsir, the Park has an ast ishing vertical scale, includ nearly two dozen peaks o 10,000 feet. Its 365 miles f trails, remote alpine lakes, a meadows make it a favorite h er's destination.

Only two public roads l into Yoho's interior. The E erald Lake Road branches off Trans-Canada Highway abou half-mile west of the small r road town of Field, wi through a corridor of evergree and dead-ends some four m later at its lovely namesake. Wi in the first mile a short side r detours to Natural Bridge, a n row cleft in the rocks t squeezes the Kicking Horse R er into a thundering torrent white water.

Emerald Lake Chalet (dou \$15 to \$17) is one of Yoho's s lime retreats. Tucked in a b of surrounding peaks, the reso cottages and lodge front the tonishingly green and transluc lake. A three-mile self-guid nature trail circles the lake, a

More For Your Travel Dollar!

See page D6 for a listing of free travel information and literature you can order.

chalet offers rental canoes. arby stables rent horses.

Yoho's second access route, the ho Valley Road, leads north ne seven miles along the Yoho ver. Scenic high point of this ve is mist-shrouded Takakkaw lls, plunging 1,248 feet from ly Glacier into the river. ountain goats are a fairly com- n sight on the steep rocky es bordering the valley.

Lake O'Hara Lodge provides most secluded accommoda- ns in the Park (doubles from 6, American Plan). You can ach this lofty lake and its lodge ly by foot, horseback, or the ily bus that departs from Wap- Lake, near Kicking Horse Pass the Trans-Canada Highway; private vehicles are permitted the dirt access road.

The Park offers four major mpgrounds with some 360 es total, all off the main high- ay. Particularly interesting is e Kicking Horse Campground here, from your campsite, you n watch CP Rail's long freights ruggling up the opposite canyon all and looping over themselves rough the famous spiral tun- els. Park naturalists conduct gular guided walks from sev- al locations, as well as evening ide lectures and films at Kick- g Horse and Hoodoo Creek ampgrounds and Lake O'Hara nd Emerald Lake Lodges.

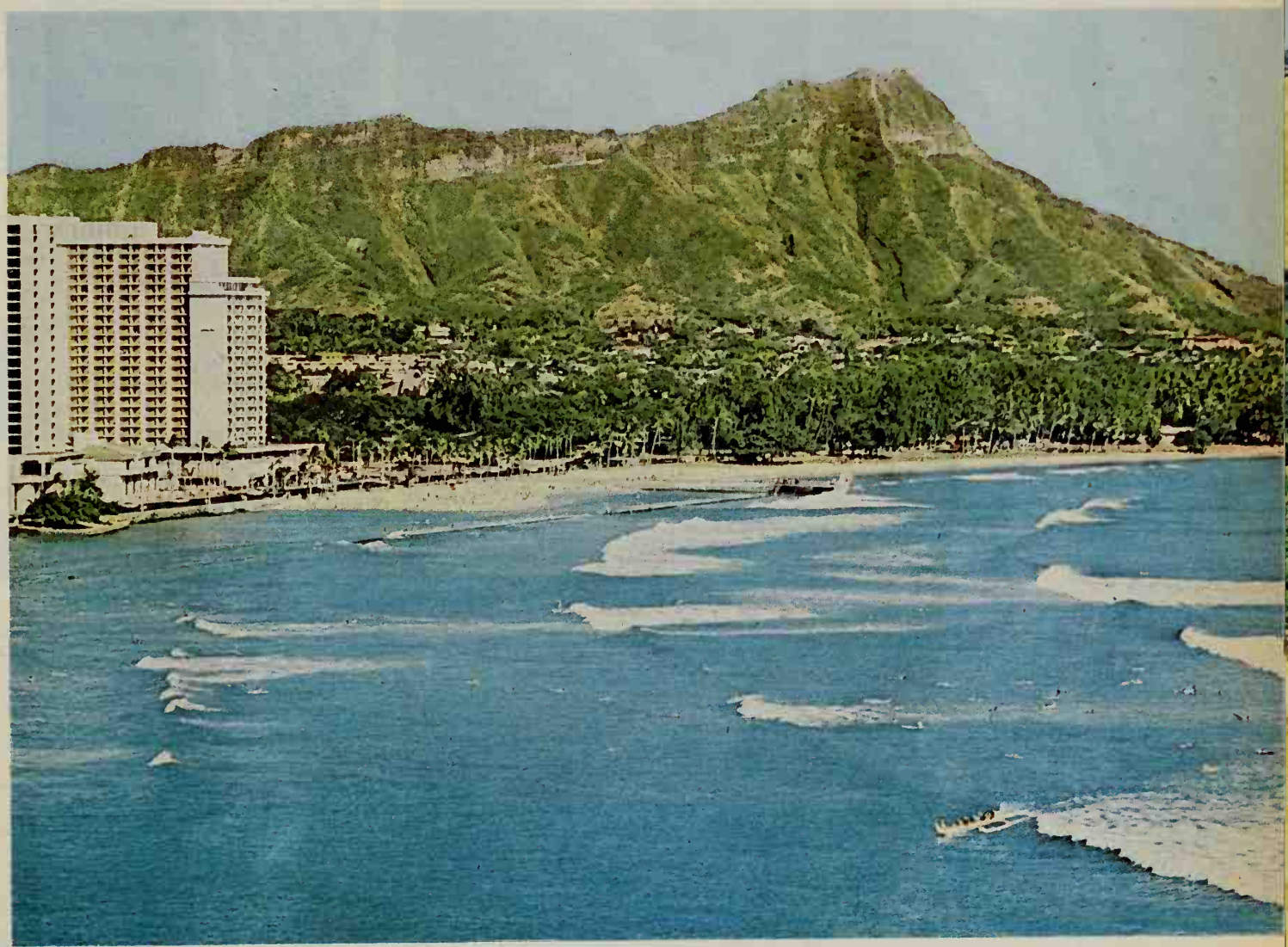
Kootenay, lying off the main ast-west route through British olumbia, is the quietest of the ocky Mountain parks. A much ore open-terrain park than oho, Kootenay's main features re the broad north-south glacial alleys of the Vermilion and ootenay Rivers. The Banff- indermere Highway (Provin- ial-93) runs the length of the ark, connecting Provincial-95 at adium Hot Springs on the south ith the Trans-Canada Highway t Eisenhower Junction (in Banff) n the north.

This park's gentler mountain lopes and forested lowlands in- ite casual hiking; its summer eather is generally warmer and rier than elsewhere in the Rock- s. On any stroll beyond the ain highway you're likely to see lk and mule deer. Salt licks, hich the Park Service will pin- oint for you, are particularly ood vantage points. Bighorn heep and mountain goats sum- er in the high country; white- ailed deer, moose, mountain on, grizzly, and black bear also habit Kootenay.

At the northern end of the ark, vantage points near 5,382- ot Vermilion Pass give you are views of hanging glaciers on e mountainsides. Marble Can- on, a short hike from the road- ide parking lot, has a self-guid- ing nature trail and a 70-foot waterfall. The Paint Pots are a curious outpouring of iron-oxide springs that stain all the surrounding area a rusty red.

Radium Hot Springs, at the southern end, is the center of park activity. All but one of Kootenay's overnight accommodations (Vermilion Crossing is the exception) are centered around these mineral springs. The Aquacourt provides two large outdoor pools for the 113-degree springs that emerge from Redstreak Mountain and attracts

The tourist part of Waikiki.



And the native part.

Don't get us wrong. The tourist part is plenty nice. But there's no space left in it. It's where most of the hotels are. Where most of the stores and restaurants and night clubs are. And where most of the tourists are.

But it's not where we are.

We're down the street a ways. In the native part. Near cool, green Kapiolani Park, with its trees and paths, its grassy lawns and flowerbeds. With its Concert Shell, its Aquarium, its Hula Show, its amazing tropical Zoo. Where famous Diamond Head National Park begins. And where future building is prohibited by law.

It's the part where native Hawaiians spend their days off. Where their families picnic and swim. Where Hawaiian kids surf right off our sea wall. Where The Beach is at its widest and sandiest. Where the scenic part of Waikiki begins. And ends.

The part where smart tourists end up.

For reservations, *see your travel agent. Or phone toll free*

800/453-5555

(In most Western States)

Holiday Inn
Waikiki

Sun Valley

Our Family Packages give you your head.

(And don't cost an arm and a leg.)

Sun Valley's **Summer Fun Package** and **Elkhorn Family Summers** let you enjoy our beautiful alpine valley your way—at very attractive rates. The Elkhorn package includes lodgings in a fantastic condominium apartment (with fully equipped kitchen) for two adults and two children under 12, plus a one-day raft trip, barbeque, 2 rounds of golf, and a day of Youth Programs for the kids, all for just $451 for the four of you. The **Summer Fun Package** gives you a choice of 8 days/7 nights, 6 days/5 nights, or 3 days/2 nights, plus your choice of 19 summer activities (some at slight extra cost). And more. From $29 to $94 per person double. **Tennis, Golf Packages** also. See your travel agent, call or write us. Sun Valley Co., Inc., Sun Valley, Idaho 83353. Toll-free no. (800) 635-5316.

Summer

An honest come-on for vacationing families.

From June 1, 1975 thru Sept. 30, 1975, the six Holiday Inns shown below are offering a special family rate which allows you to put up to 4 adults and/or children to a room — without the usual extra person charge! And in large, modern rooms with 2 double beds (not twins). Also, at four of these Inns (noted below) all children under 12 eat free. No kidding, they get 3 free meals a day at no charge at all!

Add to that: free ice on every floor, pools, free parking and choice locations near many of L.A.'s best-known tourist attractions. So come on!

RESERVE TOLL FREE. **800 / 453-5555.**
(Ex. Alaska & Hawaii; in Utah 521-6200)
Ask for the "Family Plan."

Holiday Inns
LOS ANGELES

NOTE: *The offers in this advertisement apply only to the Holiday Inns shown below. Rate is per room per night.*

HOLIDAY INN CONVENTION CENTER 1020 S. Figueroa **Family Plan Rate** **$27 & Kids Eat Free!**	**HOLIDAY INN DOWNTOWN** 750 Garland **Family Plan Rate** **$27 & Kids Eat Free!**	**HOLIDAY INN GOLDEN STATE** 1640 Marengo, Golden State Fwy. **Family Plan Rate** **$24 & Kids Eat Free!**
HOLIDAY INN LONG BEACH 2640 Lakewood at I-405 **Family Plan Rate** **$26 & Kids Eat Free!**	**HOLIDAY INN HOLLYWOOD** 1755 N. Highland **Family Plan Rate** **$29**	**HOLIDAY INN SANTA MONICA** 120 Colorado **Family Plan Rate** **$28** *(6/1/75 to 9/1/75)* **$26** *(9/2/75 - 9/30/75)*

TRAVEL WEST

many Canadians who come "to take the waters."

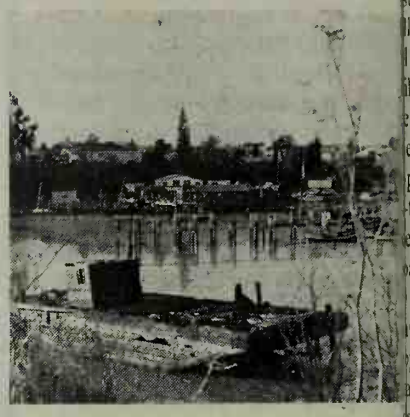
Three major campgrounds have a capacity of 421 spaces. The largest camping area, Redstreak, is near the southern entrance. McLeod Meadows is about a third of the way along the Banff-Windermere Highway, and Marble Canyon near the northern end. Rangers present evening programs at all three campgrounds during the summer months and conduct hikes regularly.

The main highway approach to both Yoho and Kootenay from Vancouver on the west or Calgary on the east is via the Trans Canada Highway. From the south, US-95, which turns into Provincial-95, is handy.

CP Rail's excellent transcontinental train, *The Canadian*, stops at Field (in Yoho) as well as Lake Louise and Banff. Several airlines serve Calgary, and rental cars are available there.

For information, write Park Superintendent D. MacMillan at Field (Yoho) or Superintendent A. Peters at Radium Hot Springs (Kootenay), British Columbia, to L. H. Robinson, Director, Western Region Parks of Canada, 131 Customs Building, 11th Avenue and 1st Street, Calgary, Alberta, Canada T2G0X5, or to the British Columbia Department of Travel Industry, Parliament Buildings, Victoria, British Columbia, Canada.

Benicia: a delta time capsule



In 1847 the sun rose for Benicia, a little Sacramento River delta town with big ambitions. And in 1854 it set, leaving the town in a sort of benign twilight it enjoys to this day. It was in 1853

Get away to it all

Drive your car or camper aboard the Queen of Prince Rupert (registered in Canada) for the 20-hour cruise between Vancouver Island and Prince Rupert. Enjoy spectacular scenery, fine food and stateroom accommodation. Then drive through *the* great outdoors, almost 1000 miles to Vancouver. It's the Totem Circle adventure. One of North America's most exciting travel bargains.
See your travel agent or write

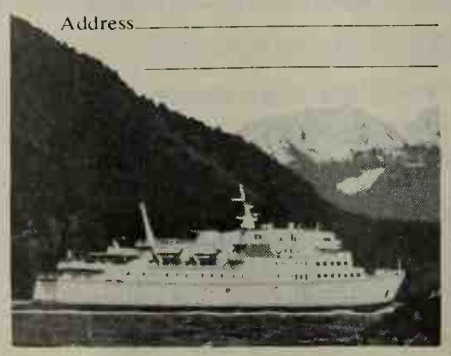
BRITISH COLUMBIA FERRIES

Tsawwassen Terminal, Delta, British Columbia, V4K 3M2, Canada.

BH5E

Name _____

Address _____



VACATION VARIETY-PACK

SEND TO: IDAHO TRAVEL, CAPITOL BLDG. 8, BOISE, IDAHO 83720

NAME _____
ADDRESS _____
CITY _____
STATE _____
ZIP _____

IDAHO

the legislators of the state of ornia decided to try Benicia eir capital after some four s of vacillation between terey, San Jose, Vallejo, and amento. They moved into a ge, fine brick edifice" built er as a city hall with the ghtful eye toward the possi- y of attracting the legislature. hen a new pro-Sacramento ement took hold, and in ruary of 1854 the capital ed once again.

Nonetheless Benicia prospered a time, first as headquarters the Pacific Mail and Steam- Company's six side-wheel- and later as a Sacramento er port and ferrying point on transcontinental railroad sys- . But like many of the little ns along the river, it finally ed into a comfortable somno- ce, a drowsiness undisturbed the cultural sterilization that ms to be the 20th-century dmaiden of progress.

t is a town of California ts, many of which you can l see today: the first U.S. arse- on the Pacific Coast (take litary Road east), for example, first Masonic Temple (110 st J Street), and the first Epis- pal Church. Some of the others the first railroad ferry west of Mississippi, the first steam- at run and built by Americans California, the first Protestant urch in California—have dis- peared, but enough of 1800s lifornia remains to occupy itors on a pleasant outing.

The old capitol building—the nicia State Capitol Historical rk—ought to be your first p. Built in 1852 and in public rvice until 1956, the handsome red brick, high-ceilinged, two-story structure has been restored and refurnished with period pieces, including several items that date to the days of the legislature's tenancy. There are facsimiles of old documents on display, and the information handout includes a useful map of the town. Admission is 25 cents; hours are 10-5 daily. Available for 75 cents at the capitol is a booklet, the *Benicia History and Historical Tour Guide*, that pinpoints all the historical sites and structures in town.

With your guidebook, which corresponds to a self-guiding Pathway of History tour, you'll be able to pick and choose among Benicia's sights, but be sure to drive by to see the old Arsenal, a 126-year-old pre-Civil War legacy. Although the Arsenal grounds are now privately owned, the old military buildings are still intact: the powder magazine, with its four-foot-thick sandstone walls; the fortress-like clock tower, built in 1859; the West Coast's only camel barns; and the post cemetery, with headstones dating to the mid 1840s. However, the old military buildings are not open to the public, and no bicycles or pedestrian visitors are allowed on the grounds.

If you're interested in antiques, there are over 25 shops on First Street, many of them antiques themselves. The What Not Shop, just off First at 123 West D Street, was prefabricated in Maine and reassembled in Benicia in 1848, and the rambling old Washington House, 333 First Street, has had a colorful 123-year career, serving variously as hotel, Chinese lottery, speakeasy, bordello, and artist's studio. The restaurant and antique shop inside the Washington House may brighten your day.

Your guidebook doesn't mention the Brewery, on H Street just off First, but this bar and its adjoining restaurant are well worth a stop. The bar stands on the site of the old Benicia Brew-

in touch with the
RIGINAL
OLONIES
n a Greyhound
vacation

istory. Join a friendly group on a Bicentennial, deluxe Freedom rlor Car Tour of America's origi- nies. Escorted from Washington, hiladelphia, New York or Boston. Sightseeing. Ask your travel r us.

BW OC-5
ound World Tours, Inc.
ound Tower, Phoenix, Ariz. 85077
send information on your Freedom rlor Car Tour.

s
State Zip

Greyhound
acation Tours

GREEN CARPET®
CANADIAN ROCKIES
11-DAY ESCORTED HOLIDAY

Featuring a two-night stay each at the
• BANFF SPRINGS HOTEL
• CHAUTEAU LAKE LOUISE
• JASPER PARK LODGE

PLUS: The Columbia River Gorge, Spokane, Kootenay & Yoho National Parks, Emerald Lake, Athabasca Glacier, the Yellowhead Highway, Kamloops, Fraser River Canyon and two nights in Vancouver, B.C.

Every detail pre-arranged . . . carefree all the way! Exclusive Green Carpet® Mile-Post Travel Log Book.

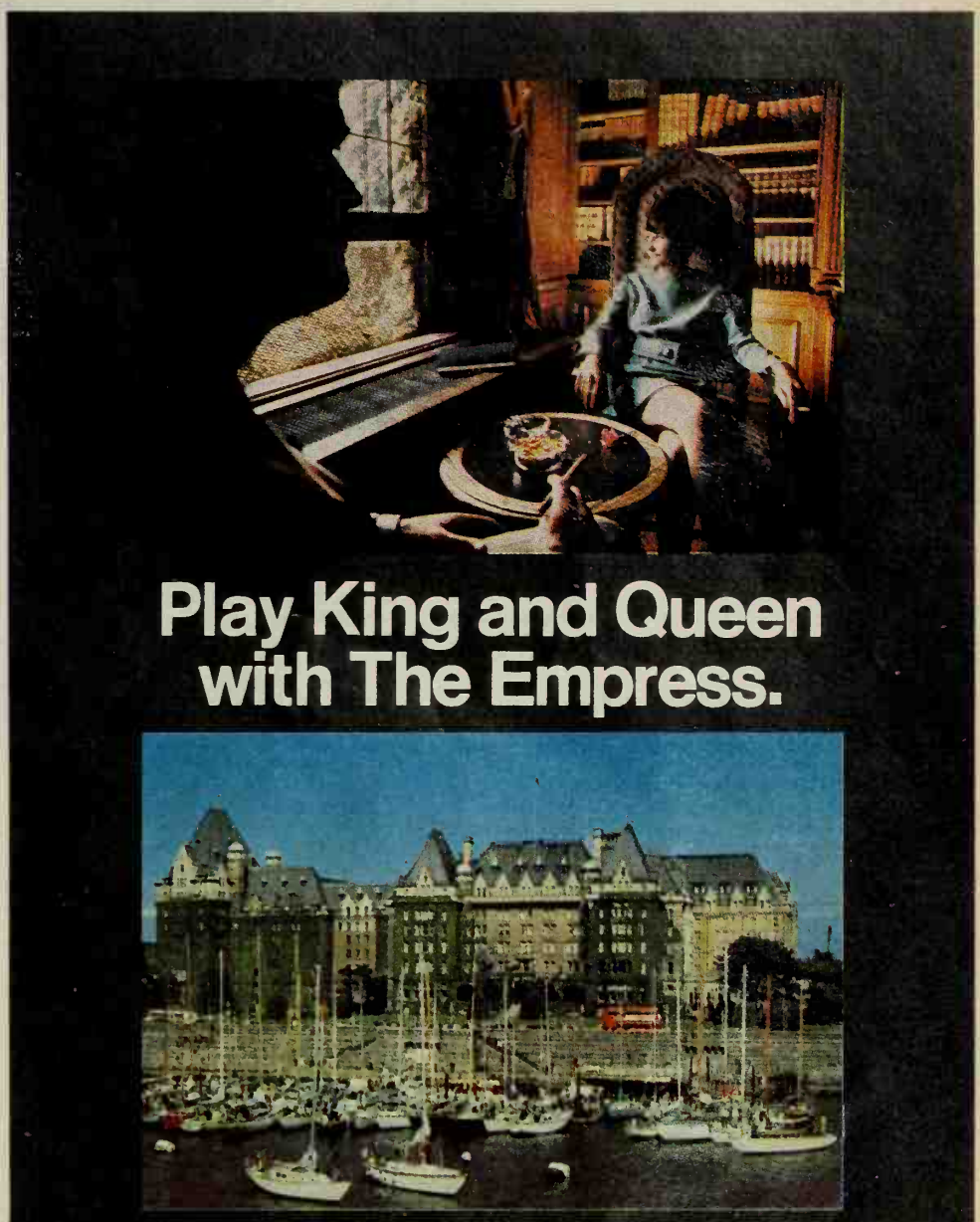
No Smoking allowed aboard motorcoach.

$669 per person, share twin

29 Departures from Portland, Oregon
June 2 through August 25, 1975

SEE YOUR TRAVEL AGENT or write

Trailways Travel Bureau BH
345 N E 8th Ave., Portland, OR 97232
Send Canadian Rockies brochure.
Name
Address
City State Zip



Play King and Queen with The Empress.

Your castle is a stately, majestic hotel. Called The Empress. Elegant, and a magnificent hostess.

She's not far away, either. Just up in Canada, in Victoria, B.C. A town that's a stray little piece of England. (More English in some ways.)

It's a place of antique shops and gardens. Where you can browse for English woolens and bone china. Irish linen. Scottish tartans. Or stroll a quiet beach and be back in time for afternoon tea.

You'll be treated royally at The Empress. A grand hotel, where you can dine elegantly in the Empress Room, or swing in the Paint Cellar.

For reservations, call 1-800-323-9111 toll free, or contact John A. Tetley Co. Inc., or your travel agent. Then come and play King and Queen in our castle by the sea.

THE EMPRESS CP Hotels
Canadian Pacific Hotels Limited

Mail to: General Manager, The Empress Hotel, Victoria, British Columbia, Canada V8W 1W5
Tell me more about The Empress. And Victoria
Name
Address
City State Zip

THE LAST FRONTIER

Pure air, pure water, and unspoiled wilderness can be part of your vacation experience of a lifetime. A true mountain dude ranch surrounded by the most expressive and beautiful treasures of nature! Horseback rides, rodeos, river rides, in the last of the Pure West. (6 day pack trips on horseback also)

Write now:

CROSSED SABRES DUDE RANCH
Dept. BHGB, Wapiti, Wyoming 82450
tel: 307-587-3750
(9 mi. east of Yellowstone Park)

for the traveler
FREE TRAVEL GUIDE

Tells you where clean, comfortable motels are, what to expect, and how much you'll pay. The ideal guide for the family traveling the U.S. Highway on a budget.

Write To:

AMERICAN TRAVEL INNS
Hotel Newhouse Suite H
4th South & Main St.
Salt Lake City, Utah 84101

MAKING A MOVE? Don't miss a single issue of Better Homes and Gardens—just because you forgot to tell us that you've moved! At least 5 weeks *before* moving, send Better Homes and Gardens Subscriber Services your new address *and* a mailing label from a recent issue of the magazine showing your previous address. Don't forget to include your *new* Zip Code, too!

More for your Travel Dollar!

1 CROSSED SABRES RANCH—A true mountain dude ranch. Send for further information.
2 ANAHEIM—Anaheim's Special Vacation Package Plans.
3 ANAHEIM—Anaheim Attraction and Lodging Guide.
4 KUILIMA HONEYMOON CASTAWAY—5 days and 4 nights at the beautiful resort hotel Kuilima. Color brochure.
5 KUILIMA GOLF CASTAWAY VACATION—from the resort hotel Kuilima. Full-color brochure describes this 5-day and 4-night package.
6 AMERICAN AIRLINES—"Get out of the kitchen and bake" in Mexico. Write for our special Mexico-Acapulco vacation package.
7 AMERICAN AIRLINES—Grand Canyon, historic Texas, Dude Ranch it, wheel and deal in Las Vegas. Send for West—Southwest vacation brochure.
8 AMERICAN AIRLINES—Great tennis resorts—more than just a tennis vacation at prices you can afford. Free color brochure.
9 IDAHO—Welcome to the land of vacation variety—Idaho! Enjoying fishing, swimming, golf, tennis, camping, white water trips, jet boat rides. There's something for everyone in Idaho, from the finest in resorts to the unmatched beauty of our wilderness. Your vacation variety pack includes a color brochure, map, travel accommodations and restaurant guide and a calendar of events.
GREYHOUND WORLD TOURS. DETAILED FULL-COLOR BROCHURES ON FRIENDLY ESCORTED TOURS:
10 Greyhound 1975 Vacation and Travel Guide
11 Mexican Escorted Tours
12 Florida Parlor Car Tours
13 Walt Disney World Individual Tours
14 Alaska Escorted Tours
15 Canadian Rockies Escorted Tours
16 Colorado Circle Escorted Tours
17 New England Escorted Tours
18 Preview Bicentennial Tours
19 STATE OF PENNSYLVANIA—Come to the Bicentennial state. Be a VIP visitor in Pa. Send for colorful brochure—"Traveling the Bicentennial."
20 CP RAIL—ALASKA! See it the Canadian Pacific Way. Send for a free full-color brochure on the "Princess Patricia" cruise through "Inside Passage."
21 HOLIDAY INNS—WAIKIKI—Free full-color brochure showing every detail of this striking 637-room hotel overlooking the beach.
22 THE VILLAGE GREEN RESORT MOTOR HOTEL—Resort to something different at one of the nation's best, just 15 mins. s. of Eugene, Oreg. Color brochure.
23. "THE GOOSE." ONLY AUTHENTIC STEAM EXCURSION TRAIN IN THE NORTHWEST—Two-hour ride into Bohemia Mountains from the Village Green.
24 BC FERRIES—Drive aboard British Columbia Ferries flagship "Queen of Prince Rupert" for the spectacular Inside Passage and Totem Circle Adventure.
25 WONDERFUL MEXICO—A quick but comprehensive folder on the many attractions of Mexico—so comprehensive it even includes a brief description of special interest folders you may wish to have. As colorful as the land it describes.
26 NEW MEXICO TOURIST DEPARTMENT—FREE! Not a bad price to pay for the brilliance of New Mexico in a book called, "IT'S ANOTHER WORLD."
27 ASHEVILLE, N.C.—Enjoy five days of discovery in "the Hub of the Great Smokies" as carefully outlined in our special vacation brochure.
28 ASHEVILLE, N.C.—If your organization is planning a convention, order our complete kit outlining a Great Smokies city fun convention.
29 AEROMEXICO—Select from over 700 quality approved tours to Mexico including Acapulco, Cancun, Cozumel, Baja California, Guaymas, Loreto, Mexico City, Ixtapa—Zihuatanejo, Merida, Guadalajara, Mazatlan, Manzanillo, Puerto Vallarta—all popularly priced for the best value ever.
30 AMERICAN TRAVEL INNS—For the traveler, a free Travel Guide, tells where clean, comfortable motels are, with rates. The ideal guide for a family traveling on a budget.

May, 1975 Coupon Expires November 30, 1975

Mail to:
TRAVEL WEST
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 505W
DES MOINES, IOWA 50336

Name _____

Address _____

City _____

State _____ Zip Code _____

Circle numbers of booklets wanted

1 2 3 4 5 6 7 8 9 10 11 12 13 14
15 16 17 18 19 20 21 22 23 24 25 26 27 28
29 30

TRAVEL WEST

Montana's restored Wild West

Virginia City, tucked in Montana's southwest, is a typical 19th-century gold dust and gunsmoke boomtown that went through the inevitable boomtown crash but somehow avoided totally becoming a ghost town. There were always a few residents on hand to help preserve the town's empty buildings through the decades, and Virginia City survived virtually intact until 1943, when Mr. and Mrs. Charles Bovey came to town and embarked on a restoration project still in progress today.

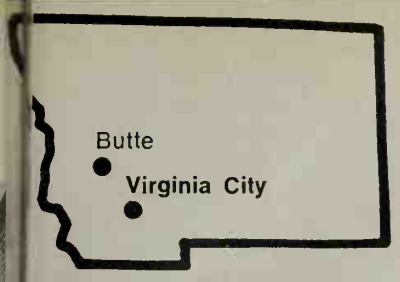
The Bale of Hay Saloon makes a good starting point for explorations of Virginia City, and you can visit everything in town on foot. Among other attractions you'll find a number of curio shops, a 109-year-old drugstore and two museums crammed with Wild West memorabilia: the Thompson-Hickman Museum and the Madison County-Virginia City Museum. There is no admission fee to either of the museums, or to the drugstore's downstairs collection. The museums are open daily from 8 to 5

ery, and its walls are illuminated with an enormous historical mural. You can see General Vallejo, Lola Montez, Jack London, and many others who contributed to the legends of 19th-century California; it's a fine piece of work. The Brewery, a classic and beautifully kept example of mid-1940s glass-brick architecture, is worth driving by at night just for a look at its exterior.

Next door to the Brewery is Tia Theresa, a relaxed, family-style Mexican restaurant with very tasty small dinners starting around $2.25.

Anytime is a good time to see Benicia, although in the winter months it's a good idea to check the weather before making the trip—thick delta fogbanks can make some days less than illuminating. Benicia is an hour's drive from San Francisco. Take I-80 east to the junction with I-680, just north of the Carquinez Straits, then head east on I-680 and watch for the Benicia exits.

For information, or to get your guidebook ($1 by mail) in advance of your visit, write the Benicia Chamber of Commerce, 737 First Street, Benicia, Calif. 94510.



ing the summer months.

One of the most unique buildings in the collection is the so-called "Hangman's Building," where five of Sheriff Henry Plummer's bloodthirsty henchmen were strung up in 1864 by the Virginia City Vigilance Committee. You can still see the marks on a beam inside the building.

A lively, semi-authentic touch of Virginia City's Old West atmosphere is applied nightly mid-June through Labor Day weekend at the Virginia City Opera House, where a versatile summer stock troupe tramps the boards with spirited vaudeville, variety, and melodrama performances. The Virginia City Players are definitely top-notch family entertainment. The admission is $2.25 adults; $1 for children under 12.

Just a mile down the road is Nevada City, a collection of historical buildings from all over the state, disassembled and painstakingly rebuilt on their present site. The whole town is a museum, and it costs $1 to visit the displays off the main street. The shops are complete with merchandise of the day, and there's a remarkable collection of wagons and buggies.

Across the street from the Nevada City historical displays is a railroad museum, with old-time engines, pullman cars, and other rolling stock—there's even a cathedral car.

Perhaps the most remarkable of all—certainly the most audible—part of the Virginia City Trading Company Wild West collection is a large number of music machines common in the U.S. in the late 19th century. There are several of these raucous contraptions in the Bale of Hay Saloon, but to really appreciate the kind of earthshaking din they're capable of, you have to visit the Nevada City Music Hall, next door to the Nevada City Hotel. The most voluble of the machines are housed in this big one-story building, and their melic renderings rival the roar of a moon launch. The champion of the collection, on a basis of sheer decible power, is an 1880 Gavolli military band organ, whose output is the equivalent of 18 trombones, 5 trumpets, 30 brass clarinets, 0 violin pipes, 30 flutes, 26 brass oboes, 26 open diapasons, 28 stopped diapasons, 30 uniphone bells, 30 violin cello pipes, a brass drum, six snare drums, and six cymbals. It's just the sort of band that might have accompanied Attila.

In the summer months, the Music Hall opens daily at 9 a.m.

Virginia City is on State-287, about seven miles west of the junction with US-287 at Ennis. If you're traveling west through Montana on I-90, you can continue west on State-287 after your visit to Virginia City, rejoining I-90 near Pipestone, 22 miles east of Butte (vice versa if you're eastbound). From Virginia City, State-287 is known as the Vigilante Trail, and takes visitors through historic towns.

Virginia City is a summer attraction, with June 1 through Labor Day generally regarded as the "season." The Virginia City Players don't swing into action until the latter part of the month, and you should time your visit to see one of their performances.

Accommodations in the Wild West motif are plentiful in Virginia City, with double occupancy starting at about $12 a night. The Fairweather Hotel, one of several 19th-century survivors in Virginia City, is particularly nice. There are also several pleasant family restaurants in town.

Eight miles west of Nevada City on State-287 there's a KOA campground, and there are United States Forest Service Campgrounds in the nearby Tobacco Root Mountains, accessible either through Sheridan or through Harrison, 26 miles north of Ennis on US-287.

For information, write the Virginia City Trading Company, Virginia City, Montana 59755. ■

ANAHEIM'S GREAT VACATION SALE

ANAHEIM/DISNEYLAND VACATION PACKAGES

FROM $25.08*

VISIT ANAHEIM FOR A SUPER LOW COST FAMILY VACATION AND SEE:

- DISNEYLAND
- LION COUNTRY SAFARI
- THE QUEEN MARY
- KNOTT'S BERRY FARM
- UNIVERSAL STUDIOS
- MARINELAND
- BUSH GARDENS
- MOVIELAND WAX MUSEUM
- NBC TELEVISION STUDIOS

INCLUDES: 2 nights lodging in a major hotel or motel; Disneyland admission and 11 ticket attraction booklet; Transportation to Disneyland; Many other low cost options also available.

*per person (rate based on double occupancy, all city tax included)

See your travel agent or write: Anaheim Visitor & Convention Bureau, 800 West Katella, Anaheim, California 92802.

Get out of the kitchen and bake.

After a long, cold winter the best way to bake is on an American Airlines vacation.

American has over 400 vacation packages to nice, warm places. With an incredible variety of ways to soak up the sun, and lots to do when the sun goes down.

Fill in the coupon and we'll send you brochures describing them. Call American or your Travel Agent.

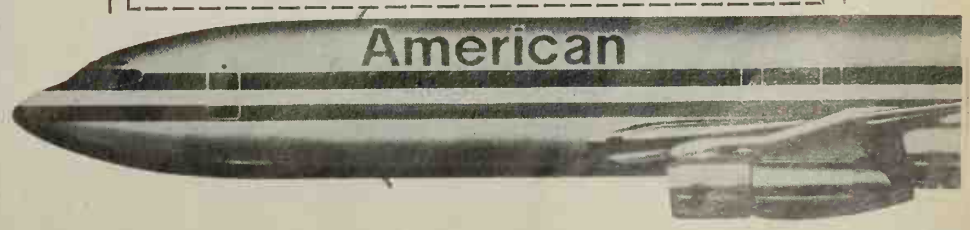
And get ready to catch a wave. Instead of a cold.

American Airlines, P.O. Box 1000, Addison, Illinois 60101
Please send me the vacation brochures as checked:

☐ Puerto Rico ☐ West/Southwest ☐ California
☐ Virgin Islands ☐ Haiti ☐ Mexico
☐ Aruba/Curacao ☐ Great Tennis Resorts

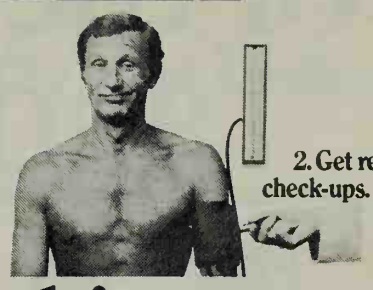
Name _____
Address _____
City _____ State _____ Zip _____

BHG-575



If you're concerned about heart attack, here are two things he can do:

1. Quit smoking.



2. Get regular check-ups.

...and one thing you can do:

Most doctors list three major risks of heart attack: smoking, high blood pressure, and serum cholesterol. (Regular check-ups are needed to monitor the last two.)

If the doctor recommends a low cholesterol diet, that's where you come in. Ask him about Saffola® Margarine. Made with safflower oil, Saffola is higher in polyunsaturates than most other margarines, including corn oil. No other margarine is lower in saturated fats than Saffola. Along with a modified fat diet, Saffola actually helps reduce blood cholesterol.

Happily, Saffola Margarine tastes as good or better than any other spread. If you're concerned about heart attack, it's one of the easy things you can do.

Making sense of your electric bill

With electric utility rates climbing, it's smart to keep a close tab on your monthly bill. Be so familiar with it that any sudden variation alerts you. It may be that some appliance's malfunction is boosting costs—or there could be a computer error in charges. Save and compare your bill stubs from month to month.

Check your bill

It will probably contain the following information: prior and present date of readings, quantity of electricity used, the code or rate schedule of consumption, the total cost in dollars, plus any sales and franchise taxes, and early-pay discounts.

Your electric usage is clocked by a meter. How accurate is this meter? Fairly accurate, it seems. The utility company is required to test it every eight to ten years, and you can request an accuracy check in most states. However, the electric utility normally tests meters on a regular basis. Meters usually last 30 to 40 years, and are often discarded, not because they don't work, but because they no longer can handle the increased electric usage in the home. Each meter has a serial number, which is registered on company records with the dwelling's address and user's name.

Read your meter

A company representative reads your meter once a month. If the meter is inside and you aren't home, the company makes a computer-estimated bill. This is adjusted or corrected by the next actual reading. If you are habitually away during the day, either arrange with the company to leave a key with the meter man or a neighbor, or have your meter readings estimated monthly, with an annual reading to check actual usage. Another solution is to read the meter yourself and send the readings in with the same annual check by the utility.

How can you read the meter yourself? Most meters have a set of dials, usually five. The utility company will supply you with a card which depicts dials corresponding to yours. Mark on the card the position of the arrows on your dials. Read from left to right, and take the lower number of the two the arrow is between. Thus the reading might be "4-8-7-2-5."

If you're away on vacation, should your bill be lower? Probably. But remember that you still have many appliances operating, such as refrigerator, freezer, dehumidifier, perhaps air conditioner, and lights that a timer turns on.

When you first sign up for electric service, you may have to make a down payment of as much as $25. At the end of a year of prompt payments, you are usually entitled to a complete refund, plus interest. To avoid such a down payment when you move, get letters of credit reference from your present utility company.

Be aware of extra services

Are you aware of special services your utility company performs? While the utility companies are careful not to compete with local electricians and repairmen, they can handle an emergency. For example, they might check an appliance that you suspect is malfunctioning enough to cause an abnormally high bill—but they won't repair it. They will be Johnny-on-the-spot if wires are down outdoors, but indoor repairs are your job. They'll come if fuses blow and you don't feel qualified to change them. Many companies supply mercury-vapor lights for your yard at $4 to $7 a month, with no installation charges.

Most utility companies have a customer service department to answer questions and channel complaints.

Utility companies are regulated by federal and state laws. The governing or supervisory body within a state is called a public utility commission, public service commission, or commerce commission. It usually has a grievance department to deal with customer complaints.

Keep bills low

1. Make sure you turn off your appliances when they're not in use. Remind the children that it's good ecology to save on electricity. Install an indicator on the basement light switch which tells you when basement lights are on.
2. Check hot water faucets to make sure a drip isn't wasting electricity.
3. Keep the thermostat turned as low in winter as is comfortable. Then turn it down five degrees at night. Don't over-cool your house in the summer. ■

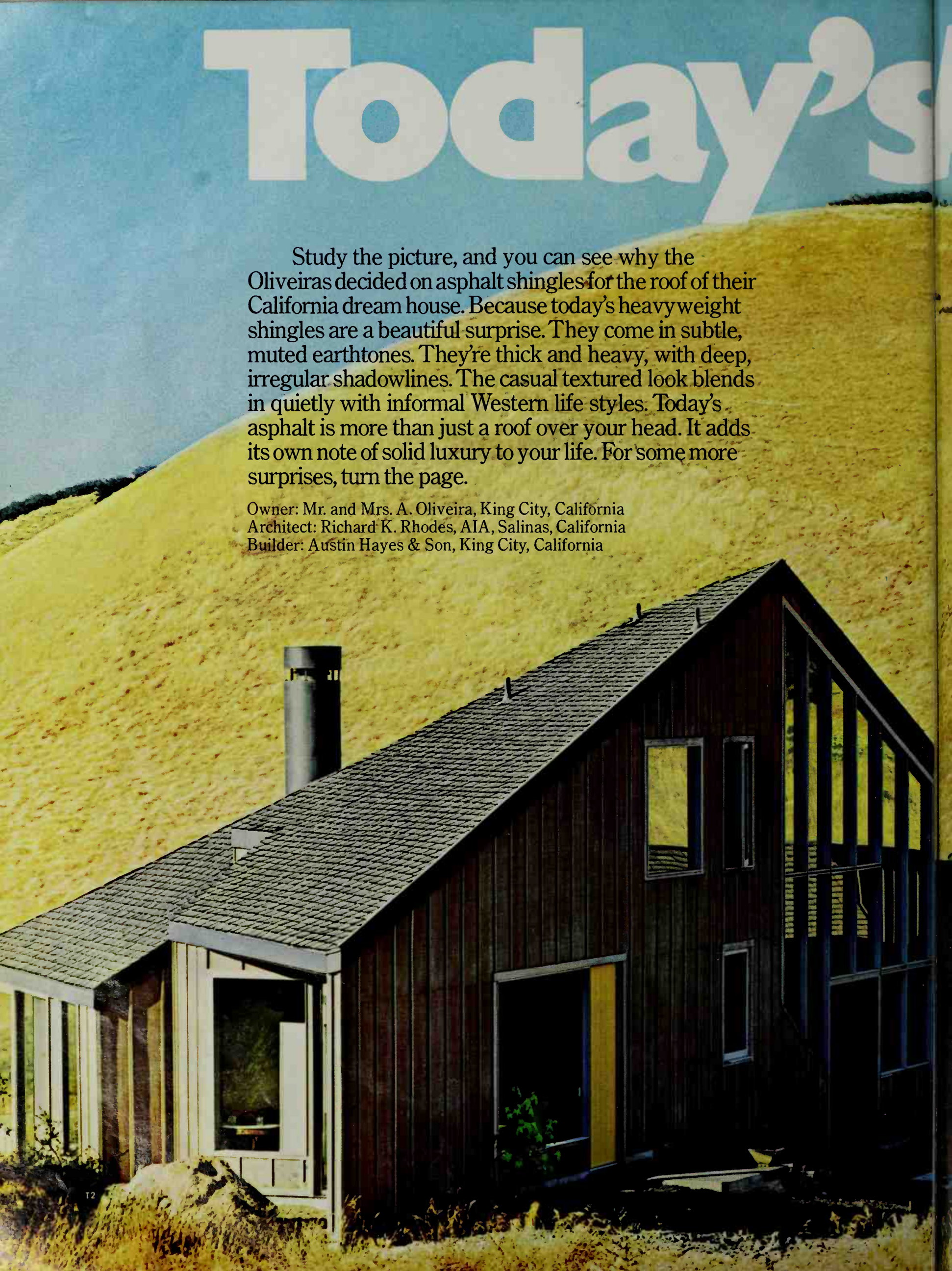
When the Oliveiras built their dream house, they wanted more than just a roof over their heads.

So guess what they put on the roof?

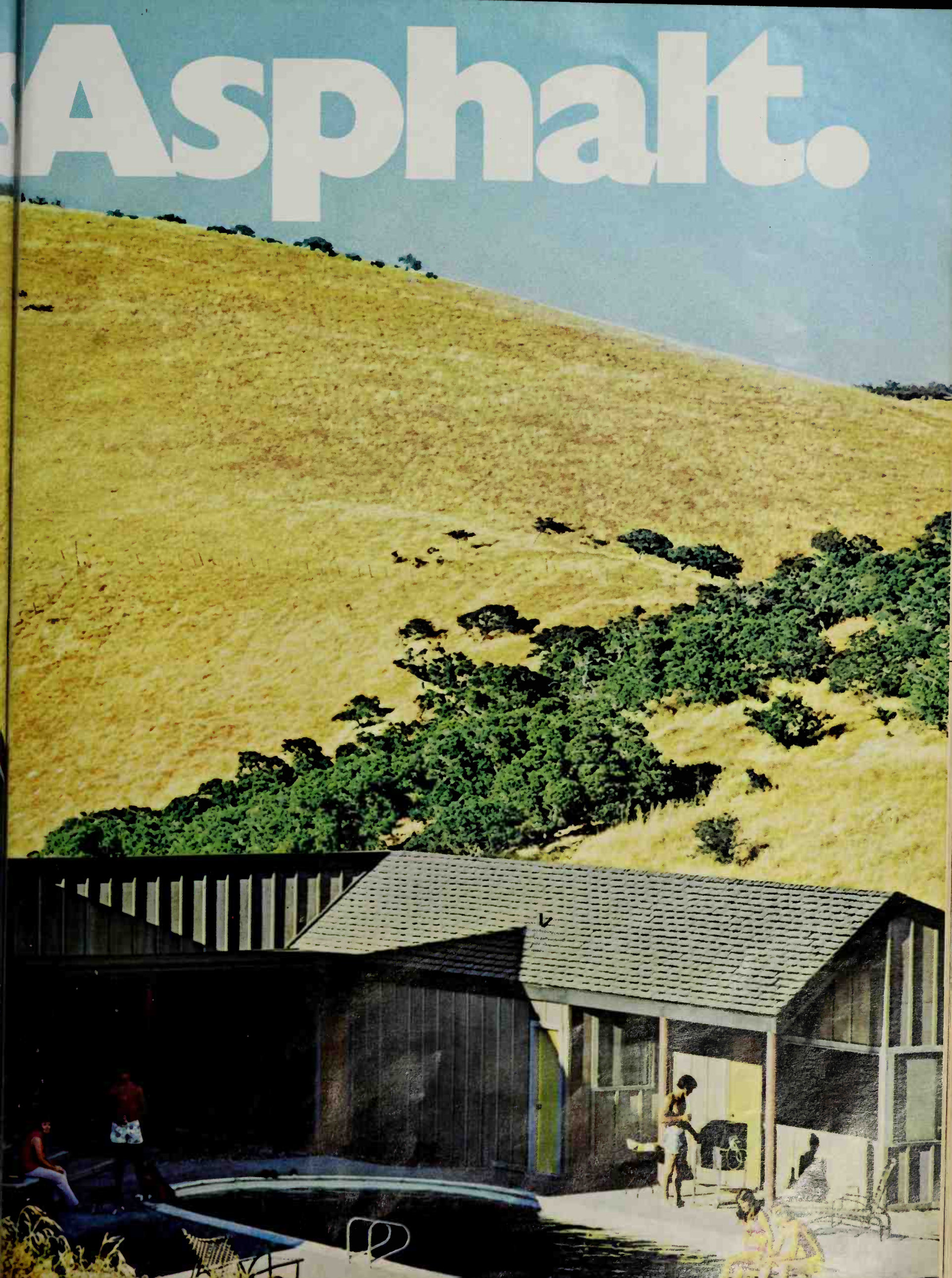
Today's

Study the picture, and you can see why the Oliveiras decided on asphalt shingles for the roof of their California dream house. Because today's heavyweight shingles are a beautiful surprise. They come in subtle, muted earthtones. They're thick and heavy, with deep, irregular shadowlines. The casual textured look blends in quietly with informal Western life styles. Today's asphalt is more than just a roof over your head. It adds its own note of solid luxury to your life. For some more surprises, turn the page.

Owner: Mr. and Mrs. A. Oliveira, King City, California
Architect: Richard K. Rhodes, AIA, Salinas, California
Builder: Austin Hayes & Son, King City, California



Asphalt.



No matter where in the West you live, today's asphalt fits in. Naturally.

Western architecture sets the pace for the rest of the nation. And today you'll find asphalt to match just about any design style you can imagine. These pictures show only a few of the exciting patterns, colors and textures that are now available from various manufacturers.

But today's asphalt has more than style to recommend it. You still enjoy the traditional advantages of asphalt's fire-resistant safety.

Today's Asphalt

Whether you're buying a new roof—or a whole new house—look for today's asphalt. It's more than just a roof over your head. It's beautiful.

Asphalt Roofing Manufacturers Association, 533 N. Del Mar Avenue, San Gabriel, California 91775.

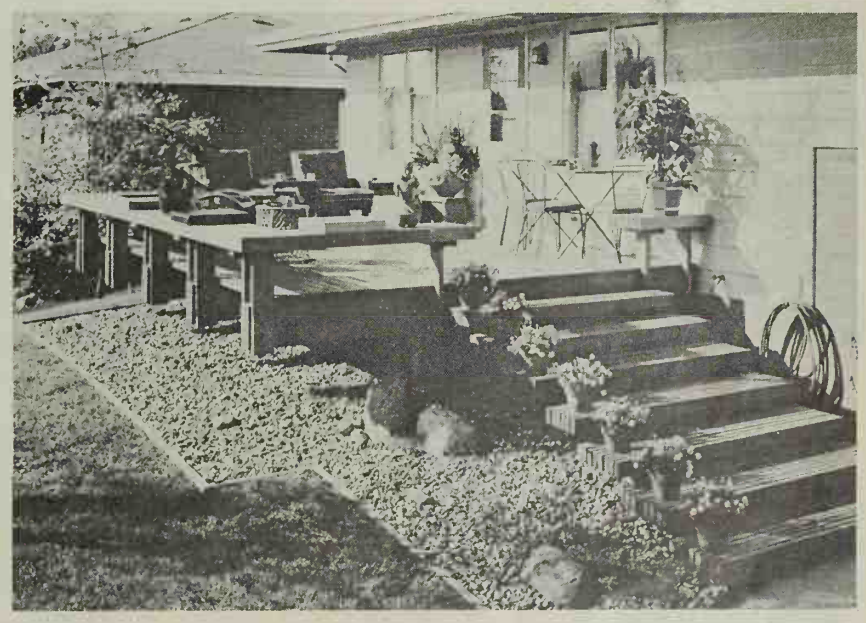
Easy structural effects

Photographs: Hedrich-Blessing. Designer: Mary Ellen Methot, Closson's. Source: Pat Mertz

The juxtaposition of old and rough with sleek and shiny gives this dining room unusual warmth and charm. Walls were covered with wet-look white vinyl to which rough-cut lumber was added in an off-beat arrangement. Another old-new contrast: Chippendale chairs and a decidedly modern dining table with steel legs and smoked glass top. In place of a conventional chandelier, a very "now" arc light swoops gracefully down to illuminate the scene.

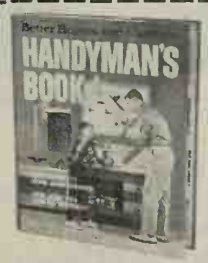
Designer: Famous-Barr, Northwest North. Source: Lois Rea

A ceiling treatment of boxed beams continues down the window wall of this master bedroom to create a strikingly simple window dressing. Pieces of 2x4s were spaced at intervals on the wall and ceiling to which the boxed beams are nailed. To spark the mellow tone of knotty pine wood, a pungent plaid fabric in sunny citrus colors intersperses the beams, covers the wall, and drapes the pair of windows.



Build This Cantilevered Deck

A convenient and attractive addition to any backyard. A huge 12′ deep, and 16′ long (not including steps), can be constructed at any height. Complete plans include detailed blueprints, instructions, and complete list of materials required to build the project. Plans are $2.49 each plus 50¢ postage and handling. Order Plan No. 3406-2



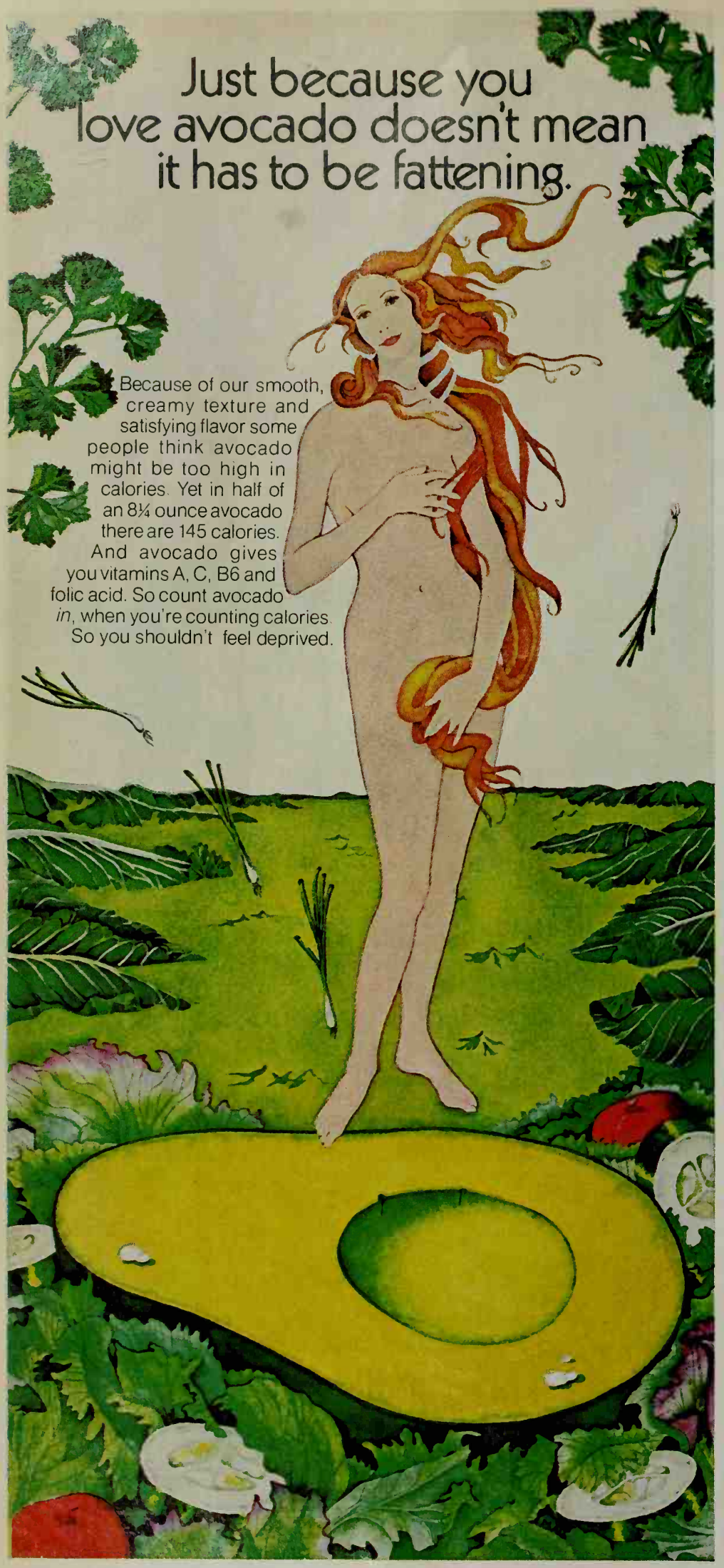
Handyman's Book
Over 1,000 home repairs and improvements. 11 chapters; 400 pages packed full of information; tab indexed and a hardbound cover. No. 160613 $8.95 plus 75¢ postage and handling.

Please send me the following:
☐ Cantilevered Deck, No. 3406-2. Plans are $2.49 plus 50¢ postage and handling.
☐ Handyman's Book, No. 16013, $8.95 plus 75¢ postage and handling.

Send order and remittance to:
Better Homes and Gardens, Dept. 2S7, Box 374, Des Moines, Iowa 50336

Name_____
Address_____
City_____ State_____ Zip_____

OUR GUARANTEE
Money back if not completely satisfied.



Pumpkin cake pleasers

SPICY PUMPKIN CAKE

A family cake that smacks of spices and orange peel—

- ½ cup butter or margarine
- ½ cup packed brown sugar
- 2 eggs
- ¾ cup buttermilk
- ½ cup canned pumpkin
- ½ cup light molasses
- 2½ cups all-purpose flour
- 2 teaspoons grated orange peel
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- Sifted powdered sugar

In mixer bowl, cream together butter or margarine and brown sugar till light and fluffy. Add eggs, one at a time, beating till well blended. Combine buttermilk, pumpkin, and molasses. Thoroughly stir together flour, orange peel, soda, salt, and spices. Add buttermilk mixture and flour mixture alternately to creamed mixture, beating well after each addition. Turn into greased and floured 13x9x2-inch baking pan. Bake in 350° oven for 30 to 35 minutes or till cake tests done. When cool, sprinkle with the sifted powdered sugar. Cut into squares.

Photographs: Dieter

PUMPKIN DATE CAKE

You can also bake this as a one-layer cake in a 13x9x2-inch pan for 35 to 40 minutes—

- 1 package 2-layer-size spice cake mix
- ½ teaspoon baking soda
- 1 cup milk
- 1 cup canned pumpkin
- ½ cup chopped walnuts
- ½ cup (2 ounces) finely snipped pitted dates
- 1 tablespoon light molasses
- ¼ teaspoon ground nutmeg
- 2 cups frozen whipped dessert topping, thawed

In large mixer bowl, combine cake mix and soda; add milk and pumpkin. Blend at low speed of electric mixer till moistened. Beat at medium speed for 2 minutes. Fold in nuts and dates. Pour into two greased and lightly floured 9x1½-inch round pans. Bake in 350° oven for 25 to 30 minutes or till cake tests done. Cool; remove from pans. Cool completely on racks. Gently stir molasses and nutmeg into whipped topping. Spread between layers and over top of cake. Chill cake several hours before serving.

PROJECT PLANS CATALOG

Choose from 168 of our readers' favorite home carpentry plans. Contains pictures and description of each plan. Select the projects you want and order plans. No. 04214, 50¢ Better Homes and Gardens, Dept. 2SX, Box 374, Des Moines, Iowa 50336.

r design copyrighted by Armstrong.

Now there's an Armstrong no-wax floor with color-coordinated fabrics and wallcoverings!

Go to your nearest Armstrong Floor Fashion Center® store to see new FFC™ Solarian®. Just pick your floor, and your color-coordinating job is done! Since Armstrong's own Interior Designers have selected the just-right fabrics and wallcoverings, you end up with a beautiful, professionally color-coordinated room. The FFC Solarian shown is just one of the family of fine Armstrong Solarian floors that shine without waxing, far longer than an ordinary vinyl floor. When you mop them clean, they *really* look just-waxed!

You'll find floors, fabrics, and wallcoverings all in one place

. . . at your Armstrong Floor Fashion Center store. You'll also find hundreds of other Armstrong styles and colors to choose from. With all these handsome floors, including FFC Solarian, you get the Armstrong Floor Fashion Center Guarantee that covers both your floor *and* the custom installation, too! Ask for details of this powerful guarantee!

Armstrong floor fashion center

E FFC SOLARIAN, WITH COORDINATED FABRICS AND WALLCOVERINGS AT THE ARMSTRONG FLOOR FASHION CENTER STORE NEAREST YOU:

KELEY
)LEUM SALES CO., INC.
San Pablo Avenue • Phone: (415) 524-7024

FIELD
ES BROTHERS
North Texas • Phone: (707) 425-1522

MONT
OR CITY
Glenmoor Drive • Phone: (415) 793-3312

WARD
KLIN BROS., INC.
Foothill Blvd. • Phone: (415) 581-6776

HION CARPETS & LINOLEUM
Mission Blvd. • Phone: (415) 538-2404

AYETTE
DGETT'S LINOLEUM
Mt. Diablo Court • Phone: (415) 284-4807

LOS ALTOS
WALTHER'S FLOOR COVERING
5084 El Camino Real • Phone: (408) 968-1657

MARTINEZ
FRONTIER FLOORS & INTERIORS
621 Las Juntas Street • Phone: (415) 228-4000

OAKLAND
ACME LINOLEUM
4778 East 14th Street • Phone: (415) 261-3302

ANDERSON CARPET & LINOLEUM
4101 Broadway • Phone: (415) 652-1032

ANDREWS LINOLEUM CO.
10323 MacArthur Blvd. • Phone: (415) 568-5478

CONKLIN BROS., INC.
2701 Telegraph Avenue • Phone: (415) 836-2867

PITTSBURG
FLOOR FASHIONS
415 East 10th Street • Phone: (415) 432-6496

REDWOOD CITY
STUART FLOOR COMPANY
1455 Veterans Blvd. • Phone: (415) 369-2506

RICHMOND
GRAHAM & AVENUE FLOOR COVERING
1063 23rd Street • Phone: (415) 235-2676

SAN CARLOS
PENINSULA FLOORS, INC.
695 Industrial Road • Phone: (415) 591-5387

SAN JOSE
CRAFT CARPET & LINOLEUM
2314 Stevens Creek • Phone: (408) 292-2488

SAN MATEO
CONKLIN BROS., INC.
2215 El Camino Real • Phone: (415) 345-5761

SAN RAFAEL
JACKSON'S
435 DuBois • Phone: (415) 454-3740

RAFAEL FLOOR COVERING
822 Francisco Blvd.West • Phone: (415) 456-3656

SANTA CLARA
CONKLIN BROS., INC.
200 North Winchester • Phone: (408) 244-4141

SANTA ROSA
CONKLIN BROS., INC.
505 "B" Street • Phone: (707) 542-4981

SUPERIOR BUILDING MATERIALS
3181 Cleveland Avenue • Phone: (707) 545-6363

UKIAH
CHAMBERLAIN FLOOR COVERING
888 North State Street • Phone: (707) 462-6807

VALLEJO
RENO'S FLOOR COVERING
1701 Broadway • Phone: (707) 691-5252

WALNUT CREEK
CONKLIN BROS., INC.
1929 Mt. Diablo Blvd. • Phone: (415) 937-4660

THOMPSON FLOOR COVERING
1525 Locust Street • Phone: (415) 939-6552

Banana dessert bonanza

BANANA CRISP

½ cup all-purpose flour
½ cup quick-cooking rolled oats
⅓ cup packed brown sugar
½ teaspoon salt
¼ teaspoon ground cinnamon
6 tablespoons butter or margarine
4 bananas, sliced (3 cups)
¼ cup orange juice
1 tablespoon lemon juice
¼ cup granulated sugar

Combine flour, oats, brown sugar, salt, and cinnamon; cut in butter or margarine till mixture resembles coarse crumbs. Set aside. Arrange banana slices in a 10x6x2-inch baking dish. Combine orange and lemon juice; sprinkle over bananas with granulated sugar. Top with crumb mixture. Bake in 375° oven for 30 to 35 minutes. Serve with cream. Makes 6 servings.

Photographs:

BRANDIED BANANAS WITH GRAPES

8 ladyfingers, split
4 bananas
¾ cup seedless green grapes
4 tablespoons butter or marga
½ cup sugar
¼ cup brandy
2 tablespoons lemon juice

Toast ladyfingers on both s under broiler. Cut bananas half lengthwise and crossw Halve grapes. In 12-inch sk melt butter or margarine. A bananas and grapes; cook 1 n ute. Turn; sprinkle with su brandy, and lemon juice. C tinue cooking, stirring gently heated through, about 1 o minutes. To serve, arrange s ladyfingers in individual serv dishes. Spoon banana mixt atop. Makes 8 servings.

BROILED BANANA CRUNCH CAKE

1 package 1-layer-size yellow cake mix
2 medium bananas
4 tablespoons butter or margarine
½ cup packed brown sugar
1 cup flaked coconut
3 tablespoons milk

Prepare cake mix according package directions. Turn i greased and floured 9x9x2-ir cake pan. Bake in 350° oven 20 to 25 minutes or till do Slice bananas ¼ inch thick. A range in single layer atop wa cake. Combine sugar, cocon and milk; spoon over banan Broil 3 to 4 inches from heat 4 to 5 minutes. Serve warm.

Kids 18 and under stay free at Ramada Inns.

That's one reason why so many families who travel a lot become Ramada Regulars, and stay with us every time they go out of town. Kids 18 and under stay free at Ramada Inns, when they share their parents' room. There's no charge for cribs. And only a small one for rollaway beds, if needed.

Your kids'll enjoy staying at a Ramada Inn. At most inns they'll have a nice swimming pool and playground for their enjoyment. And a restaurant that understands their hamburgers and hot dogs as well as your steak.

There are more than 600 Ramada Inns, worldwide. And you can make a reservation at any one of them by calling your travel agent, the nearest Ramada Inn, or our toll-free reservation number: 800-228-2828.

Think about us next time you budget a family vacation. Every little bit helps. And we'll do our best to make your stay with us a pleasant one. Because we'd like your family to join the Ramada Regulars.

Join the Ramada Regulars

RAMADA® INNS WORLDWIDE

'ays to ake your oning asier

you making more work of ng than you need to? Per- the trouble lies in careless ning and drying, inadequate pment, or improper handling oday's no-iron fabrics.

ou'll have fewer wrinkles in no-iron fabrics if you ob- e certain washing proce- s. Don't use hot water un- clothing is heavily soiled. If ible, use a slower spin speed ssen pressure on fabrics.

on't over-dry. Remove nes from the dryer as soon as ops to prevent wrinkles from ng. If you do leave clothing g in the bottom of the drum, ly retumble for ten to 15 utes with heat.

void jamming your dried dry into a basket when you ove it from the dryer. Take inute or two to hang items as shirts, blouses, and ses that require only touch- roning. You'll find that many nkles will shake or hang out.

Don't overload the dryer. This eds wrinkling, whatever the ic. Permanent press and oth- o-iron fabrics require lots of m to tumble about freely so p your loads smaller than al when washing or drying.

f you find your clothes cling- to each other and to the sides he dryer drum, use a fabric ener. Synthetic fibers, which ke up the fabrics found in y wash loads, generate static tricity. A fabric softener ps control this static and kes clothes softer and less nkled.

f your steam iron sputters l spatters when you first use you probably didn't empty properly the last time you ed or you stored it flat on soleplate. In both instances, ps of water left in the steam mber can cause sputtering as iron heats up. Always empty water after each use while iron is still warm so the re- ining moisture inside will porate.

Most manufacturers strongly ommend using distilled water steam irons. Impurities found ordinary tap water can quick- clog the tiny spray passages.

Another prerequisite for iron- ease is a good ironing table. oose one that's lightweight, l adjustable so you can select the ironing height that's most comfortable for you. The table should also have a sturdy metal top with adequate ventilation for steam to penetrate. A sleeve board is a handy addition, particularly for those small touch-up jobs when you don't want to bother with setting up the regular ironing table.

A cord minder will help relieve arm fatigue and keep your iron cord from getting in the way as you work. Consider, too, an iron holder which frees more ironing space and eliminates the danger of knocking the iron from the table.

Before he installs central air conditioning in your home, he installs it on paper.

This man is a Day & Night air conditioning dealer.

He's been burning the midnight oil at one of Day & Night's factory training schools.

When he graduates, he'll know just about everything there is to know about central air conditioning.

He has to.

Because making you comfortable is his only job.

No matter what size your home, your Day & Night dealer is well-qualified to satisfy all of your air conditioning needs. From proper system design and installation to after-sale service.

And because he's a Day & Night dealer, he offers a complete line of dependable equipment that's easy to live with.

Like Day & Night's new high-efficiency central air conditioning. Keeps you just as cool as standard models. But it's a lot cheaper to operate.

So if you're thinking about making an investment in central air conditioning, you should be talking to someone who really knows his business.

Your local Day & Night dealer. Call him soon. You'll find this skilled professional in the phone book.

day & night air conditioning

day & night

Day&Night
Air Conditioning
Company

La Puente, Calif.

ild ce ow-to

ike regular white rice, wild needs to be rinsed before g. Place the amount to be ked in a pan of warm water, remove any particles that t to the top, then drain. This uld be done twice, followed rinsing in a strainer. One cup ncooked wild rice takes twice long to cook as white rice out 40 minutes) and yields e to four cups of cooked rice. f you have any raw wild rice over and don't plan to use it ediately, store it in a con- er with a tight-fitting cover.

Photograph: Dieter

D RICE CASSEROLE

cked wheat breads and home- le muffins are delicious ways se some of the extra cracked at—

up wild rice
ound bulk pork sausage
up chopped onion
-ounce can sliced mushrooms, rained
up chopped celery with ops
up uncooked cracked wheat ereal
up beef broth
easpoon dried thyme, rushed
ash pepper
up light cream or milk

k rice according to package ctions. Drain. In large skillet, k sausage and onion, till meat rowned and onion is tender. eak meat apart with fork as ooks.) Drain off excess fat. in mushrooms, chopped cel- with tops, cracked wheat, broth, thyme, and pepper. er; simmer 25 to 30 minutes, till cereal is tender. Stir in ked rice and cream. Turn into -quart casserole. Cover and e in 375° oven for 25 to 30 utes or till heated through. ve as a main dish or hearty dish. Makes 6 servings.

KISS STAINS GOODBYE.

And that goes for grease stains, too. And grass stains. Food stains. Even perspiration stains. When you use Miracle White Laundry Soil and Stain Remover, you can kiss over 100 different stains goodbye. And because it's concentrated, Miracle White works instantly. Without pre-soaking. And it's safe for all washables. Miracle White Laundry Soil and Stain Remover. You're going to love it

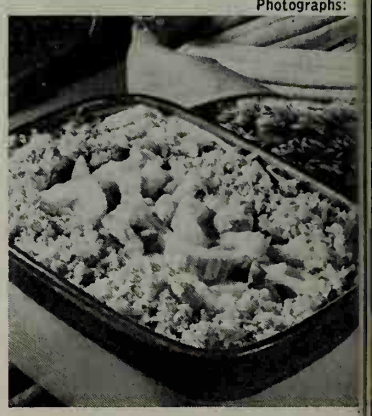
Cheesy vegetables

TOMATO CHEESE RICE RING

1 16-ounce can tomatoes
⅔ cup long-grain rice
• • •
1 10-ounce package frozen chopped broccoli
½ cup chopped green pepper
2 tablespoons chopped onion
2 tablespoons butter or margarine
¼ teaspoon salt
Dash pepper
1 cup (4 ounces) shredded sharp natural cheddar cheese

Drain and cut up tomatoes, serving liquid. Add water tomato liquid to equal 1¾ c In saucepan, cook rice in tom liquid till tender, about 20 n utes. Cook broccoli accordin package directions. Drain; cut Cook green pepper and onio butter or margarine till ten Stir in hot rice, broccoli, to toes, salt, and pepper. Fold cheese. Pack mixture into l tered 5½-cup ring mold. Unn at once. Serve with ham, if sired. Makes 8 servings.

Photographs:



SAUCY CELERY CASSEROLE

4 cups thinly sliced celery
4 tablespoons butter or margarine
• • •
2 tablespoons all-purpose flou
¼ teaspoon salt
1 cup milk
1 cup (4 ounces) shredded sharp process American che
1 3-ounce can chopped mushrooms, drained
2 tablespoons chopped green pepper
2 tablespoons chopped pimie
¾ cup soft bread crumbs
1 tablespoon butter or margar melted

Cook celery, covered, in th tablespoons butter or marga till tender-crisp, about 15 n utes. Stir in flour and salt. A milk; cook and stir till mixt thickens and bubbles. Stir cheese till melted. Stir in mu rooms, green pepper, and miento. Turn into 1-quart serole. Combine crumbs and remaining butter or margar sprinkle crumbs atop casser Bake in 350° oven for 20 n utes. Makes 6 servings.

Kids love to wear Stearns Pee Wees®

Kids love to wear Stearns Pee Wee® life vests because they're lightweight, flexible, comfortable. And fun to wear. No kid wants to be horse-collared or harnessed around water in old fashioned life jackets.

Mothers appreciate Stearns Pee Wee vests, too. You see, they're safe — U.S. Coast Guard approved and Underwriters Laboratory tested. They feature adjustable sides and shoulders, leg and waist straps for a snug, safer fit. They're durable. Won't mildew, waterlog or lose buoyancy ever. And the washable nylon outershell will stay bright and fresh looking for years. Sizes to fit kids 2 to 10 years.

Mothers love the safety features . . . kids love to wear their Stearns' Pee Wees.

Available at fine marine sporting goods and department stores in a variety of colors and sizes.

STEARNS

The Mark of Excellence

Stearns Manufacturing Co., St. Cloud, Minn. 56301

Pee Wee® is a registered trademark of the Stearns Manufacturing Company.

Pineapple upside-down cake night. Remember?

Remember when you'd come home from school and before you even got to the kitchen door the odor of pineapple upside-down cake in the oven would stop you in your tracks?

But the really, really hard part was after it came out of the oven . . . and there it was . . . and there you were . . . and there Mom was.

And the clock just couldn't move fast enough toward dinner time.

Pineapple upside-down cake. How long's it been since you last made one? If it's been a while, it's been too long. Why don't you put Dole Blue Label sliced pineapple on your shopping list today? And surprise your family tonight. Sweet, juicy Dole Blue Label pineapple—isn't it nice to know some things never change?

Insulate. Save energy.

Take a look in your attic. Adequate insulation on the floor of an unfinished attic can cut winter heating bills up to 20 percent. And if you have air conditioning, there's more savings in summer cooling costs.

Chances are, there's not enough insulation in your attic... one third of Northern California homes have *none*.

So heat is probably escaping from your attic in large amounts. And you're paying to replace the heat. Day after day.

To stop this waste of your money—and the Nation's energy—takes only a day or two of your time and some ready-to-install insulation from your building supply dealer. Just tell him that you want to bring your insulation up to "R-19," the standard recommended by the National Bureau of Standards. You can probably finance it with your bank charge card.

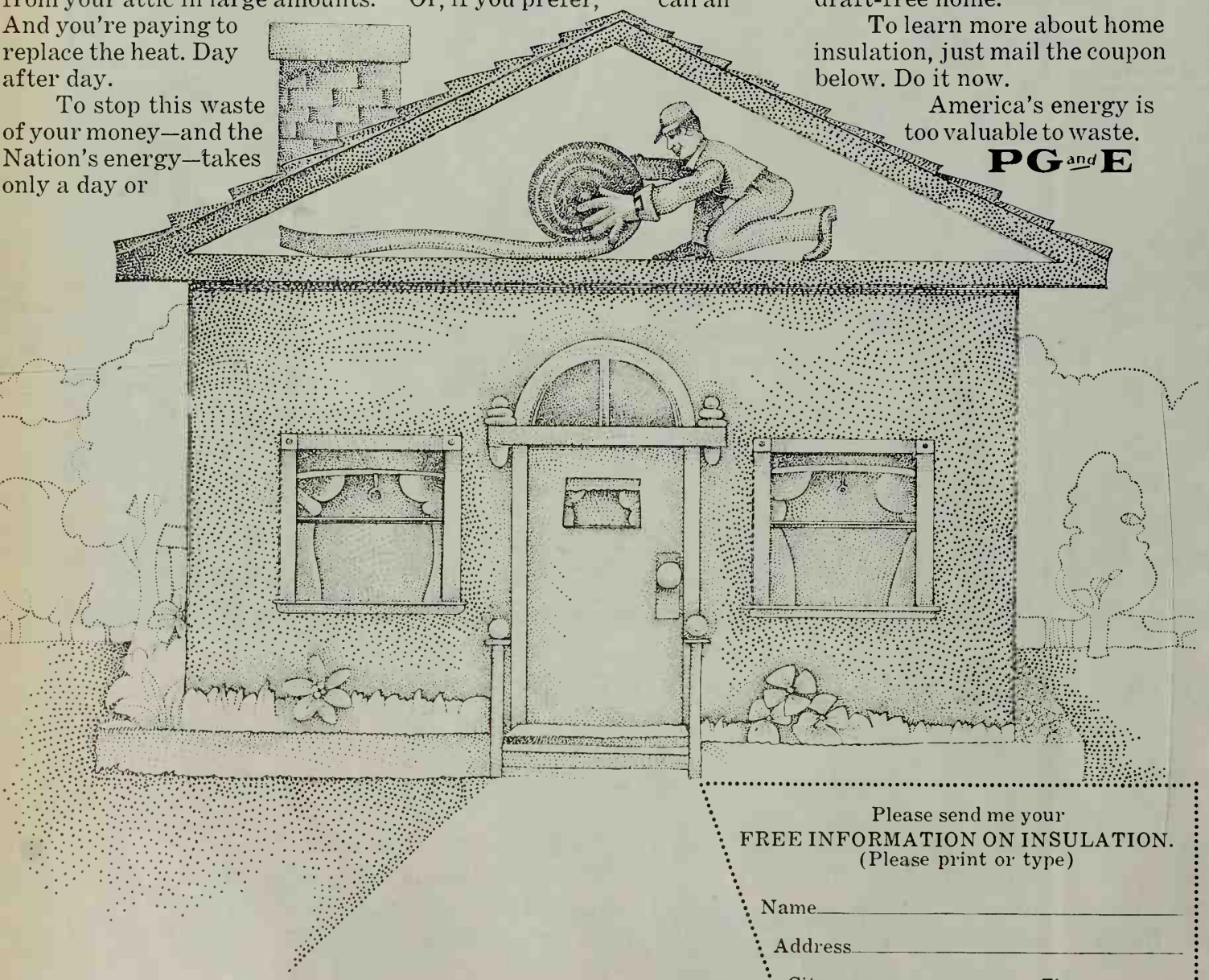
Simply lay insulation blankets between those joists that cross the attic floor. That's it. Or, if you prefer, call an "Insulation Contractor." It's wise to seek out a licensed and bonded contractor, such as a member of the Insulation Contractors Association, to do the work. Be sure to specify insulation that meets the "R-19" standard.

Your insulation will pay for itself in the years ahead. And, in the meantime, you'll enjoy a cozier, more comfortable, more draft-free home.

To learn more about home insulation, just mail the coupon below. Do it now.

America's energy is too valuable to waste.

PG and E



Please send me your
FREE INFORMATION ON INSULATION.
(Please print or type)

Name_____

Address_____

City_____ Zip_____

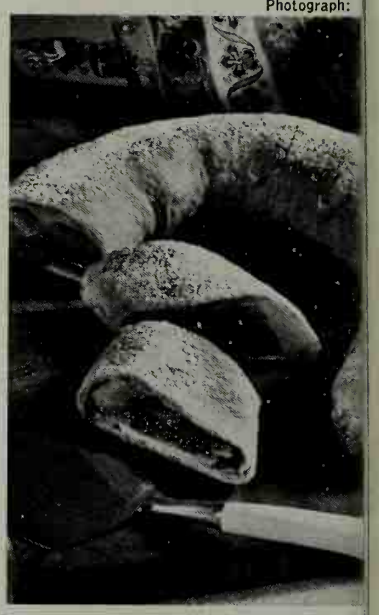
Send to: Insulation, EGIA,
1355 Market Street,
San Francisco, CA 94103

Shortcut strudel

Whip up delicious, flaky str in record time with the aid of venient, frozen patty shells. buttery layers of puff pastry as close as your frozen counter. Here are a few tip keep in mind while working this handy product:

- To thaw the patty shells, best to leave them in the re erator overnight.
- Keep the dough chilled to vent shrinkage and toughnes it becomes warm while yo working with it, return it to refrigerator for a while. dough should be cold to touch.
- To keep the traditional laye flaky texture, don't roll the do into a ball or stretch it uneve

Photograph:



PEAR-BLUEBERRY STRUDEL

Shortcut the traditional ap strudel route with this notewor variation—

3 frozen patty shells, thawed
1½ cups thinly sliced fresh pea (about 2 pears)
¼ cup granulated sugar
¼ teaspoon ground mace
⅓ cup fresh or frozen unsweetened blueberries
Sifted powdered sugar

Press edges of patty shells gether; roll out on floured cl to 18x14-inch rectangle. In m ing bowl, combine pears, t granulated sugar, and the ma Place evenly along long side rectangle, about 4 inches fr edge. Top pears with blueberri Without stretching, carefu fold the 4-inch piece of dou over filling. Pick up cloth, ma ing dough roll forward into a tig roll. Seal ends. Place on foil-lin baking sheet (some juice m seep out of ends); curve struc forming crescent or horsesh shape. Bake in 350° oven for to 50 minutes. Remove fro pan; cool on rack. Sprinkle wi powdered sugar. Makes 6 ser ings.

YES, WE HAVE MORE TOMATOES.

Redpack® has a whole family of beautiful tomatoes we'd like you to meet.

The Rich Tomato: Tomato paste, to add robust tomato goodness to almost any dish.

The Juicy Tomato: Plump, whole tomatoes packed in juice—naturally delicious.

The Quick Tomato: Tomatoes packed in Puree that cooks up quicker because it starts out thicker. The basic ingredient in everything from soups to sauces.

The Italian Tomato: Peeled pear-shaped tomatoes prepared the Old World way.

The Zesty Tomato: Stewed tomatoes with a zippy touch of seasoning.

Redpack tomatoes are more than just another pretty face. They're talented enough to turn everyday meals into a creative adventure. Ask your grocer to introduce you to the Redpack family today.

REDPACK TOMATOES MAKE GREAT COOKS.

WHY DISHWASHERS WITH CHEAPER PRICE TAGS CAN'T COMPARE TO KITCHENAID.

They don't give you this: the powerful washing action of a full ½ HP motor. Backed by a 5-Year Warranty.* It's only in KitchenAid.

They don't give you this: a wrap-around steel frame that protects the dishwasher against hard, daily use. It's only in KitchenAid.

KitchenAid dishwashers give you features many other dishwashers don't. A Soak Cycle that even soaks and scrubs pots and pans. A three-coat TriDura porcelain enamel tub that won't scratch or fade. Thorough, forced air drying. An Energy Saver feature. And more.

See the Yellow Pages for dealers. KitchenAid, Hobart Corporation, Troy, Ohio 45374.

*5-Year Motor Warranty: If the motor should fail during the first year, it will be repaired or replaced without charge; during the next four years you'd pay only for labor.

KitchenAid®
Built better. Not cheaper.

Smart ways to buy meat

Cash in on your grocer's weekly meat specials. He sometimes uses low prices on a few items as a magnet to get you into the store. As the following examples show, his specials offer an excellent way for you to save money when you buy for your freezer or locker.

Beef Chuck Pot Roast

Usually the blade cuts of meat carry low price tags and are the best value. However, in some areas it may be the "California roast," which is really a blade pot roast without the blade bone and surrounding meat. Most of the cuts have some boneless meat at one end which can be removed and still leave a pot roast large enough for the family. For variety, cut off the boneless meat and cook these pieces as individual Swiss steak, or cut into cubes for beef stew, stroganoff, or a favorite Chinese main dish.

Ground Beef

You can purchase ground beef, ground chuck, ground round, and in some markets, ground sirloin, all at different prices. For juiciness and flavor, your best buy is frequently the ground beef selling at the lowest price because it contains enough fat to give it a good cooked flavor.

Frankfurters, Sausage, and Table-ready Meats

These are all good values because there is no waste—every bite is edible—and there's something to suit every taste. Often you'll find that the *unsliced* varieties of luncheon meats are better values than their sliced counterparts.

Country-style Spareribs

You'll find them in most markets—they're meaty pieces from the blade end of the pork loin. When compared with the edible portions of meat on spareribs and back ribs, they are a very good value.

End-cut Pork Chops and Pork Roasts

The end cuts or first cuts, whether sold as roasts or chops, represent about half the weight of the pork loin. The retailer usually sells these cuts at cost. The remaining half, consisting of center chops, thus stands the cost of merchandising the whole loin. There is slightly more fat and bone in the blade and sirloin chops and roasts, but they will be just as tender as the center cuts. From the standpoint of cooked edible lean meat, the end cuts represent by far the best value. Buy several when on special and freeze.

Smoked Ham Half

The butt half of a smoked ham contains substantially more lean edible meat than the shank half. You can pay up to 15 cents a pound more for the butt half, and still end up with a lower net cost per pound for the boneless edible meat.

Rib Roast

Usually the first five ribs are divided into a three-rib roast and a two-rib roast. Both are good, but the three-rib roast has the edge since it contains none of the cap or cover meat. Consider buying several. Use them as they are, or for variety, ask the retailer to saw one of them into steaks. If you are planning an outdoor barbecue, ask your meatman to remove the "eye" from as many rib roasts as you'll need for the party and grind the lean meat from around the bones for immediate use or for the freezer. The "eyes" can be roasted on the rotisserie or cut into delmonico (rib eye) steaks for grilling over the coals.

Porterhouse, T-bone Steaks

When these steaks are on sale, buy a good supply. Then at home, remove the T-bone and cut each steak into three pieces: tail, tenderloin steak, and top loin steak. The top loin steak is also known as a Kansas City steak, New York cut steak, strip steak, and in many restaurants and clubs, it's called sirloin steak. Package the meat so you can serve tenderloin steaks for one meal, top loin steaks for another meal, and the tail pieces (braised or stewed) for still a third.

Wrapping Suggestion

Before putting meat in the freezer, wrap it in moisture-vapor-proof material such as foil and eliminate as much air in the package as possible. Label each package with contents, weight and date.

How to order material from the magazine

Home Furnishings Buying Guides
How can you tell if workmanship is first rate? Are there surefire ways to test toughness of carpet and rugs? How can you take care of your furnishings so they'll last? How do you buy to fit your tastes, needs, and pocketbook? You'll find answers to these and countless more home furnishings questions in these three 48-page books. Each of the three books pictured above is packed with helpful and easy-to-understand charts, illustrations, and information. Furniture, Vol. I, covers wooden and plastic furniture; Vol. II surveys upholstered furniture and bedding; Carpet and Rugs clues you in on carpeting, area rugs, and padding.

How to fix your lawn mower
Tired of waiting days and weeks to get your lawn mower fixed and paying a high repair bill as well? Here's a manual that can save you time and money. More than 80 pages with over 320 photos and illustrations show you how to make your own repairs. Available in two editions—one for mowers with Tecumseh and Craftsman engines, another for Briggs and Stratton.

Pattern back views

Send order and remittance to:
Better Homes and Gardens,
Dept. 2S1, Box 374,
Des Moines, Iowa 50336.
Please send me the following:

OUR GUARANTEE:
Complete satisfaction or return your purchase within ten days for full refund

Quantity:

___ No. 02001 Lawn mower repair book (Briggs and Stratton edition) $2.95
___ No. 02002 Lawn mower repair book (Tecumseh and Craftsman edition) $2.95
___ No. 02004 Furniture Volume I $1.00
___ No. 02005 Furniture Volume II $1.00
___ No. 02006 Carpets and Rugs $1.00
___ No. 02007 All 3 Home Furnishings Guides $2.50
___ Pattern No. 01317 Fresh-as-spring frocks
☐ Size 4 ☐ Size 6 ☐ Size 8 Each pattern $1.50

Special offer: any two patterns for $2.50, any three for $3.45, any four for $4.25. Postage and handling: for one to three patterns, add 25¢; for four or more patterns, add 50¢.

Note: Before ordering, measure your child carefully and compare results with our size chart on page 84.

Please include payment for postage and handling for books ordered: For orders up to $5 add 60¢; from $5.01 to $10 add $1; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.

Total of merchandise $_____
Postage and handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
Total $_____

If you use your charge card, fill out boxes below:
Expiration Date Month/Year ☐☐☐☐ Credit Card No. ☐☐☐☐
Master Charge Interbank No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

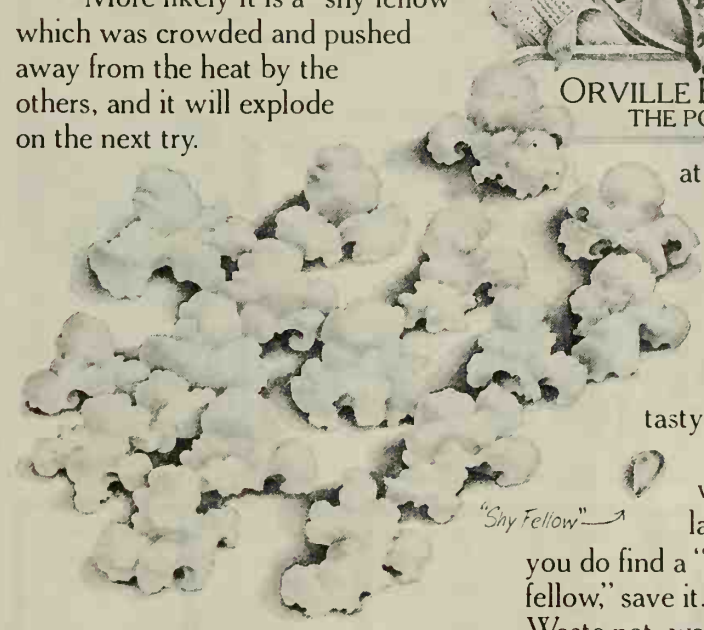
Name _____
Address _____
City _____ State _____ Zip _____

"If a kernel of my Gourmet Popping Corn fails to pop, put it back in the jar and give it another chance."

ORVILLE REDENBACHER
THE POPCORN KING

Every kernel of my Orville Redenbacher's® Gourmet Popping Corn ought to pop up light and fluffy. You are probably accustomed to finding unpoppable "old maids" in batches of less choice popping corns, but they should not turn up in mine.

More likely it is a "shy fellow" which was crowded and pushed away from the heat by the others, and it will explode on the next try.



Many things can make corn unpopworthy: poor breeding, alien pollenation, rough handling during harvest or shelling, packages that let the moisture escape from the kernel's heart. My Gourmet Popping Corn is protected carefully from all of these hazards. You simply cannot put out a truly great popping corn if you are willing to tolerate such carelessness.

From the hybridization of the seed crop until we clean the corn and put it up in jars right here in Valparaiso, I try to make certain that you will get the world's finest popping corn in perfect popping condition. You can be assured of that.

You will notice that my Gourmet Popping Corn is a little more expensive than the other kinds at the store. I believe that when you try it you will agree I have given value for the money.

Every kernel should explode into a great big, fluffy, tender, tasty mouthful, if you follow the directions I have written on the label. When you do find a "shy fellow," save it. Waste not, want not.

Thank you.

© 1974 Hunt Wesson Foods, Inc

HOME PLANS CATALOG

Thinking of a new home? Then you'll want to send for our Home Plans Catalog. It contains pictures and floor plans for dozens of our most popular home designs. For your copy, send $1.00 to Better Homes and Gardens, Dept. 2SU, P.O. Box 374, Des Moines, Iowa, 50336.

Famous University proves
MIRACLE-GRO produces more vegetables—

23% MORE TOMATOES
25% MORE BEANS

compared to "once-a-season" timed release plant food.*

IMPORTANT FACTS for home vegetable growers.

University tests proved MIRACLE-GRO produced greater yields of tomatoes and beans than the best known timed release plant food.* Test conducted in moderately fertile soil by agricultural scientists using plant foods according to label directions.

Why MIRACLE-GRO is called— "MIRACLE VEGETABLE FOOD"

MIRACLE-GRO provides 7 vital growth elements in fast-acting "liquid form"—feeds plants through roots and leaves. University tests prove MIRACLE-GRO enters plant's "bloodstream" in 30 seconds. Starts working fast. EASY—apply anytime as directed. SAFE—will not burn. Economical—saves money, saves fertilizer.

MORE UNIVERSITY TESTS DEMONSTRATE AMAZING FAST ACTION WITH SAFETY

Plant No. 3 received most liquid plant food. Visible improvement may be noticed within 7 days without signs of burning or forcing.

* variety recommended for tomatoes and vegetables

Yields TONS more!

Tomato farmers say 20 tons per acre is excellent. MIRACLE-GRO produced 30 tons per acre!

8 oz. $1.29

INSTANT ACTION!

STERN'S Miracle-Gro®

© 1975 SGP Inc. PROVED! MORE VEGETABLES! MORE FLOWERS!

Solve 12 Most Common Home Problems

.....

with these Better Homes and Gardens Booklets

600 pages of easy-to-follow solutions show you how to do it yourself and save money. Full of descriptive photos, hundreds of fresh new ideas and tips for making your home more practical and beautiful.

ONLY $1 each, 3 for $2, 8 for $5. All 12 only $7.00—you save 40%! (Price includes postage and handling).

- ☐ All 12 Booklets
- ☐ Patios, Decks, Fences
- ☐ Storage
- ☐ Rec. Rooms/Basements
- ☐ Bookshelves
- ☐ Painting, Finishing, Redecorating
- ☐ Bathrooms
- ☐ Gardening/Landscaping
- ☐ Fireplaces
- ☐ Kitchen Planning
- ☐ Enlarge-A-Room
- ☐ Floors, Walls, and Ceilings
- ☐ Home Upkeep and Repair

OUR GUARANTEE: Your satisfaction, or return your purchase in 10 days for a full refund.

Better Homes and Gardens, Dept. 2SF Box 374, Des Moines, Iowa 50336

Name_____

Address_____

City_____

State_____ Zip_____

continued from page 14

Store-bought shelving

An old standby, steel commercial shelving, is still one of the best buys around. These shelves are almost indestructible and the straightforward design is wonderfully adaptable. We've illustrated a small unit—24 inches wide, 12 inches deep, and 75 inches tall—because it can tuck so neatly in a tiny bathroom. But most office furniture suppliers have 36-inch-wide units and shelves 18 or 24 inches deep (75 inches is the standard height). You can put the shelves anywhere you want. The steel takes to spray paint like the proverbial duck to water. This unit sells for about $35.

Modern or traditional

For single units rather than systems, this selection of étagères offers commodious shelving in two distinct decorating modes. Each sets its own style, yet can be used in a variety of situations. Most fun: try putting the polished chrome and glass shelves (pictured below) in an Early American setting. Or, use the campaign étagères (upper right) in a crisp modern setting to tie the clean lines of contemporary to the natural look.

Chrome-plated steel tubing and plate glass create a high and low version of sinuous contemporary étagères that add zing to any setting. The tall unit stands 75 inches high; the shorter, 48 inches. Both are 31 inches wide. Shelves are 14 inches deep—just right for holding a tape deck, records, or even a small TV. The units come knocked down, but are a cinch to assemble. The larger one retails for approximately $150; the smaller for $110.

Buying information, page 112

Softly contemporary yet definitely in the eighteenth-century campaign tradition, this shelf unit is suitable anywhere. It is 78 inches high, with 30x13-inch shelves. It's illustrated here in the new Driftwood finish with pewter hardware, but you can get it in three lacquer finishes (yellow, ebony, and white, all with brass hardware), as well as engraved pecan or embossed oak. And these shelves are just the beginning. They're part of a group which includes stacking and wraparound storage units, beds, chests, and side chairs. Each unit shown here: about $199.

Moving?

Be sure to notify *Better Homes and Gardens* at least 5 weeks before you move. This will give us time to process your change of address without any delay in service.

When you write, include an address label from the cover of one of your recent copies. It will help us speed your request through.

Send the address label, along with your new address, to *Better Homes and Gardens*, 1716 Locust St., Des Moines, Iowa 50336. *Please be sure to include your zip code.*

MIRRO-MATIC

The Economizer cooker-canner: A Mirro-Matic aluminum pressure cooker works quick and thrifty wonders with all kinds of foods. Naturally tenderizing economy cuts of meats (no chemical additives needed). Speed-cooking vegetables in their own juices, with only a little water, locking in fresh flavor and color while preserving important vitamins and minerals. All this in one-third the time required by other methods, so you save on gas or electricity.

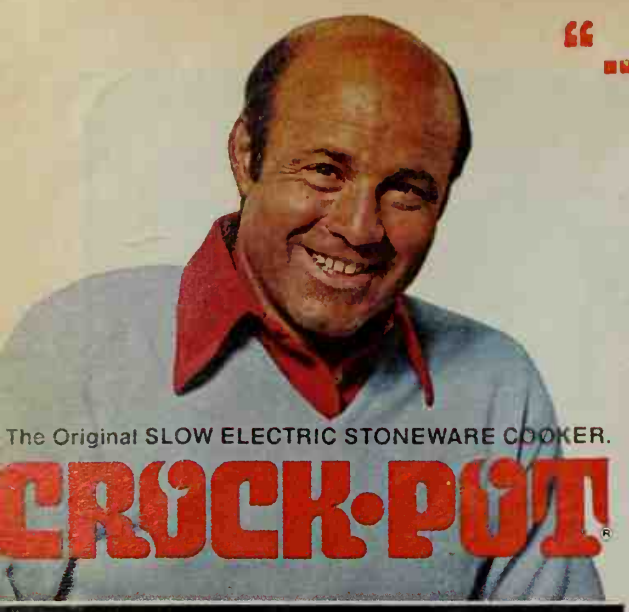
Here's our secret — the feature that makes Mirro-Matic unique among pressure cookers — our one-piece, unbreakable selective pressure control. With three control settings, providing pressures perfect for cooking, stewing, canning. With a positive, audible signal that eliminates pot-watching and guesswork.

The Economizer . . . the thrifty way to cook or can. Available in 4 to 22 qt. sizes . . . at better stores everywhere.

MIRRO ALUMINUM COMPANY, Manitowoc, Wisconsin 54220

UL

MIRRO-MATIC



The Original SLOW ELECTRIC STONEWARE COOKER.

CROCK-POT®

"...worth its wait in flavor"

"We've had our Crock-Pot two years," Joe says. "It's no rookie when it comes to good things to eat."

Rival's Crock-Pot started the exciting swing to tender flavorful Slow Cooking. Stopped the stirring and sticking, slowed the timing, zipped up the good taste.

Try the Crock-Pot for stews, soups, baked beans, seafood, vegetables, bread and cakes. Or an unforgettable pot roast—from an economy cut of beef. Put in the ingredients in the morning. Set it on Low and forget it. Don't peek. Don't stir. Above all, don't worry. Let Crock-Pot simmer for 8, 10 or 12 hours. You'll agree with Joe, "it's worth its wait in flavor!"

Cooks all day while the cook's away. On no more current than a 75-watt light bulb (about 3¢). And you get a wonderful 84-page Cookbook with over 150 recipes.

The perfect gift. Don't settle for second best. Insist on the Crock-Pot, the ORIGINAL, the one that STARTED Slow Cooking.

Crock-Pot sizes for all; 2, 3, 3½, 5 qts. in pretty kitchen colors.

RIVAL

RIVAL MANUFACTURING COMPANY
Kansas City, Mo. 64129 • In Canada: Montreal

Cheney. Because Bill wouldn't call it quits.

Bill found an answer . . . a Cheney Wheelchair Van Lift. You too can enjoy new freedom and independence with a Cheney Wheelchair Van Lift. Available in both fully or semi-automatic models, you'll find them both totally dependable and easy to operate. Designed to fit most late model vans, the Cheney Wheelchair Van Lift can be installed in a matter of hours. For more information on Cheney Wheelchair Van Lifts, Wheelchair Lifts and Wecalator™ Stairway Elevators, contact your local Cheney Representative or write: The Cheney Company, Dept. BG, 3015 S. 163rd Street, New Berlin, WI 53151 (414) 782-1100.

helping people help themselves.
CHENEY Wheelchair Van Lifts.

FREE! NEW FULL COLOR 1975 GARDEN CATALOG
Our 138th year. 54 varieties of Virus-Free Strawberry Plants, Blueberrys, Raspberrys, Asparagus, Rhubarb, Fruit Trees, Ornamentals, Etc. Write for

STRETCH

YOUR TOMATO-BEARING SEASON >>>>> SET OUT

JET STAR and SUPERSONIC HYBRID TOMATO PLANTS

JET STAR produces big yields early in the season. Then SUPERSONIC takes over, so you get two solid months or more of luscious fruit. Vigorous growth, ideal for staking. Ask for them by name at your favorite garden store. Grown from famous **HARRIS SEEDS.**

"The Perfect Pair"

FREE—3 SEED AND NURSERY CATALOGS!

Get all 3 of these beautiful 1975 Catalogs from Spring Hill Nurseries, Park Seed, and Kelly Bros. Nurseries – FREE! Just send your name and address to:

Cooperative Mailing Service
P.O. Box 1001, Dept. 131
Marshfield, Wisconsin 54449

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing. .

STORE-BOUGHT SHELVING
Page 13: Unishelf System—Beylerian Limited, 253 Fifth Ave., N.Y., N.Y. 10016. Indra Wall Unit—Domani, a div. of Burris Industries, P.O. Box 698, Lincolnton, N.C. 28092.
Page 14: Architectural Wall 2—Directional Industries, Inc., Grand Rapids, Mich. 49501.
Page 110: Etagères—Cosco Contemporaries, Cosco Household Products, Inc., 2525 State St., Columbus, Ind. 47201. The Independents—Bernhardt Furniture Co., P.O. Box 310, Lenoir, N.C. 28645. System Cado—Royal System, Inc., 979 Third Avenue, N.Y., N.Y. 10022.
HE COOKS
Page 18 (center): Lunch plate and cup—Plastics Manufacturing Company, 2700 S. Westmoreland Ave., Dallas, Texas 75233. Wood-handled knife—Reco International, 26 South St., Port Washington, N.Y. 11050. Place mat—Montgomery Ward, Chicago, Ill. 60680.
DECORATING: HOW TO GET THE ART DECO LOOK
Page 40 and **page 41** (bottom left): Box springs and mattress—Simmons Co., 2 Park Ave., N.Y., N.Y. 10016. Carpet—Collins & Aikman, 210 Madison Ave., N.Y., N.Y. 10016. Torchère and chair—Joia, 1151 2nd Ave., N.Y., N.Y. 10022. Comforter and dust ruffle—Saks Fifth Avenue, 5th Ave. and 49th St., N.Y., N.Y. 10017. Scatter pillows—Bloomcraft Inc., 295 5th Ave., N.Y., N.Y. 10010. Pillowcases—Hammacher Schlemmer, 147 E. 47th St., N.Y., N.Y. 10022.
Page 40 (top left): Dressing table—Sybarites Gallery, Inc., 211 E. 60th St., N.Y., N.Y. 10022. (Top right): Chaise longue, table, cocktail shaker and glass holder—Joia, (see above). Pillows—Bloomcraft Inc., 295 5th Ave., N.Y., N.Y. 10010. (Bottom right): Dresser—Joia, (see above). Chandelier—Howard's Make Light of It, 400 Bleecker St., N.Y., N.Y. 10014.
Page 42: Carpet—Lees, Div. of Burlington Industries, Inc., Valley Forge Corporate Center, King of Prussia, Pa. 19406. Etagères—Keller Williams Furniture, 979 3rd Ave., N.Y., N.Y. 10022. Mirrored tables—Cosco Contemporaries, 2525 State St., Columbus, Ind. 47201. Television—The Magnavox Co., 345 Park Ave., N.Y., N.Y. 10022. Chair—Stendig, Inc., 410 E. 62nd St., N.Y., N.Y. 10021. Table lamp—Tyndale, Inc., 5th and Walnut Sts., Gloucester, N.J. 08030. Chess set—Ceramar, 225 5th Ave., N.Y., N.Y. 10010. White ashtrays—Raymor/Richards, Morgenthau, Inc., 734 Grand Ave., Ridgefield, N.J. 07657.
Page 43 (center right): Patterned wallpaper—Kirk-Brummel Associates, 979 3rd Ave., N.Y., N.Y. 10022. Cranberry wallpaper—Winfield Design Associates, 979 3rd Ave., N.Y., N.Y. 10022. Sofa, dining table, and mirrors—Selig Manufacturing Co., Inc., 54 Green St., Leominster, Mass. 01453. Dining chairs—Cosco Contemporaries (see above). Floor tile—Amtico, Div. American Biltrite, Inc., P.O. Box 2151, Trenton, N.J. 08607. Floor lamps—Tyndale, Inc., 5th and Walnut Sts., Gloucester, N.J. 08030. Poster—Originals, 16 E. 78th St., N.Y., N.Y. 10021. Pillows—Luten-Clarey-Stern, Inc., 1059 3rd St., N.Y., N.Y. 10021. Hardware on door—Paul Associates, Inc., 155 E. 55th St., N.Y., N.Y. 10022. (Bottom): Ceramic cat and figurine—Cosco Contemporaries (see above). Vase and planters—Raymor/Richards, Morgenthau, Inc., 734 Grand Ave., Ridgefield, N.J. 07657. Maroon plexi planter—Albrizzi, 979 3rd Ave., N.Y., N.Y. 10022.
Page 44 (top): Tape on cornice—Arno Adhesive Tapes Inc., 231 Murray Hill Pkwy., E. Rutherford, N.J. 07073. (Bottom): Side table, tray, and place mats—Albrizzi, 979 3rd Ave., N.Y., N.Y. 10022. Ice bucket and glasses—Georges Briard Inc., 225 5th Ave., N.Y., N.Y. 10010. Candlestick holders, flatware, dinnerware, and pitcher—Sigma Marketing Systems, Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 45 (top): Carpet—Downs Carpets, Davisville Rd. and Turnpike Dr., Willows Grove, Pa. 19090. Chair—Protege, Div. Bernhardt Furniture Co., Lenoir, N.C. 28645. Folding screen—Greg Copeland, Inc., 41 Madison Ave., N.Y., N.Y. 10010. Wallpaper around fireplace—Con-Tact Brand, Div. Comark Plastics, 1407 Broadway, N.Y., N.Y. 10018. White table—Tyndale, Inc., 5th and Walnut S Gloucester, N.J. 08030. Floor lamps—I Factory, 503 E. 72nd St., N.Y., N 10021. Blue chairs, lamp on piano, dancing lady figurine—Joia (see abo Andirons and fireplace tools—Da Alessandro, 1156 2nd Ave., N.Y., N 10021. (Center): Sofa—Protege, Bernhardt Furniture Co., Lenoir, N 28645. Coffee table—Thayer Coggin, I South Rd., High Point, N.C. 27262. ture (new edition of Erté print)—Ci Gallery Ltd., 425 E. 53rd St., N.Y., N 10022. Pillows—Bloomcraft Inc., 295 Ave., N.Y., N.Y. 10010. Dinnerw "Fiesta"—Joia (see above). (Bottom le ice bucket—Joia (see above). (Bott center): Lamp—Tyndale, Inc., 5th Walnut Sts., Gloucester, N.J. 08030. table—Joia (see above). (Bottom rig End table—Joia (see above).
GARDEN-FRESH FABRICS
Page 46-47: Textile paint—Versatex, Durable Arts, Box 2413, San Raf Calif. 94901.
Page 47: Teapot, cups, and saucer "Bittersweet" Independence Ironstone Franciscan, INTERPACE Corp., 2 Los Feliz Blvd., Los Angeles, Ca 90039.
HOME IMPROVEMENTS
Page 62 (middle left): Sofas—Burt Dixie Corp., 2180 S. Racine Ave., Chi go, Ill. 60608.
Page 64 (top): Sofas—The Model Sh Inc., 21 Merritt St., Hamden, Conn. 065 Fabric (sofa)—Jack Lenor Larsen, 232 59th St., N.Y., N.Y. 10021.
Page 65 (top left): Table—The Mo Shop, Inc., 21 Merritt St., Hamden, Co 06511. Stools—Stendig, Inc., 410 E. 6 St., N.Y., N.Y. 10021. Linoleum floor —Armstrong Cork Co., Lancaster, 17604. Globe lights—Lightolier, Inc., Claremont Ave., Jersey City, N.J. 073 Silk-screen wall covering—Jack D Designs, Inc., 7355 S. Exchange, Chica Ill. 60649. Birch cabinets—The Mo Shop, Inc., 21 Merritt St., Hamden, Co 06511. Curtain fabric—Jack Lenor sen, 232 E. 59th St., N.Y., N.Y. 10 Dishwasher—KitchenAid, Div. Hol Mfg. Co., World Headquarters A Troy, O. 45373. (Bottom left): Tabl The Model Shop, Inc., 21 Merritt Hamden, Conn. 06511. Chairs—Sten Inc., 410 E. 62nd St., N.Y., N.Y. 10 Hanging light—Lightolier, Inc., Claremont Ave., Jersey City, N.J. 073
Page 65 (top right): Teak sofas— Model Shop, Inc., 21 Merritt St., H den, Conn. 06511. Plexiglas table/cub The Model Shop, Inc., 21 Merritt Hamden, Conn. 06511. Shelving and c nets—The Model Shop, Inc., 21 Mer St., Hamden, Conn. 06511. Can light Lightolier, Inc., 346 Claremont A Jersey City, N.J. 07305. Piano—Steinw and Sons, Steinway Pl., Long Island, N 11103. (Bottom right): White wood sons table—The Model Shop, Inc., Merritt St., Hamden, Conn. 06511. W dows—Andersen Corp., Bayport, Mi 55003.
Page 67 (top right): Sofa—Simmons 280 Park Ave., N.Y., N.Y. 10017.
SHELVE IT
Page 69 (bottom): Sofa—Directional, Third Ave., N.Y., N.Y. 10010. Wing tub chairs—Heirloom Furniture Inc., Old Thomasville Rd., High Point, N 27260.
Page 69 (top): Carpet—Harmony C pet Co., 869 2nd Ave., N.Y., N.Y. 10 Yellow plastic chair—The Childr Workbench, 470 Park Avenue So N.Y., N.Y. 10016.
Page 70 (lower left): Chair—Stendig, I 410 E. 62nd St., N.Y., N.Y. 10021.
Page 73 (lower left): Sofa bed—Cali nia Couch, Furniture Craft of Califor 1656 W. 134th St., Cardona, Calif. 90 Light fixture—George Kovacs, 831 M son Ave., N.Y., N.Y. 10021.
SENSATIONAL SHORTCUT RECIPES
Page 78 (right): Red pan—Dansk Inte tional Designs Ltd., Radio Circle Rd., Kisco, N.Y. 10549.
Page 80: Parfait glass—Libbey Glass, Owens-Illinois, Inc., P.O. Box 919, T do, O. 43693. Cobbler glass dish—Rie Crisa Corp., 1818 Leavenworth, Oma Nebr. 68102.
Page 81 (right): Yellow pan—Corpo I 11 E. 26th St., N.Y., N.Y. 10010. Yel plate—Plastic Mfg. Co., 2700 S. W moreland Ave., Dallas, Tex. 75224. Sp —International Silver Co., 500 S. Br St., Meriden, Conn. 06450. (Left) Bask Crate & Barrel, 1510 N. Wells Chicago, Ill. 60610.
PRIZE TESTED RECIPES
Page 89 (left): Plate—Bennington Pott 324 County Street, Bennington, Vt. 05 (Right): Fork—Oneida Silversmi Kenwood Station, Oneida, N.Y. 1342
Page 90 (left bottom): Forks—Ekco dustries Inc., 225 5th Ave., N.Y., N 10016, Rimmed plates—Royal Copen gen Porcelain Corp., 8 Westchester Pl Elmsford, N.Y. 10523. (Top right): Pl cup, and saucer—"Indian Tree" Sp Inc., 26 Kennedy Blvd., E. Brunsw N.J. 08816. (Bottom right): Cassero Finel U.S.A. Inc., 225 Fifth Ave., N N.Y. 10010. Plates—"Taos" Independe Ironstone & Glass, INTERPACE Co 2901 Los Feliz Blvd., Los Angeles, C 90039.

CHOW, CHOW, CHOW VS. CAN, CAN, CAN.

COST PER SERVING

	PURINA CAT CHOW	SMALL CANNED CAT FOOD
PER SERVING	4¢	12¢
MONTHLY COST	$2.24	$6.72
YEARLY COST	$26.88	$80.64

GREAT NUTRITION FOR A LOT LESS MONEY.

If you love your cat and want to feed him a delicious square meal, you don't have to get it from a round can. Purina® Cat Chow® cat food has as much nutrition as those small canned cat foods. Yet it costs about one-third as much per serving.

Cat Chow tuna flavor costs about $50 a year less than canned tuna cat food. So does liver flavored Cat Chow. And all of our other cat-tempting flavors.

More cats love Cat Chow than any canned cat food. It's the number one cat food in America. But if your cat is finnicky, with Cat Chow there's even a way you can coax him.

The next time you feed him, mix in a small handful of Cat Chow with his regular canned cat food. For the next 8 days, gradually increase the amount of Cat Chow as you reduce the amount of canned food. On the 10th day, fill up his bowl with nothing but Cat Chow.

If he's like most cats, he'll be a Cat Chow lover for life.

And you'll do the Chow-Chow-Chow all the way to the bank-bank-bank.

For your pet's health . . .
see your veterinarian regularly.
®

Now, when you shop for home furnishings, this new program will help you "BUY PREPARED!"

The Better Homes and Gardens Consumer Information Center program is designed to give you factual and unbiased buying information about home furnishings products right in the store where you shop. Each of the leading stores listed below is an authorized BH&G Consumer Information Center.

In the Center you will find a wealth of information, prepared by the editorial staff of Better Homes and Gardens to help you get the best value for your money in all home furnishings products. Each unit contains a series of 12 index cards featuring value points to look for in all types of furniture, bedding, carpeting, lamps, fabrics and many other products. And you'll find three 48-page books, presenting in-depth information on wooden and upholstered furniture, carpeting and bedding. (You can study these at home.) Also, each unit has a built-in room planning grid to help you in planning a room before making a purchase. Finally, there is a section for the sponsoring manufacturers' literature, to further guide you in your purchase.

Check the list of stores below for the Consumer Information Center nearest you. And when you get ready to purchase something new for your home, make it your first stop!

ALABAMA
Danley's Manor House
Birmingham
The Village Carriage House
Dothan
Gulf Carriage House
Mobile
Country Manor
Montgomery

ALASKA
Nerland's Ethan Allen Gallery
Anchorage

ARKANSAS
Joe Bass Carriage House
Little Rock

CALIFORNIA
Biagi's Carriage House
Belmont
Carriage House
Mountain View
John Breuner Company
Oakland
Kincaid Home Furnishings
Sacramento
Georgetown Manor, Inc.
Santa Ana
Georgetown Manor
Stockton
Carriage House
Torrance
Georgetown Manor Inc.
Whittier

CONNECTICUT
Country Manor
Branford
Nassau's Carriage House
Canton
Carriage House
Danbury
Nassau's Carriage House
Enfield
Americana Furniture Barn
Waterford

FLORIDA
Carriage House of Fort Myers
Ft. Myers
Danley's Carriage House
Pensacola
Danley's Carriage House
Tallahassee
Carriage House Interiors
Tampa

GEORGIA
Carriage House Furniture
Atlanta
Greene Manor, Inc.
Augusta
Carriage House of Columbus
Columbus

ILLINOIS
Hubbard's Home Furnishings
Batavia
The House of Willie
Bradley
Carriage House of Champaign
Champaign

INDIANA
Georgetown Manor of Merrillville
Merrillville

IOWA
Matt Furniture Co.
Spencer
Carriage House
Waterloo

KANSAS
Adams-Parker Furniture, Inc.
Hutchinson
Falconer's Carriage House
Kansas City
Hughes Georgetown Manor
Wichita

LOUISIANA
Grand Gallery
Baton Rouge
Weimer's Carriage House
Lafayette

MAINE
Falmouth Carriage House
Falmouth

MARYLAND
Johnson's Colony House
Bel Air

MASSACHUSETTS
Country Manor, Inc.
Burlington
Platkins Manor House
Leominster
Carriage House
Natick

MICHIGAN
Alpena Furniture Co.
Alpena
Concord Manor
Grand Blanc
DeKorn Ethan Allen Gallery
Grand Rapids
DeKorn Furniture Co.
Kalamazoo
The Hearthside
Livonia
The Hearthside, Inc.
Utica

MINNESOTA
Schneiderman's Furniture
Meadowlands

MISSISSIPPI
Mauldin's Carriage House
Columbus
Anders Furniture
Meridian

MISSOURI
Mardick Furniture
Joplin
Kirwan Furniture
St. Joseph
Hedges Carriage House
Springfield

MONTANA
Vaughn's
Bozeman
Carriage House of Montana
Great Falls

NEBRASKA
Carriage House
Omaha
Nebraska Furniture Mart
Omaha

NEVADA
Walker Furniture,
(United Furn. Factory D/B/A)
Las Vegas

NEW JERSEY
Brielle Furniture
Brielle
Mirons Ethan Allen Gallery
Watchung

NEW YORK
J. J. Peoples Centennial House
Astoria
Abraham & Straus
Brooklyn
J. J. Peoples Centennial House
Brooklyn
Edgecomb's Carriage House
Elmira
Americana Galleries Ltd.
Flushing
Flannigan Furniture Stores
Greese
B. Altman & Co.
New York
J. J. Peoples Centennial House
New York
Flannigan Furniture Stores
Pittsford
Flannigan Furniture Stores
337 Driving Park Avenue
Rochester
Flannigan Furniture Stores
1346 Culver Road
Rochester
Flannigan Furniture Stores
3890 W. Henrietta St.
Rochester
Brenner's Ethan Allen Gallery
Yonkers

NORTH CAROLINA
Carriage House
Charlotte
Bostic-Sugg Furniture
Greenville

OHIO
Carriage House of Lorain
Amherst
Leugers Carriage House
Cincinnati
Concord Manor
Mentor
Concord Manor (West)
Middleburg Heights
Sheely's Furniture
North Lima
Hume's Carriage House
Youngstown

OKLAHOMA
Loomis Carriage House
Enid
Home Furniture and Appliance
Miami
Mathis Bros. Furniture Co.
Oklahoma City
Village Carriage House
Oklahoma City
Rich's Carriage House
Tulsa

OREGON
Georgetown Manor
Portland

PENNSYLVANIA
Arthur F. Schultz Co.
Erie
York Carriage House
York

SOUTH CAROLINA
Greene Manor
Columbia
Carriage House of Greenville
Greenville

TENNESSEE
Gurley's Homestead House
Bristol

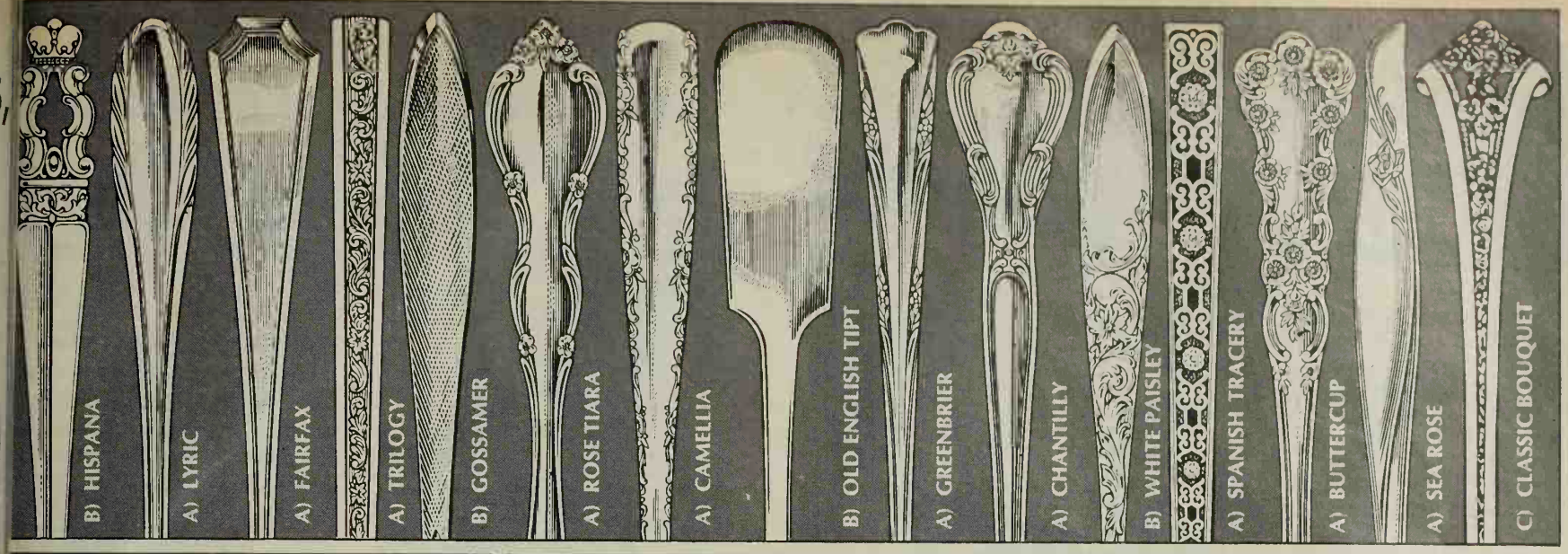
TEXAS
Concord House
Amarillo
Coach House
Dallas
Plymouth House
Ft. Worth

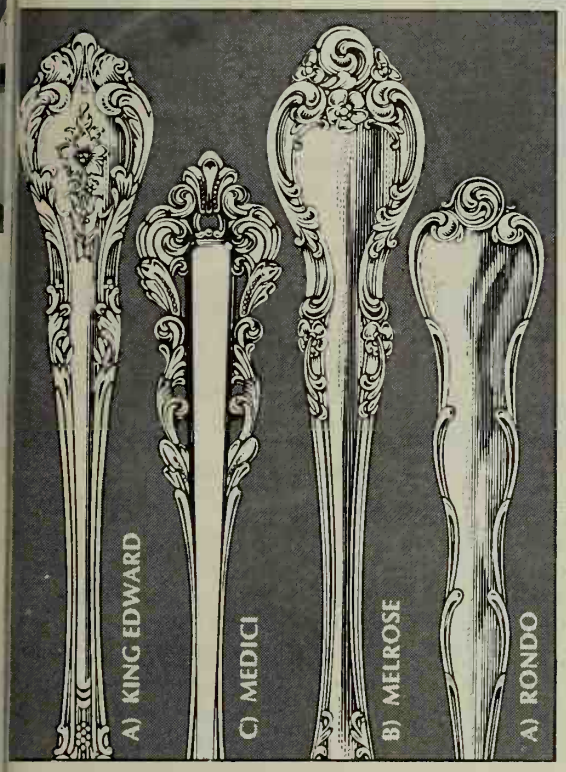
VIRGINIA
Crawford House
Chesapeake
Crawford House
Norfolk

WASHINGTON
Ken's Suburban Furniture
Bellevue
Kaufman-Lebo
Bremerton
Carriage House
Lynwood
American Home Furnishings
Seattle
Continental Furniture
Seattle
Ken's Suburban Furniture
University Village
Seattle
Ken's Suburban Furniture, Northgate
Seattle
Self-Service Furniture
Spokane
Ralph Johnson Carriage House
Tacoma

WEST VIRGINIA
Carriage House, Inc.
Huntington
Wells Eakin Company
New Martinsville
Brown's Carriage House
Wheeling

WISCONSIN
Carriage House
Madison
Steinhafels Furniture
New Berlin





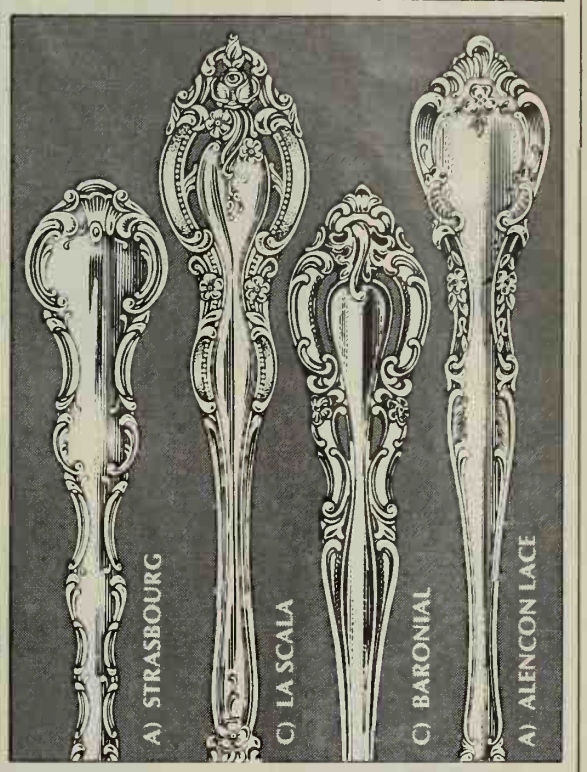
SAVE AT JACCARD'S!

35% OFF GORHAM STERLING SILVER

24 PIECE SETS!

1/3 OFF 4 PIECE PLACE SETTINGS!

25% OFF ALL GORHAM OPEN STOCK!



24 MONTHS TO PAY WITHOUT ANY FINANCE CHARGE

Order by mail now from Jaccard's. This sale ends June 28, 1975. (Note: If you are matching present Gorham sterling silver patterns, please be sure to include tracings of the knives, forks, soup spoons and butter spreaders.)

Buy on Jaccard's Silver Club Plan: 10% down, balance in 24 equal monthly payments ($5.00 minimum). No finance charges added for deferred payment. 4-piece place setting includes teaspoon, place knife, place fork, and salad fork. 24-piece set includes eight 3-piece place settings (teaspoon, place knife and place fork). All 26 current Gorham patterns included in this special sale.

FREE SILVER CHEST!

Holds full 130 piece service. Pacific cloth lined chest free with purchase of $300 or more.

JACCARD'S
JEWELERS SINCE 1829

Jaccard's, 22 Petticoat Lane, Kansas City, Mo. 64106

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

☐ Cash. Check enclosed for full amount (add sales tax as applicable).
☐ Master Charge or Expiration Date _____
☐ BankAmericard No. _____
☐ Jaccard's Silver Club Plan (complete the following only if you are using Jaccard's Silver Club Plan and enclose 10% down payment).

Employer's name and address: _____

Position: _____ Length of service: _____

Bank reference: _____

Order your Gorham Sterling Silver by mail from Jaccard's right now with confidence. The cost of credit is included in the price quoted for the goods and services.

Please ship the following in _____ pattern Gorham:

QUANTITY/ITEM	GROUP A REG.	GROUP A SALE	GROUP B REG.	GROUP B SALE	GROUP C REG.	GROUP C SALE
___24 piece set	$770.00	$500.50	$838.00	$544.70	$880.00	$572.00
___4 piece place setting	130.00	86.67	142.50	95.00	150.00	100.00
___Teaspoon	29.00	21.75	31.00	23.25	32.50	24.38
___Place knife	22.75	17.06	23.25	17.44	23.50	17.63
___Place fork	44.50	33.38	50.50	37.88	54.00	40.50
___Salad fork	33.75	25.31	37.75	28.31	40.00	30.00
___Place spoon	38.00	28.50	40.50	30.38	47.00	35.25
___Spreader, hollow handle	19.00	14.25	19.75	14.81	20.00	15.00
___Iced beverage spoon	38.00	28.50	40.50	30.38	47.00	35.25
___Cocktail fork	21.00	15.75	23.50	17.63	24.75	18.56
___Tablespoon, regular	65.00	48.75	70.00	52.50	87.50	65.63
___Tablespoon, pierced	65.00	48.75	70.00	52.50	87.50	65.63
___Sugar spoon	33.00	24.75	35.00	26.25	39.50	29.63
___Butter knife, hollow handle	16.50	12.38	20.50	15.38	21.00	15.75
___Cold meat fork	65.75	49.31	66.00	49.50	71.50	53.63
___Gravy ladle	65.75	49.31	66.00	49.50	71.50	53.63
___Pie/cake knife	30.25	22.69	38.50	28.88	38.50	28.88
___Olive/pickle fork	19.25	14.44	22.00	16.50	24.75	18.56
___Cream ladle	30.25	22.69	35.75	26.81	41.25	30.94
___Jelly server	33.00	24.75	33.00	24.75	35.75	26.81
___Lemon fork	16.50	12.38	16.50	12.38	17.00	12.75

Please add $2.50 handling/shipping charge. A partial listing only of silver pieces is shown above. The complete Gorham Sterling Silver sale price is available upon request.

NEED HELP GETTING UP?

Cushion-Lift® Chairs lift you slowly and safely to your feet and provide help comfort and independence for people afflicted with Arthritis, Rheumatism, Stroke or Parkinsonism.

Name _____ Address _____

City _____ State _____ Zip _____ Tel. _____

Write for information.

ORTHO-KINETICS, INC.
P.O. Box 436-185
Waukesha, Wis. 53186 • Phone (414) 542-8847

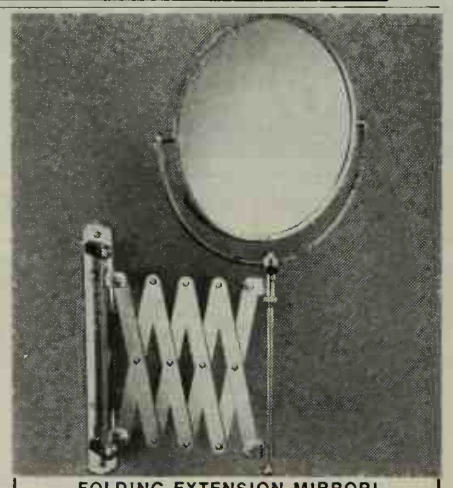
CUSTOM PRINTED SHIRTS

The latest craze—you think of the slogan and we'll print it! Any slogan . . . for your team . . . club . . . candidate . . . your favorite hobby . . . or whatever. Up to 30 letters printed on these quality cotton sweat shirts or T-shirts. Machine washable, paint will not run or fade. Colors are powder blue or navy blue. Size S, M, L, XL. Specify size & color. Add $2.00 extra for printing on both sides. We ship in 48 hours.

Sweatshirt $6.95
T-shirt $4.95

Write for FREE catalog of gifts

HOLIDAY GIFTS
Dept. 405-B, Wheat Ridge, Colorado 80033



FOLDING EXTENSION MIRROR!

This bathroom mirror comes to you—easy make-up, easy shaving! 7" two-faced mirror flips from plain to magnifying, extends 23" and swivels for best angle and light. Gives back of head view, folds flat to wall when not in use. Fine chrome-plated metal.

#7088—Folding Extension Mirror $12.98
Add 50¢ post. & hdlg., N.Y. res. add taxes

LILLIAN VERNON Dept. H54, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

BICENTENNIAL THIMBLES

Natural stoneware thimbles capture the spirit of America's 200th anniversary. Tomorrow's heirlooms, they are hand finished with handsome portraits of Washington or Jefferson in blue, or crossed flags in red, white and blue. All are dated 1776-1976.

$1.98 each; all 3 for only $5.00. Add 45¢ postage.

FERRY HOUSE, Dept. US, Briarcliff Manor, N.Y. 10510

1000 RETURN ADDRESS LABELS $1.00

Quick and easy way to put your name and return address on letters, checks, books, etc. ANY name, address and zip code up to 4 lines beautifully printed in black on crisp white gummed labels. 1¾" long. Free decorative box for purse or desk. Set of 1,000 labels, just $1 postpaid. Money back if not pleased. Don't know your zip code? We'll look it up for you.

Walter Drake 3055 Drake Bldg. Colo. Spgs., Colo. 80940

Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted each company will happily refund your money.

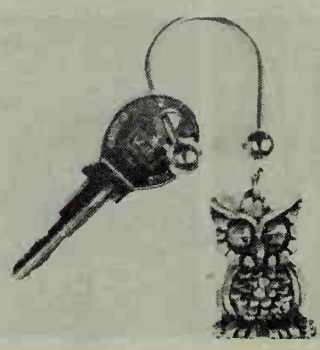
by Ann Lively

Handwoven wicker chair

38"H, 25"W, seat 15"H, $39. Sofa (not shown) 38"H, 48"W, s 16"H, $72.95. Zippered covers floral gold pattern or choice of gc black, avocado, red or tanger $14.95 set (chair), $29.95 set (sc Exp. chgs. coll. Painted white a 25%. Fran's Basket House, De BH5, Rt. 10, Succasunna, NJ 078

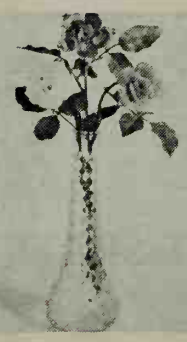
For baking & serving

Creative glass by the famed Co ing. These go safely, miraculous from refrigerator to pre-heat oven. Elegant for souffles, cass roles, salads etc. 1 qt., 1½ qt. & 2 5¾", 6½", 7¼" diam. # 8051 Set 3/$14.98 + 95¢ post. The Coun Gourmet, Dept. H5E, 512 So. Fult Ave., Mt. Vernon, NY 10550.



Owl key chain

Of handcrafted pewter, 1½ inch high; slips easily into your pocket purse. Keys won't be misplac quite so easily if every member the family has his own key cha An ideal gift. Order style Q-33, $3. each, postpaid. Spear Engineeri Co., 3015 Spear Bldg., Colora Springs, Colorado 80933.



Exquisite porcelain roses

Delicately crafted and finely detaile down to the tiny thorns. Of heirloo porcelain, in yellow, crimson wine. 13" tall. Arrangements a limitless. $1 ea.; 6/$4.95; 12/$8.9 Add'l. 79¢ ea. plus 25¢ post. or 7 for 6. Supplies limited. America Consumer, Dept. RP-24, Carolir Rd., Philadelphia, PA 19176.

Warm weather sandal

For spring and all through the sun mer. Made of soft leather with cush ioned insoles. Choice of brow white or navy; in medium width on (adjustable to any width). 4 thru 1 (whole sizes only) $9.95 + 90¢ pos Sizes over 10, $1 extra. Order "Sur spot." Sofwear Shoes, Dept. BH- 1711 Main, Houston, TX 77002.

China doll kit

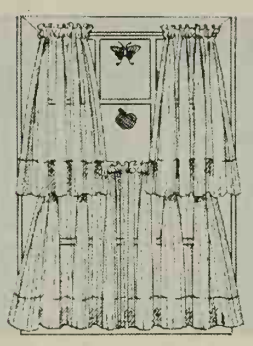
A rare treasure for a collector or special gift for a favorite little gir Victorian doll with head, arms an high-buttoned boots of shiny an matte finished china. Includes: pa terns for body, bonnet, sash, leg-c mutton-sleeve dress. 16½" H, $7.9 ppd. Yield House, Dept. D55X, Nc Conway, NH 03860.

oving sentiment

o love and be loved is the greatest on earth." Symmetric bird and ral motifs is fun to work in cross tch embroidery. Kit includes de- in on cotton, embroidery thread soft pastels, needle and direc- ns. Finished size 20" x 16". $5.95 50¢ post. The Stitchery, Dept. 4G5, Wellesley, MA 02181.

ailored country curtains

striped lawn of polyester/rayon rmanent press. A nice change for y room in your home. 86" wide r pr., lengths: 24", 30", 36", 40" .75. Matching valance 11"x85" ea. Specify Eggshell or White. us $1 per order post. Brochure ee. Country Curtains, Dept. BH5, ockbridge, MA 01262.



ersonalize your stitchery

ve your hand-made garments that pecial touch" with these rayon taf- ta labels. Sew them into dresses, itted items, etc. Eggshell with own & red trim. Name imprinted match. Specify choice of label, int name. 15/$1.25; 45/$2.25; 60/ .75. Holiday Gifts, Dept. 405-G, heat Ridge, CO 80033.

lack standard phone

ere's an ideal way to have that xtra phone. Reconditioned phones fine working order at a fraction the original price fitted with stan- ard cord and plug for instant use; any room in your home. $10.95 hp. Chg. $2.00. Catalog 50¢. Order om Grand Com Inc., Dept. BH5, 24 Fifth Ave., New York, NY 10001.

Wipe away burnt-on grease

ew miracle cleaner for aluminum, hrome, stainless steel, cast iron, opper and brass. Removes grease nd encrusted build-up from fry- ans, burner wells, barbecue grills c. Will not darken or pit utensils. oz. $2.98 + 50¢ post. Anthony nterprises, Dept. BHG-55, 585 larket St., San Francisco, CA 94105.

Checkbook balancer

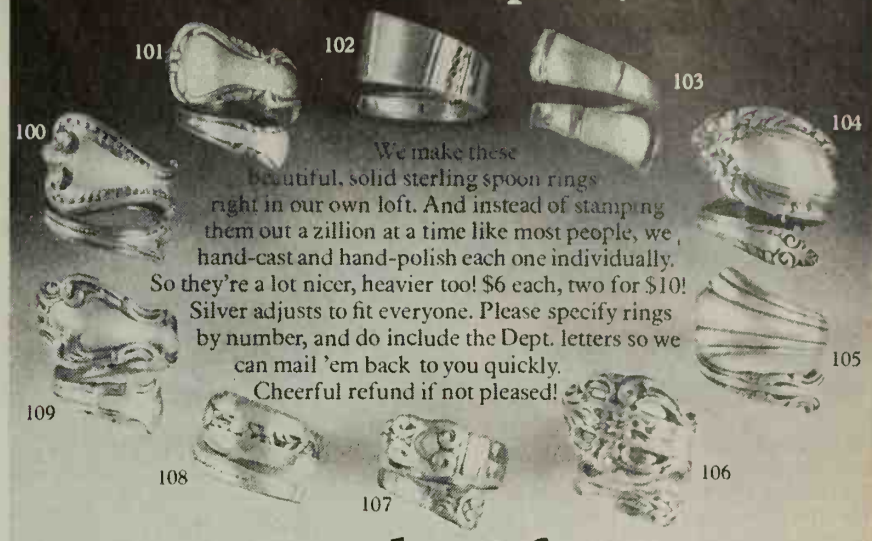
dds, subtracts, keeps an accurate tal of your account. Slips in check- ook; dial amount of deposit on "de- osit" side . . . flip over and deduct y dialing amount of withdrawal. alance (up to 6 digits) appears. ½"x3" $2.99 ppd. Walter Drake, H02 Drake Bldg., Colorado prings, CO 80940.

Window bubble insulates

rotects your cellar windows; of lear, rigid Plexiglas, covers semi- ircular wells up to 40"L, 12"H with 6" projection. Send sketch with smts. for special size or rectang. ell. Sale: $16.96 ea. + $3 Shpg. 1 to 3 units). Shpg. coll. W. of Miss., ilworth Mfg., Dept. BHG5, Box 158, loney Brook, PA 19344.

continued

Old fashioned quality, old fashioned price, $6



We make these beautiful, solid sterling spoon rings right in our own loft. And instead of stamping them out a zillion at a time like most people, we hand-cast and hand-polish each one individually. So they're a lot nicer, heavier too! $6 each, two for $10! Silver adjusts to fit everyone. Please specify rings by number, and do include the Dept. letters so we can mail 'em back to you quickly. Cheerful refund if not pleased!

Handcrafters®

Dept. BHGM 188 Whittier Ave., Prov., R. I. 02909

RENTAL-PURCHASE Program Available

Your STAIR-GLIDE® installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE®... the nation's largest selling stairway elevator! UL LISTED.

USED BY THOUSANDS: CARDIAC PATIENTS, ARTHRITICS, SENIOR CITIZENS, PHYSICALLY RESTRICTED, POST OPERATIVES.

WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU.

AMERICAN STAIR-GLIDE® CORP.

4001 East 138TH ST., Dept. BHG-5-5
Grandview, Missouri 64030

GET RID OF UNWANTED HAIR

Amazing Lemos Permagon destroys hair roots instantly—one by one—without pain. No wire connections. Uses tiny batteries (included). Same electrolysis system experts use to remove hair permanently from face, arms, legs and body.

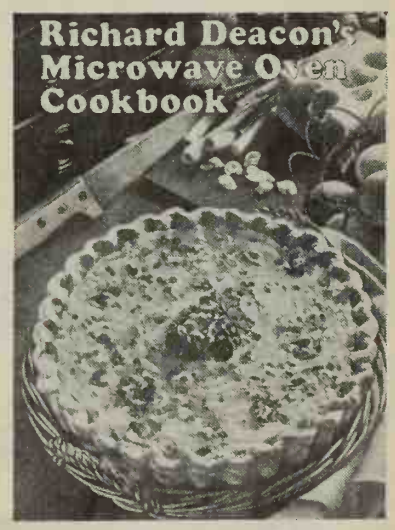
LEMOS PERMAGON $11.98 + 50¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-55
585 Market St., San Francisco, Calif. 94105

EFFORTS

EFFORTS: Here's a 1929 reprint that's guaranteed to make you smile. This 11" x 14" antique brown print is sure to be a delightful addition to the bathroom or nursery; or a charming gift for a friend. Only $1.00 each + 25c postage or 3 for $2.50. Melanie's Print Shoppe, Dept. 1B, Box 2245, Youngstown, Ohio 44504.



Unleash the full potential of your microwave oven with 231 great new recipes. Appetizers, beverages, soups, sandwiches, sauces and toppings. Eggs and Cheese: Quiche Lorraine and fondue, too! Meats: Roasting time charts, Teriyaki, Barbecued Spareribs, Ham with Strawberry Sauce. Chicken Marengo, Cordon Bleu. Seafood. One-dish meals: Unusual casserole and pasta recipes put taste-treats on the table in a jiffy. Vegetables, convenience foods and desserts. $5 paperback, $6.95 hardback. Add 50c shipping. Satisfaction Guaranteed! H. P. Books, Box 5367, Dept. BH-55, Tucson, AZ 85703. 4058 N. 14th Ave.

REMOVE HAIR PERMANENTLY

PERMA TWEEZ electrolysis—as seen in medical journals—safely and permanently removes all unwanted hair from face, arms, legs and body. This is the *only* instrument with special U.S. patented safety feature that destroys the hair root without puncturing skin. Automatic, 'tweezer-like' action gives safe and permanent results. Clinically tested—recommended by dermatologists. Send check or M.O.

14 DAY MONEY BACK GUARANTEE $16.95 ppd.

GENERAL MEDICAL CO., Dept. BH-127
5701 W. Adams Blvd., Los Angeles, CA 90016

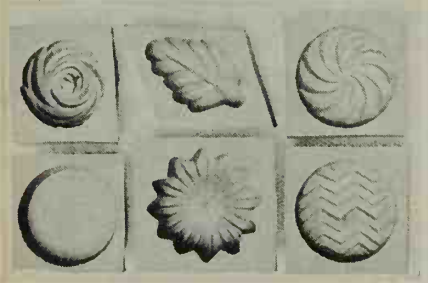
- ☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
- ☐ I enclose $16.95 in full payment.
- ☐ Americard/Master Chg. = Expiration date

NAME .....

ADDRESS .....

C/S ..... ZIP .....

Mfr. of Professional & Home Electrolysis Equip.



CANDY MOLDS

Now! You can make professional-looking candy mints by using these pure rubber candy molds. Make inexpensive candies in minutes with our FREE no-cook recipes included with your order. The mints are perfect for showers, weddings, receptions, parties, or hostess gifts. Give the molds as a unique gift. Order Rose, Leaf, Fancy Mint, Plain Mint, Daisy, or Corrugated Mint.

Each mold is $1.90 ppd
3 for $3.50 ppd 6 for $5.75 ppd

Ca. Res. add Sales Tax
Color Catalog — .25 or FREE with Order

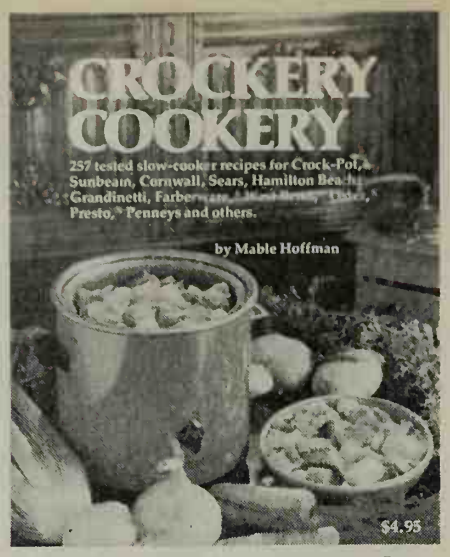
Judy's of California
Dept. 255, Box 728 Lompoc, Ca. 93436

LOW COST!
BLOW YOURSELF UP®

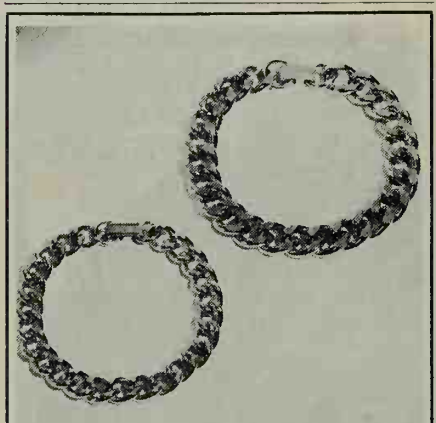
FULL COLOR PHOTO POSTER

Brilliant, full color photographic posters from any color photo. Great room decoration, gift idea.
1½x2 ft. 1x1½ ft. 2x3 ft.
$9.95 $7.95 $14.95
BLACK AND WHITE POSTERS From any b&w or color photo, Polaroid, or illustration.
2x3 ft. — **$3.95** 1½x2 ft. — **$2.95** 3x4 ft. — **$7.95**
$2.00 SPECIAL! B&W duplicates — 1½x2 or 2x3 ft. only $2.00 ea. with original b&w or color order.
RUSH SERVICE! Shipped 1st class in 1 day. Addit. $2 per poster. B&W only.
If ordering from slide or neg., add $1.00 per poster. Your original returned. Add 50¢ pstg. & hdlg. for EA. ITEM ordered. N.Y. res. add tax. Send check, cash or MO. No COD's.

PHOTO POSTER, Dept BH-55, 210 E. 23 St. NYC 10010



Delicious food from your Crock-Pot® or other slow cooker. Rib-sticking stews, hearty soups, tasty meats, poultry and vegetable dishes to whet your family's appetites. Elegant gourmet dishes include Teriyaki Steak, Stuffed Turkey Breasts, Chicken Marengo, Gourmet Leg of Lamb, Burgundy Duckling, Flank Steak in Mushroom Sauce, and Rhineland Sweet-Sour Cabbage. Hot appetizers and beverages. Includes breads, cakes and puddings! $4.95 paperback, $6.95 hardback. Add 50c shipping. Satisfaction guaranteed! **H. P. Books,** Box 5367, Dept. BH-55, Tucson, AZ 85703. 4058 N. 14th Ave.



COPPER CURE-ALL?

We're not making any claims, but sportsmen, socialites and actors share the copper craze. They swear by some magic mumbo-jumbo, copper gives aches and pains the brush off. 100% pure copper.

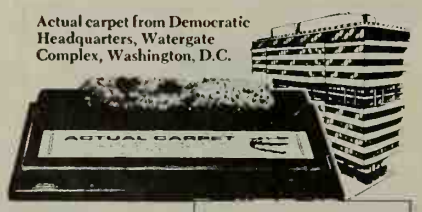
Men's Copper Bracelet $3.98
Women's Copper Bracelet $2.98
Mailing 30¢ Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

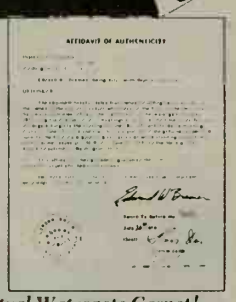
Anthony Enterprises Dept. BHG-55
585 Market St., San Francisco, Calif. 94105

Watergate!

Actual carpet from Democratic Headquarters, Watergate Complex, Washington, D.C.



A genuine historical heirloom to treasure — the actual carpet walked on by the "Infamous Five"! Carpet mounted on 5"x7" hand-rubbed hardwood presentation plaque. Own this rare souvenir of Watergate "complexities" — the most significant proceedings of our era! Quantity limited by the size of the actual carpet, order now! $10.95 plus $1 postage and handling.



YOU GET ALL THIS *Actual Watergate Carpet!*

Plus: Free Affidavit of Authenticity, guarantees your carpet is broadloom from floor of Democratic Headquarters at time of the break-in
Plus: Free color photograph of the Watergate Complex
Plus: Free "Watergate Carpet-Bagger" lifetime membership card

Satisfaction Guaranteed. If you are not completely satisfied you may return the Watergate carpet plaque within 10 days for full refund, and may keep the free Affidavit, free photograph, and free membership card, as our free gifts to you.

Write for free catalog of Gifts

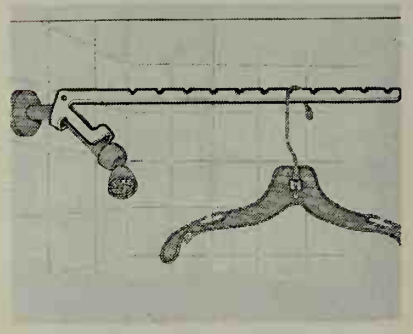
Dept. 405S
holiday Gifts
7905 West 44th Ave., Wheatridge, Colo. 80033

Invitation charm

A memento of the most important day in any girl's life . . . a sterling or gold charm that's a replica of the wedding invitation, photographed, reduced in size and etched into metal. ¾" x 1⅛". Sterling: $18.98. 14-kt gold: $66.98 + 50¢ post. ea. Holiday Gifts, Dept. 405-J, Wheat Ridge, Colorado 80033.

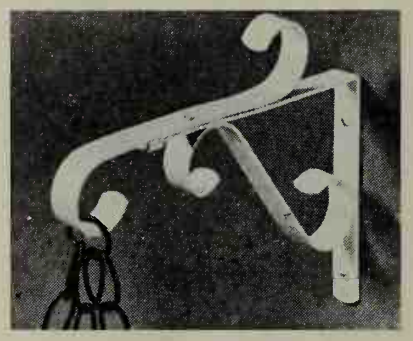
Chandelier spray

Clean your chandelier the easy way — just spray on and allow to dry. End the endless drudgery of this task. Your crystal will sparkle in a blaze of glory. Leaves an invisible coat of silicone. 7 ounces $2.98 plus 55¢ postage. Order from Anthony Enterprises, BHG-55, 585 Market, San Francisco, Calif. 94105.



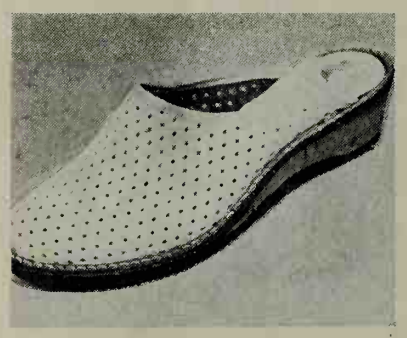
Handy hang-dryer

Convenient and space-saving dryer fits all shower heads. Dry your washables overnight, slips on and off instantly; fits in any suitcase. Of solid steel with white rustproof vinyl finish. Holds 11 hangers. $3.23 ea.; 2/$5.50 + 25¢ post. American Century, Dept. 3055, Box 36232, Los Angeles, CA 90036.



Double hanging bracket

Adjustable, one hanging hook is permanently fixed, the other slides 8" to 10" away from wall; clamp-screw holds it securely where you want. Hefty steel in wht. or jet-blk. #4163 white $3.98; #4162 black $3.98; 2/$7.50 + 50¢ post. Lilly's Garden, Dept. H5E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



The cushioned clog

Lightweight with a no nail construction. In genuine perforated leather, with a cork wedge laminated to bouncy rubber-like sole. Comes in camel, red or white. Sizes 6½-10 Narrow, 5-10 Medium, 5½-9 Wide. $13.00 + $1 postage. Old Pueblo Traders, 600 South Country Club B5C, Tucson, AZ 85716.

Oriental princess

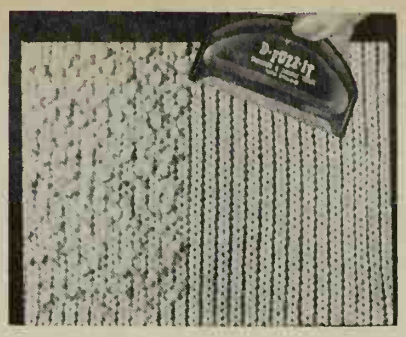
A lovely addition to your spring wardrobe. Beaded design shoulder bag completely lined, comes with a 32" shoulder strap. 9½" x 12", available in navy, red, white, black and brown. $2.95 each postpaid. Color catalog free. Order from Tex-Made, Dept. BHG-5, Box 16125, Houston, Texas 77022.

Tub tape does the job

Self-adhesive white vinyl tape seals the cracks and openings around the bathtub, sink or basin. So easy to use, just press tape onto surface and it's ready to work. Eliminates messy leaks etc. ¾" x 11 ft. $2.98 + 40¢ post. Order from Anthony Enterprises, Dept. BHG-55, 585 Market, San Francisco, CA 94105.

emove fuzz from sweaters

w scientifically designed D-Fuzz-removes matting, pilling in seconds. A comb that restores a new ok with a few strokes on knits, shmere, wools and orlon. Brush way all unsightly balling etc. $1.98 20¢ post. Order from Anthony nterprises, Dept. BHG55, 585 arket, San Francisco, CA 94105.

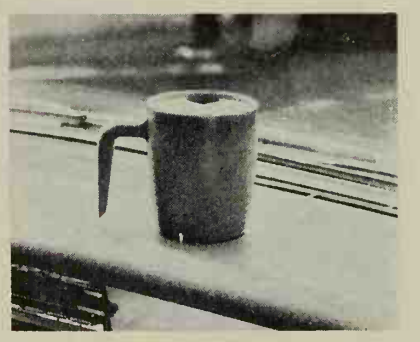


mbroidered Dahara Shirt

iese handsome imported shirts e made of white cotton with delite embroidery on both back and ont. Has a plunging 3 button neckle. For men & women, indicate ze (sm., med., lg.). $8.98; 2 or ore/$8.50 ea. + 50¢ post. ea. ord. merican Consumer, Dept. DS-128, aroline Rd., Philadelphia, PA 19176.

ommuter coffee cup

hen you're being driven somewhere, you'll enjoy having a coffee eak right in the car! Don't waste me stopping; commuting mug has spillproof cover with an opening r sipping. Fits into an outer cup at adheres to the dashboard. 3¾" gh. $3.25 ppd. 2/$6. Bruce Bolind, ept. BH-5, Boulder, CO 80302.



ronze baby's shoes

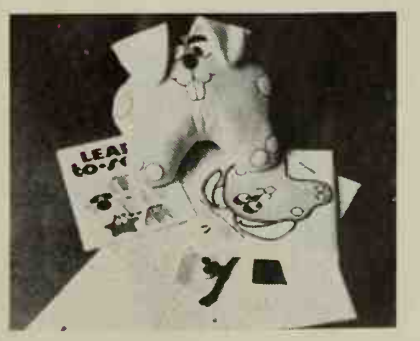
or a limited time only, baby's first oes are gorgeously plated in solid etal for just $3.99 a pair. Also vailable: portrait stands (shown), ookends, TV lamps. Perfect gift for randparents. Send no money; write or full details and money-saving ertificate: American Bronzing, Box 504-E2, Bexley, Ohio 43209.

is ring—solid silver

es, the heftiest solid Sterling Silver! eep block-initials look custom-arved for him along, stand out oldly from a black-shadowed base. olished with satin-finish sides for ontrast. Print 2 initials. Sizes 8-12, 3197 $14.98 + 35¢. Lillian Vernon, ept. H5E, 510 So. Fulton Ave., Mt. ernon, NY 10550.

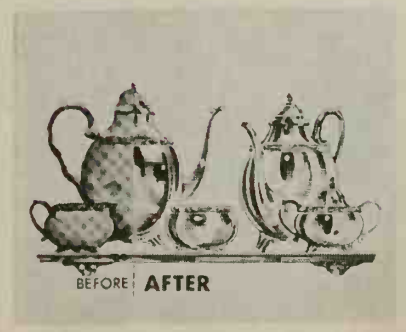
rimary pillow kit

ractically a sewing course in a ackage. For the young girl (or all-umbs adult) who wants to begin ewing, this kit is the happy way. Kit cludes everything to make the ani-al except the stuffing. Specify rab-it or dog. $4 + 40¢ post. Cartoon ewing book, 60 pg., $2 + 25¢ post. o-Sew, Box 974, Malibu, CA 90265.



argain silver-plating

ny item replated at sale price—no xtra charge for dent removal, raightening. They'll look better han new. Worn antiques, heirlooms uadruple silver-plated by Ameri-a's largest replaters. 100% guaran-eed. Free price list. Silver-Plating iv., Senti-Metal Co., BH5, 1919 lemory Ln., Columbus, OH 43209.



continued

Newest high fashion idea:

Yards Of "Diamonds!"

Our simulated originals—3 carats of sparkling beauty, 36" chain—Only $9.95

That world famous Fifth Avenue Jeweler sells 6 real diamonds on a 28" gold chain for $590! If you can't quite go that high — flaunt our "perfect counterfeit" — 6 sparkling ½ carat size simulated diamonds on a full yard of gold wash chain. But who's to know? After all, our fiery, fabulously beautiful pure white simulated diamonds are precision cut and faceted like the real thing, polished to flash their brilliance with every movement. You get six evenly spaced along a full yard of gleaming golden chain. We dare you to tell the difference and will cheerfully refund the entire purchase price if you don't sparkle with pleasure the moment you put them on! **Your choice of 3 lengths** — or drape all three round your neck and look merely sensational for $19.85 for the complete set — a savings of $5.00 over buying them separately. Mail coupon now!

© 1975 ACI

Full yard of 6 "diamonds" only $9.95
45" chain, 5 "diamonds" only $9.95
15" chain, 2 "diamonds" only $4.95
SAVE $5 — get all 3 lengths for only $19.85

For Canadian Customers: **T.P. Products, Box 1600 Station A**
Please send orders to **Toronto, Ontario M5W1Y1**
(Ontario Residents Add Sales Tax)

MAIL NO-RISK COUPON TODAY

AMERICAN CONSUMER, Dept. DT-14
Caroline Road, Philadelphia, PA 19176

Please rush me your simulated Yards Of "Diamonds!"

____ (DT) 36" chain(s) 6 simulated diamonds only $9.95
____ (DTA) 45" chain(s) 5 simulated diamonds only $9.95
____ (DTB) 15" chain(s) and clasp, 2 simulated diamonds only $4.95
____ (DTC) **SAVE $5.00** — get one of each — only $19.85

Please add 60¢ per order to partially cover postage and handling. If after receiving my order I'm not delighted, I may return it within 30 days and you will refund the full purchase price (except postage and handling).

Total amount enclosed $_____ (Add sales tax where applicable).

Check or money order, no CODs please.

CHARGE IT. Fill in credit card information. Master Charge BANK NUMBER ☐☐☐☐

Credit card expiration date _____

Master Charge # _____

BankAmericard # _____

Name _____

Address _____ Apt. ____

City _____ State _____ Zip _____

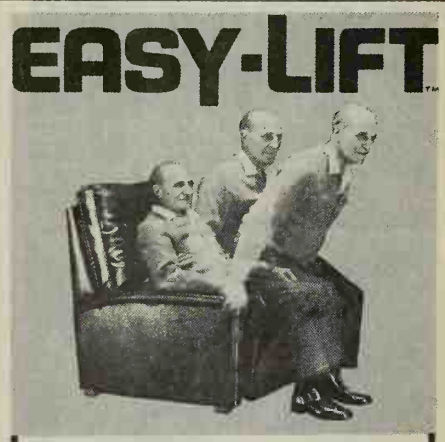
NO MORE WET HAIR

Keep hair dry while bathing or swimming. Absorbent Dry Band gives positive seal against moisture. Keeps hair-do safe, dry. Easy to use—practical for all ages. Simply wrap poly-foam band around head to cover hairline. Wear under shower or bathing caps. Adjustable.

DRY BAND ..... **$2.98 + 20¢ Mailing**
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-55
585 Market St., San Francisco, Calif. 94105

EASY-LIFT



LIKE A HELPING HAND.

Many people—senior citizens, arthritics, and those suffering from Multiple Sclerosis, Muscular Dystrophy or Parkinson's disease—need help getting in and out of a chair. The EASY-LIFT power cushion recliner gently lifts you forward as well as up to a semi-standing position. The lifting angle adjusts to fit your needs, controls are easy to reach, and it runs on household current. EASY-LIFT—like a helping hand.

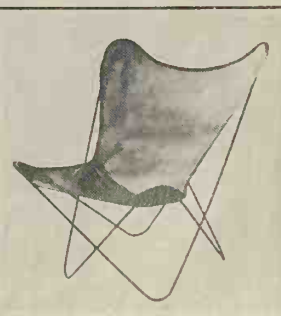
WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU.

AMERICAN STAIR-GLIDE CORP.
4001 East 138th Street, Dept. BHG5-05
Grandview, Missouri 64030

BUTTERFLY CHAIR COVER

Super heavy 15 oz. water repellent cotton duck. Matching binding. Sewn with nylon thread for extra strength. Bright new chair covers in decorator colors: Gold, tangerine, turquoise, avocado, black or white. **$9.95** postpaid.
Double dipped black steel frame also available, **$14.50**, freight collect.

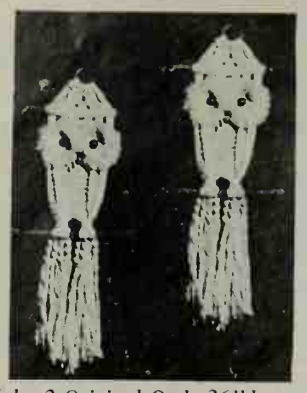
Sorry no C O D's
Write for free illustrated catalogue.



LEISURE HOUSE
Helen and Blade Streets P O Box 16038
Cincinnati, Ohio 45216

MACRAME KITS

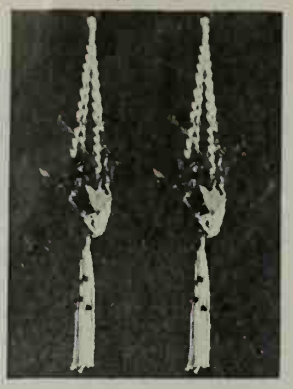
'Who's Whoo'



Make 2 Original Owls 36" long using White Macrame Cord, Colored Wood Beads, Gold Rings and instructions for only $6.95.

Choose the color of your Owl's eyes:
L-1 Brown L-2 Yellow
L-3 Orange L-4 Moss

'Knots To You'



Make 2 Beautiful Pot Slings 54" long using White Cord, Matching Wood Beads & Rings and instructions for only $6.95. Pot not included.

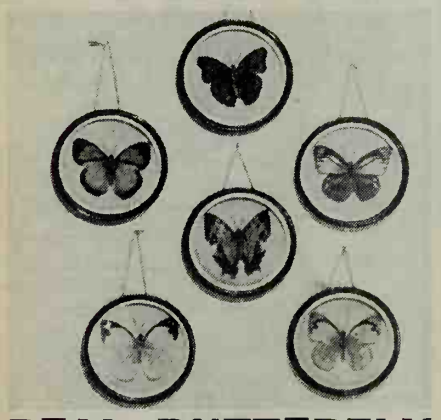
Choose your Matching Bead colors:
L-5 Brown L-6 Yellow
L-7 Orange L-8 Moss

FREE with order of 2 or more kits--$1.50 'Macra-Hangings' Book.

*LERNER'S crafts*by*mail*
p.o.box 13469-phx, az 85002

Please add $1.25 for postage and handling. No. C.O.D.
Satisfaction guaranteed.

Write for FREE brochure of our complete line of Macrame supplies.



REAL BUTTERFLY
Wall Plaques

Set of 6
$5.98
Add 75c Post.

Real butterflies are mounted under glass on white plaques with lacquer frames. Each is complete with silken cord for hanging. They can be arranged in a number of ways for striking wall decor. 6 different, colorful butterflies. 3½" diameter.

Money Back if Not Delighted

HARRIET CARTER Dept. BHG-14055 Plymouth Meeting, Pa. 19462

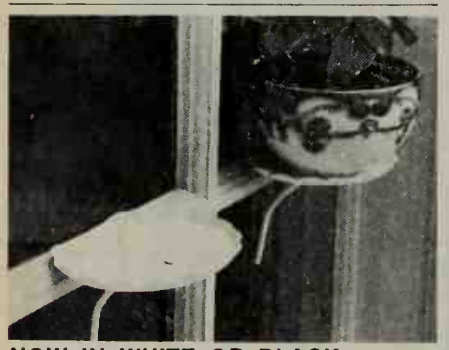
3-OWLS-$1
for Glass Doors & Windows
STAINED GLASS COLORS

See-Thru Self-Stick

Decorate windows, shower doors, mirrors, lamps, etc. Prevents door accidents. Translucent, fadeproof, mylar, washable, weatherproof. Each colorful owl about 3". Set of 3. Also available in set of butterflies.

Set of 3 Only $1 plus .15¢ pp.
Send check or m.o. Satis. Guar.

CADLYN'S Dept. BH5
2077 N.Y. Ave., Huntington Sta. N.Y. 11746



NOW IN WHITE OR BLACK...
Window Shelves 2 for $2.98

Perfect for sun-loving plants! Hanging prong slips between pane and molding. "Stem" rests on window. Sturdy 4" metal rounds, hold 4-5 lbs. Set of 2.

#4317—White Window Shelves | 1 Set $2.98
#4255—Black Window Shelves | 2 Sets $4.98

Add 50c post. & hdlg., N.Y. res. add taxes

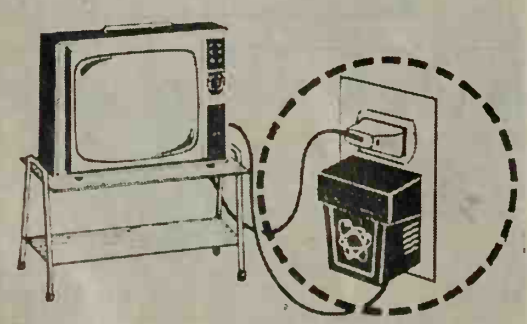
Lilly's Garden Dept. H55 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

LIFELONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This stainless steel lifetime identification tag displays all the necessary information for his safe return—pet's name, your name, address and phone number, all engraved free. Hook for easy attachment to collar. Specify dog or cat.

$1.00 Ppd.

HOLIDAY GIFTS
Dept. 405-F, Wheat Ridge, Colorado 80033



SECRET POWER ANTENNA

Attaches to rear of TV set and into any AC/DC outlet to bring in marvelously crisp, clear pictures and eliminate all manner of ghosts and electronic gremlins. Unseen antenna eliminates need for ugly roof equipment or old-fashioned rabbit ears. For AM/FM, UHF/VHF, Black & White or Color sets.

Secret Power Antenna
$5.98 + 50¢ Mailing Each
Calif. residents add 6% sales tax.

Satisfaction guaranteed.

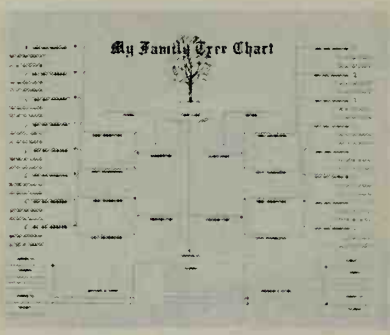
Anthony Enterprises
585 Market St., Dept. BHG-55
San Francisco, Calif. 94105

Mushroom pendant

This large multi-mushroom pend is sure to bring admiring comp ments. It's handcrafted pewter a comes with a chain. 3" high x 2³ wide. An ideal Mother's Day gift. C der style Q-52, $8.95 postpa Order from Spear Engineeri Company, 3013 Spear Buildin Colorado Springs, Colorado 809

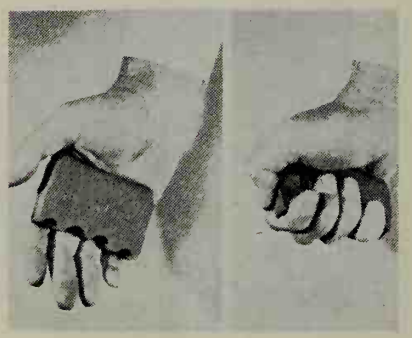
Open back shoe

Of soft urethane with full cushion insoles, crepe soles and 1 stained-wood heels. In Narro Medium or Wide widths. Choice white, bone, red, navy, black or gol Sizes 4-12. Order "Kathy" $9.95 90¢ post. Sizes over 10, $1 extr Sofwear Shoes, Dept. BH-5, 171 Main, Houston, TX 77002.



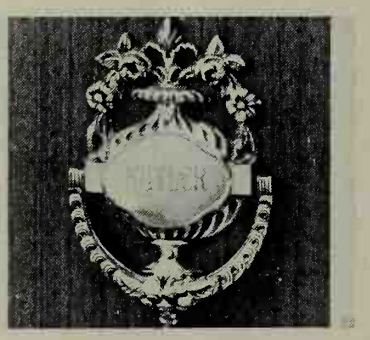
Trace your ancestry

"My Family Tree Chart" makes fascinating and easy to compile yo family lineage. On heavy antique parchment paper, with instruction Spaces for 6 generations, 17" x 22 $1.95 + 45¢ post.; 8 generations 22 x 34" $2.95 + 45¢ post. J. W. Hols Inc., Dept. BT-575, 1864 E. U.S. 2 East Tawas, Mich. 48730.



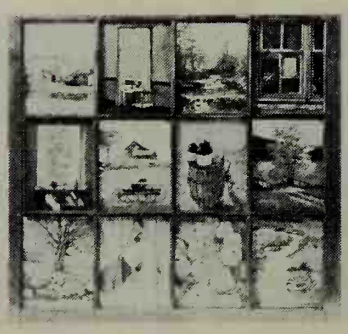
Muscle toner

An exercising aid made of firm resi ient rubber with space for eac finger. Designed to strengthen han and arm muscles. Helps reliev aches and stiffness while sitting i a chair. $2.29 plus 25¢ postage Order from Anthony Enterprises Dept. BHG55, 585 Market, Sa Francisco, CA 94105.



Classic knocker

In pewter or brass finish, 8"H, cas metal. Antiqued, lacquered to def tarnish and the elements. Engrave on matching polished plate (bras or nickel silver). Print name. #14 brass $3.98 + 50¢ post. #1135 pew ter $3.98 + 50¢ post. Lillian Vernon Dept. H5E, 510 S. Fulton Ave., M Vernon, NY 10550.



Magic window

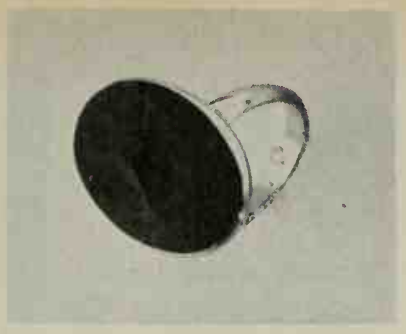
Turns a drab windowless wall into "window on the world". Twelv paintings displayed in a rustic win dow frame and reproduced in colo as an art print that requires no fram ing. 22¼" x 21½", $1.98 + 35 post. 2/$3.49 + 35¢ post. Crown Castle, Ltd., Art Div. NW233, 5 Bank St., Stamford, Conn. 06901

"Outdoor Cafe" wall plaque

Imagine you're dining in an outdoo cafe on the Riveria. Hand wrough metal sculpture with antique coppe finish trim. Fine detailing, distinctive and unusual. Add a touch of Medi terranean mystique. 16" x 33" long $32.95 + $1 post. Holiday Gifts Dept. 405-M, Wheat Ridge, Colo rado 80033.

ovely ring with stone

vailable in 18 kt. heavy gold elec- oplate with either genuine Black nyx or Genuine Blue Lapis stone. treat fro yourself or give one to our favorite girl. Looks well too, ith other rings on the same hand. izes: 4-9; $8.95 each. Lions, Dept. 5BG, 665 Middle Neck Rd., Great leck, NY 10023.

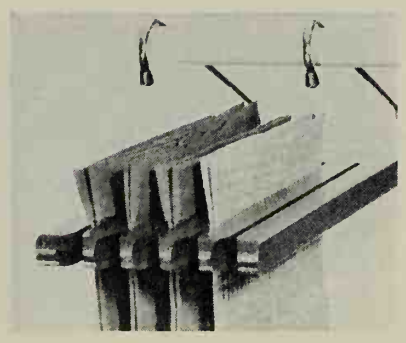


a Cotta steak maker

new discovery from Northern Italy. Made of special, porous volcanic ock that draws out fat, bitterness nd acidity from steaks, chops, fish nd chicken while it preserves nat- ral juices to make meat succulent. 9.98; 2/$18.98 + 50¢ post. Ameri- an Consumer, Dept. LS-62, Caro- ine Rd., Phila., PA 19176.

liding slack rack

Rack holds five pair of slacks wrin- kle free, you can see them at a glance. Compact rack stays in clos- et while you slide slacks in and out. Solid cherrywood with chrome plated hanger. A great Father's Day gift. $6.50 each, 2 for $12.50 + 95¢ post. Ferry House, Dept. BH5, Briar- cliff Manor, New York 10510.



Needlepoint portrait kit

Send color or B/W photo (returned) with color info. Includes artist's por- trait of subject on canvas, yarn and instr. 10″x14″ $24.95; 14″x18″ $34.95, 18″x22″ $39.95. Embroidery kits, same prices, add'l subj. $15. + $2 post. (NJ res. 5% tax) Needle- point Portraits Ltd., Studio 204, 20 Nassau St., Princeton, NJ 08540.

700 Olde Time Needlecraft

Designs & Patterns. Needleworkers will enjoy having this most useful book to refer to. It includes 500 dif- ferent quilt designs, inspirational decorative designs, borders, edg- ings, initials, patterns etc. Give one to a friend as a gift. $1.25 per copy. House of White Birches, Inc., Box 337-CE, Seabrook, NH 03874.

Handy bath reader

Everyone enjoys having magazines in the bathroom. Keep yours from winding up soggy and torn. This good looking wall rack holds 10 is- sues plus 2 handy rolls of bath tis- sue. It comes finished in antique pine or honeytone pine. 11¾″x4½″ x 18″H. $14.95 ppd. Yield House, Dept. D55T, No. Conway, NH 08360.

Diamonite heart pendant

43 perfectly matched simulated dia- monds, each selected for beauty and brilliance. To enhance this love- ly pendant a ¼ carat baquette "Diamonite" dangles from the fine 17″ chain. $4.95 each; 2/$9.49; 3/ $13.95 ppd. Gift boxed. Plantron, Inc., Dept. 3140-10, 2207 East Oak- land Ave., Bloomington, Ill. 61701.

continued

ON SALE
Dial-In-The-Hand Telephone

The improved version of the original T-Line phone. The base is designed to lay on the table or desk, or it can be hung on the wall. The only modern double use phone. The dial is cleverly fitted in the handset, and has an extra disconnect button so you can dial another number without hanging up. Functionally equivalent and interchangeable with any standard dial system. Your choice of decorator colors, red — white — blue — green — Ivory — Beige — and Mauve.

$49.95

Shipping Charge 2.00

Send 50¢ for complete Catalog

Grand Com Inc. Dept. BH5-5
324 — 5th Ave., N.Y. 10001

Send me _____ $ Enclosed.
Name _____
Address _____
City _____ State _____ Zip _____
Charge my Credit Card.....(name)
card #.....exp. date.....
Enclose check or money order. No C.O.D.'s

PAGE SIZE MAGNIFIER

Page Magnifier is handy for looking up telephone or map directory listings, stock market reports, etc. The whole page is magnified at one time. Wafer thin and measures 7″ x 10″.

PAGE MAGNIFIER
$2.98 + 25¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-55
585 Market St., San Francisco, Calif. 94105

TEXAS BEAUTY

$5.95 ppd

(*initials free with this ad*)

Money Back if not delighted

Popular purse in finest simulated leather. 12″ x 12″ with 5 pockets—4 outside, one inside. Choose from Black, White, Red-White-Blue, Red, Bone, Navy, Tan or Brown. Gold tone initials. Prompt shipment. Free Catalog.

TEX-MADE, BOX 16125, DEPT BHG, HOUSTON, TEXAS 77022.
Sales representatives wanted

Destroy lingering odors.

Destroy the musty smells. The cigar smoke. Pet odors. And mildew.

The powerful Envair computer-designed air freshener unobtrusively cleans the air with a steady flow of pleasing but subtle fragrances.

Decorator gold dispenser, four month supply of fragrances *and battery* . . . only $29.95, postage paid.

envair
8603 Botts Lane, San Antonio, Tx 78286
Check or money order. Send no cash.

Name _____
Address _____
City _____
State _____ Zip _____

$4.95 PAIR POSTPAID

Pat. Pend.

WALK ON WATER!
NEW! WATER CUSHIONED INSOLE PUTS YOU ON YOUR FEET AGAIN!

The unique design of this revolutionary Water Filled Insole, provides INSTANT RELIEF from painful Callous, Warts, and Burning Feet. A soft cushion of water continuously molds itself to the shape of your feet with every movement. You will say as many have already-AMAZING-SENSATIONAL-BLESSED RELIEF! *30 DAY MONEY BACK GUARANTEE!*

AQUA PED™
SEND SHOE SIZE
CHECK OR MONEY ORDER
10 N. 26th St.
Kenilworth, N.J. 07033

NEEDLEPOINT SCHNAUZER

This adorable Schnauzer design has already been carefully hand-worked on 10-mesh needlepoint canvas. You just fill in the background (background yarn not included.) Finished size: 15" x 15". Only **$7.95** plus 50¢ postage. Add **$3.50** for five skeins of scarlet background yarn.

Send 25¢ For Next 4 Issues Of Our Art Needlecraft Catalog.

The Stitchery Dept. BHG305, 204 Worcester Turnpike Wellesley Hills, Mass. 02181

BRIGHT OUTLOOK FOR PATENT

"MARGIE"—Sandals of marshmallow-soft patent. So versatile they swing from sporty to dressy occasions. Superbly comfortable with their foam-cushioned insoles and 1½ inch heels. Elasticized sling straps assure perfect, self-adjusting fit. Colors: White, Black, Navy, Bone or Red. $12.95. Sizes 4 through 12; Narrow, Medium or Wide widths. No half sizes over 10. $1.00 extra per pair for sizes over 10. Add 90¢ postage for each pair ordered. Refund if not delighted. Free catalog. Write SOFWEAR SHOES, Dept. M, 1711 Main, Houston, Texas 77002.

SHRINK STOMACH

Waist Watchers will feel muscle tighten and see stomach shrink from first day you use the Waist Wheel. A few rolls back and forth from knee position equals 100 sit-ups. Progress Chart included.

SINGLE WAIST WHEEL **$5.98**
Mailing 80c Each

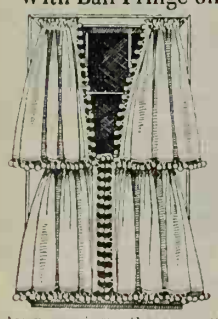
DUAL WAIST WHEEL **$7.98**
Mailing $1.00 Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-55
585 Market St., San Francisco, Calif. 94105

CURTAIN CHARM

With Ball Fringe on Unbleached or White Muslin



20", 25", 30", 36", 40" long.... **6.50** pr.
2 pairs to window as shown..... **13.00**
45", 54", 63", long ..... **8.50** pr.
72", 81", 90" long ..... **10.00** pr.
VALANCE 9" x 80" **2.75**
Unbleached 80" wide per pr.
White muslin 74" wide per pr.

For years New England housewives have used these charming Country Curtains in their homes. Practical, long-wearing, these unusually attractive curtains of off-white or pure white muslin retain their crisp appearance with a minimum of care.

Please enclose check or money order. Sorry, no COD's. Mass. res. add 3% sales tax. Postage and handling: under $10 add $1, for orders $10 and over add $1.75. Send for free brochure showing other curtain styles, tablecloths and bed ensembles. Satisfaction guaranteed.

COUNTRY CURTAINS
Dept. 51, Stockbridge, Mass. 01262

1 Ct. or 2 Ct. Round Spinels

LIONITE synthetic spinels with permanent diamond-like brilliance and sparkle in high pronged settings.

1 Ct—Sterling Silver or 10 Kt. Yellow Gold Filled $4.95
2 Ct.—Sterling Silver or 10 Kt. Yellow Gold Filled $7.95

State ring size and specify gold or silver.
N.Y. residents add sales tax.
Send 50¢ for color catalog & ring size card
Immediate Delivery. Prompt Refund if Not Satisfied.

Lions
665 MIDDLE NECK RD. DEPT B-87
GREAT NECK, N.Y. 11023

ADDRESS LABELS with NICE DESIGNS

Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½"x½". 500 on white or 250 on gold, $2.50 ppd. Or on Deluxe Size, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via Air Mail, add 39¢ per order. 80-page catalog, 25¢. Bruce Bolind, 155-L Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

Sleeps and eats golf?

Framed and ready to hang, a tast ful joke for the serious golfer. Wi green backing and replica golf b dear to his heart. Hang it in th playroom, den or his office. A g gift for every golfer. $2.98 + 3 post. Anthony Enterprises, De BHG-55, 585 Market, San Fra cisco, California 94105.

Fantastic poster

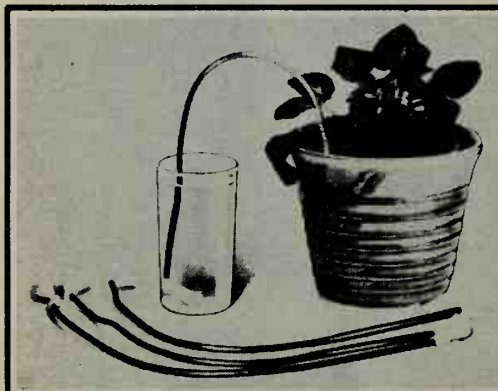
It says "Hang on Baby, Friday Coming." For your office, a felin hanging until the end on the week Hang it at home as an inspiration t all the family. Your kids will delig in this school week supporter. Mea sures 24" x 36", $2.50 + 65¢ post age. Harriet Carter, Dept. BHG 14155, Plymouth Meeting, PA 1946

Modern standard telephone

Perfect for guest room, this lat model factory rebuilt telephone i ready to use with a regular cord an plug. In white, ivory, green, beige pink, red, blue or yellow. $23.95 - $2 post. Catalog of decorato phones free. Order from Gran Com. Inc., Dept. BHG-5, 324 Fift Ave., New York, NY 10001.

Owl pendant—solid pewter

Here's a simple, elegantly style pendant that's a useful addition t your casual wardrobe. So versatil you'll find you're wearing it all th time. Style Q34, 4" wide with 24 chain $8.95 ppd. Style Q31, 1" wide with 18" chain $5.95 ppd. Spea Engineering, 3016 Spear Building Colorado Springs, CO 80933.



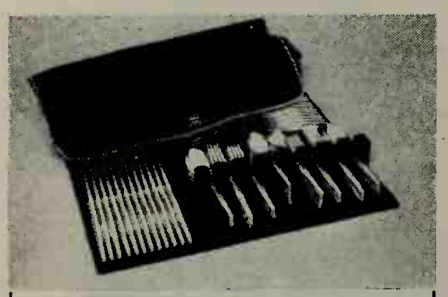
PLANT "NURSEMAIDS"

Water plants while you're away. Amazing wicks feed moisture to plants for up to 8 weeks. Insert one end of wick in soil, other end in water. Will not rot or mildew. Set of 4.

Plant Nursemaids
$1.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax
Satisfaction guaranteed

Anthony Enterprises
585 Market St., Dept. BHG-55
San Francisco, Calif. 94105



GORHAM SILVERWARE PADS

Keep your silverware handy. Pad fits in buffet drawer and keeps flatware in dividers of Pacific silvercloth. Millions of invisible silver flecks are woven in cloth to absorb all tarnish. Cover folds over top to eliminate dust. In two sizes:

Standard (holds 108 pieces) **$12.95**
Jumbo (holds 120 pieces) **$14.95**

Plus 95¢ postage each.

HOLIDAY GIFTS
Dept. 405-C, Wheat Ridge, Colorado 80033

new ERASABLE SLATE For your checkbook

Only $1.00
(2 for $1.65)

Just like your child's magic slate! Adhesive back holds it securely in your checkbook. Personalized with your name - $1.19 Two for $1.95

Moneysaver Dept. 140E
E. 9514 Montgomery
Spokane, Wa. 99206

BASEMENT TOILET

Flushes up to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Increases the value of your home. Financing available. Dealer inquiries invited. Free catalog.

DOSS, Dept. J-46, Box 10947, Houston, Tex. 77018

sture maker

n help both men and women cor- t slouch and slump. Also, helpful olding your body straight, shoul- s back and head high. Soon you omatically assume the position ure meant you to have. One size all, $3.98 + 50¢ post. American nsumer, Dept. PM-85, Caroline , Philadelphia, PA 19176.

nset to embroider

s contemporary stitchery picture simple yet spectacular. Its large e makes it a focal point. Kit in- des design on 28" x 34" burlap, ol and acrylic yarns to embroider brown trees & fiery orange-red n, easy-to-follow instructions. .95 + 50¢ post. The Stitchery, G-5, Wellesley Hills, MA 02181.

. C. Fields cards

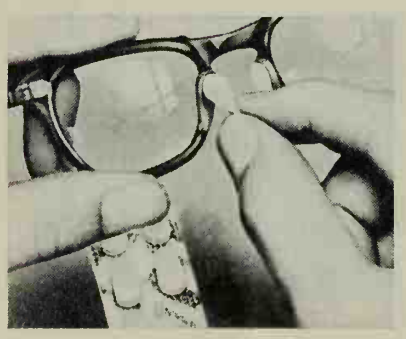
it that contains regulation decks plastic-coated playing cards and ooklet called "16 Proven Ways Cheat." It's a collector's item and ift that card players would enjoy. 50 + 55¢ post. 2 decks are $4.95 55¢ post. Order from J. W. Holst, ., Dept. BF-55, 1864 East US-23, st Tawas, Michigan 48730.

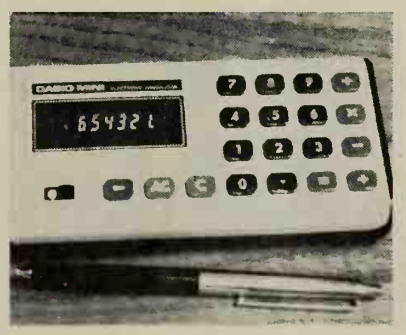
eglass nose pads

re's the answer to glasses that le down your nose. Tiny flesh ored foam rubber pads that stick any eyeglass frame. Relieves the ssure of heavy frames on sensi- e spots. Set of 18 pads $1.98 plus ¢ postage. Anthony Enterprises, pt. BHG-55, 585 Market Street, n Francisco, Calif. 94105.

uper personal calculator

credible new compact precision ectronic calculator gives you up to digit answers. Add, subtracts, ultiplies, divides with floating deci- al. Saves time, money and effort. mplete with batteries. $19.95 + post. Order from Crown-Castle, d., Dept. PC-19, 51 Bank St., amford, Connecticut 06901.





continued

GENUINE HAWAIIAN PUKA SHELL NECKLACES

These beautiful pearl white 18" necklaces enhance any wardrobe, and are entirely hand made by skilled Hawaiian craftsmen using only Gem Quality perfectly matched tiny Puka shells, which are very Scarce! These retail at **$65-$100** each, but being the largest supplier we are offering these in limited quantities at only **$12.50** each. (Limit five necklaces per person)

Rarities 256 S. Robertson, Beverly Hills, CA 90211

ORNAMENTAL WINDMILL

Unique lawn decoration. Turns in slightest breeze. Adds rustic charm. 4½ ft. & 8 ft. sizes.

Send for Free Brochure.

Air Machine Co., Inc.
Box 215T, Lohrville, Iowa 51453

When you purchase items through he mail, be sure to include your p code number on every order.

RENT FREE–Resort Living!

BE an Apartment, Motel, Hotel Manager

Train spare-time at home. Many positions open to trained men, women, couples, retirees, in cities, at the sea shore, mountains or desert. Good salaries, FREE rent, fringe benefits. Age no barrier. Send NOW for FREE career book. No salesman will call.

Approved for Veterans Benefits.

MOTEL-HOTEL SCHOOL, Dept. BH 5
6851 E. Thomas Rd., Scottsdale, AZ 85251
A non-profit educational institution founded 1962

PATIO TABLE...ONLY $3.95

- **STURDY STEEL Protected With White Baked Enamel**
- **FAST FOLDING LEGS With Hold-Tight Snap Locks**
- **BIG 16" x 16" TABLE TOP**

Here's the perfect, all-purpose table for your home at the unbelievable low price of only $3.95.

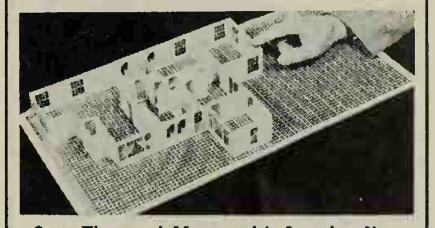
Use in your home for plants, lamps, magazines, games, fish tanks or TV. Use indoors as buffet tables . . . outdoors for barbecues.

You'll be delighted with the hundreds of uses you'll find for these attractive steel mesh tables. Fold or set up in seconds.

SAVE MORE!
1 Table —$ 3.95 + $1.00 Post. & Hand.
2 Tables—$ 7.75 + $1.75 Post. & Hand.
3 Tables—$11.50 + $2.50 Post. & Hand.
6 Tables—$19.95 + $4.50 Post. & Hand.
MONEY BACK GUARANTEE!
Conn. Res. Add 6% Sales Tax

CROWN-CASTLE, LTD., Dept. PT-1
51 Bank St., Stamford, Conn. 06901

Building or Remodeling A Home?



Save Time and Money with Amazing New

HOME-A-Minute Kit

Plan ahead, see how layout will look before you build or remodel. Here's everything you should have and know to help save many dollars. Dozens of windows, kitchen cabinets, doors, fiber partitions, etc. at ¼ scale. Put your home ideas in 3-dimensional form. Arrange furniture fixtures to fit your scheme. Build, dismantle and originate any number of floor plans. Live in your new or remodeled home before you actually build. Kit also includes 65 page book to help estimate actual costs, financing, etc. Only $4.75 plus 50¢ pp and hdlg., two for $8.95 plus $1.00 pp & hdlg.

Send check or money order.

J. W. HOLST INC., Dept. BK-575
1864 E. U.S.-23, East Tawas, Mich. 48730

FOR A PROUD FATHER OR GRANDFATHER!

Personalized Memory Mug

A gift that's his alone to cherish! He'll toast you for it, because it carries every child's name and birth date (room for any number). Classic 4¾" mug with glowing pewter finish and traditional glass bottom. A Father's Day find! PRINT names.

#301—Memory Mug **$1.98**
#302—Name-date Engraving ..... **Each 50¢**

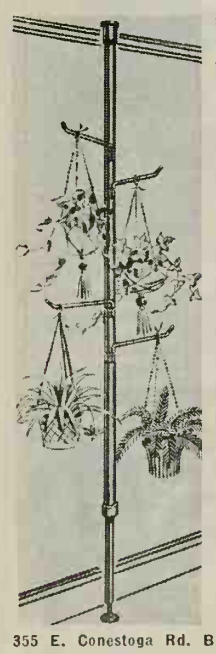
Add 50¢ post. & hdlg. N.Y. res. add taxes

LILLIAN VERNON Dept. H51, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550

LIFE LONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook. **$1.00** ppd. Satisfaction Guaranteed.

WEST-BERG ENTERPRISES, LTD.
Dept. 505-A, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917



PLANT STAND

Provides space for 4 large plants with 8" arms that swivel 180° and can be positioned anywhere on pole that expands from 3'3" to 9'4". In chrome, can be used as room divider, off windowsill or floor to ceiling—even in corners. Two styles, specify:

for HANGING PLANTS (shown left) **$12.98**
for POTTED PLANTS Tray saucers on arms hold plants, **$14.98**

Add $1.50 ship. EACH
No COD's Please
Pa. Res. Add 6% Tax

TAYLOR GIFTS
355 E. Conestoga Rd. BHG5-5, Wayne, Pa. 19087

How to Housebreak Your Pet

Train-O-Mat® makes it easy

No more stained carpets. When dog scents chemically-odorized mat, instinct says, "Here's the spot." No fuss or bother. Mats are disposable; both pole and 18" square holder are washable. Kennel-tested. Satisfaction or money back.

Holder & 2-mo. supply of mats 4.98
Holder & 6-mo. supply of mats 6.98
Attachable 12" pole for male ..... add 50¢

Enclose 75¢ postage

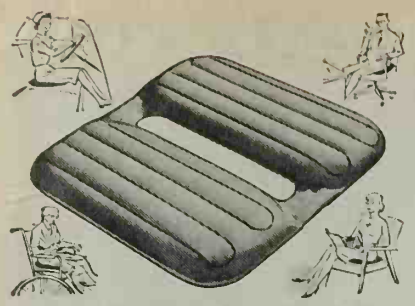
G & G RESEARCH
Box 12274-31 Dallas, Texas 75225

TEXAN TOTE

$5.75 ppd

Lovely drawstring handbag in leather-look vinyl, 12" x 12", 5 big pockets. Black, navy, red, beige, white, green, brown, tan. Also 2-tone, 3-tone. Check or money order. Prompt delivery, money-back guarantee. Sales representatives wanted. Color Catalog Free.

THE TEXAN HANDBAG CO. Dept. BHG5
Box 3073 Abilene, TX. 79604



COMFORT CUSHION

New **TWIN-REST SEAT CUSHION** gives blessed relief to sensitive areas. Fights fatigue and soreness. Avoids side-rocking and maintains balance because each half inflates separately with contact-free center space. Unlike embarrassing "ring cushions". It fully supports each thigh independently. Deflates for travel. Ideal for car, home, office, sports, wheel-chair. Eliminates road jars in car. Great as back cushion too—it conforms for firm support. Handsome vinyl 16"x17"—**$6.95.** Green percale zipper cover—$2.19 extra. We pay postage & ship in 6 hours. Send your check to:

Better Sleep Inc. BOX BG
New Providence, New Jersey 07974
MONEY BACK GUARANTEE

BUFFET CADDY

Serve a buffet elegantly. Woven straw caddy totes silverware, plates and napkins in style, whether serving in or out-of-doors —ends extra trips to kitchen. Double carrying handle prevents tipping. Attractive 11x5x7" caddy is great for picnics, handy for patio.

$4.50 plus 50¢ postage

HOLIDAY GIFTS
Dept. 40S-E, Wheat Ridge, Colorado 80033

THE SPIRIT OF '76!

Brand new thimble, designed by Lillian Vernon! Bicentennial motif enameled by hand in red-white-blue in gleamy Gold-finished metal.

4450 Each $1.98
3 for $4.98

Add 35¢ post. & hdlg., N.Y. res. add taxes

LILLIAN VERNON Dept. HS3, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

Color PHOTO Bargains

16 WALLET SIZE or 3—5 x 7 ENLS. or ONE 8 x 10 ENL. Your Choice $2 Full Color

or Super! 12 WALLET SIZE with FREE 5x7 ENL.

Finest quality silk finish smudge-proof photographic paper. Send any color photo (8x10 or smaller), color neg., or slide (photo preferred). Ret. with order. *Add 35¢ per selection for postage and handling, and additional 50¢ extra for First Class service.* Satisfaction guaranteed or money back

QUALITY VALUES 614-R, New Rochelle, N.Y. 10804

choose a Chalet by Nor-Wes

15 aristocratic western red cedar recreational and residential homes to choose from. 600 to 2500 sq. ft.

These luxury chalet designs feature —
- post and beam cathedral ceilings.
- pre-cut for easy assembly.
- fully insulated against heat or cold.
- maintenance free.

Send for more information...

All new, 1975 28-page color catalog, floor plans, prices, 2 cut-out models for table-top assembly, color photos of furnished interiors. $3.50. (Catalog only — $1.50 airmail.) *Phone or write*
915 W. 1st St., North Vancouver, B.C. Canada, V7P 1S7. Dept.145
Telephone (604) 988-5221

Nor-Wes CEDAR CHALETS LTD
IN THE HEART OF THE WESTERN RED CEDAR COUNTRY

SEND 25¢ FOR CATALOG

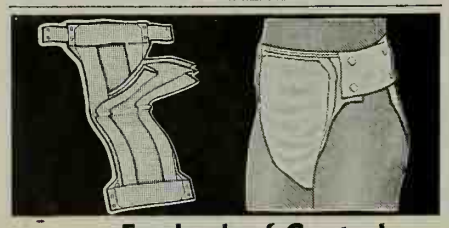
VISIT OUR WARE-HOUSE SHOWROOM

$18.95 plus $2.00 postage

HANGING PLANTERS
Half round willow baskets with metal liners for lovely wall accents and easy planting. Set of three from 10" x 7" x 6½" to 8" x 6" x 5½". **$9.95** plus $1.00 postage

RATTAN SWAG LAMP
Fully electrified with dimmer switch, adjustable height from ceiling. 14" spread, 11" high with 18 ft. chain and hooks for hanging. Painted in white, yellow, green, pink, orange, blue or black add **$3.00.** Globe bulb 5" dia. 150 watt, **$3.00.**

FRAN'S BASKET HOUSE
Route 10, Dept. BHS, Succasunna, N.J. 07876



. . . For Lack of Control

BE SURE WITH "EVER-SAFE"!

"EVER-SAFE" is Cool, Undetectable, Comfortable & Effective. Weights only 7 oz. Novel "fluid barriers" with heat-welded seams enclosing absorbent launderable liners in soft vinyl, prevent escape of any moisture. Clothes, bedding stay dry. Use 2 sets of liners for full nights sleep without change. Moneyback guar. Sizes for all ages, adults & children. **ORDER BY WAIST SIZE!** Complete with liner, $7.95; extra liner, $3.95; 50 disposable liners, $8.95.

RALCO MFG. CO. Dept. 339
1534 E. Edinger, Santa Ana, CA 92705
(Sold by Mail Since 1965)

BASEMENT TOILET

Flushes UP

TO SEWER OR SEPTIC TANK
— NO DIGGING UP FLOORS —
— Write . . McPHERSON, INC. —
Box 15133 • Tampa, Florida 33684

Now is the time for a Liberty Bell to come to the aid of your party.

And this handsome Liberty Bell Ice Bucket also makes a fine gift for America's birthday, or anyone else's.

At gift shops for a suggested price of $29.95. By mail from Old Grand-Dad for $19.95.* Pewtertone finished aluminum. 4-Qt. Ht. 13".

Send check or money order to:
Old Grand-Dad Liberty Bell
P.O. Box 1776-B, Babylon, N.Y. 11702.
Please send_____Ice Buckets @ $19.95 postpaid.
NAME_____
ADDRESS_____
CITY_____STATE_____ZIP_____

*Limited offer. Void where prohibited. Expires 7/31/76

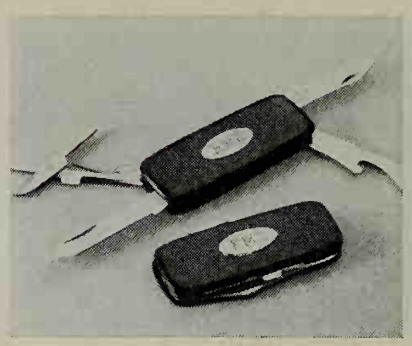
Kentucky Straight Bourbon Whiskeys. 86 proof and 100 proof Bottled in Bond. Old Grand-Dad Distillery Co., Frankfort, Ky. 40601.

Mushroom & owl plaques

Enhance your kitchen, family roo den etc. with these delightful de rative plaques. They're hand pain ceramic on brushed sugar pine, 2 x 4" (both are the same size). $3 each, both for $6.95 postpaid. Or style Q24 mushroom, style Q25 o Spear Engineering, 3018, Sp Bldg., Colorado Springs, CO 809

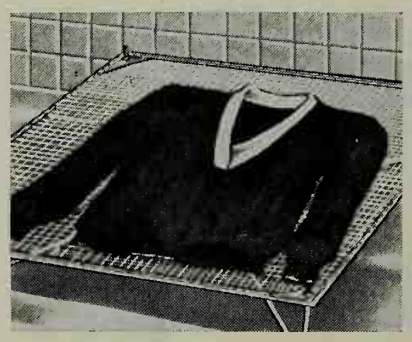
Baby seat that floats

Mothers appreciate this built babysitter. Made of unsinkal foam plastic with a cloth bucket s that holds child firmly. Fun for w toddlers to first graders. Appr 20"x26"x11"; $6.98 + $1.19 po Catalog 50¢. Order from House Minnel, Dept. 255E, Deerpath R Batavia, IL 60510.



Monogrammed knife

He'll treasure it—inside, sharp sc sors, screwdriver, bottle open nail file & razor-keen knife; of t quality steel. Outside, a black leat er cover with his initials (print) brass plate, slim 2¾", #200, $3.5 3/$9.98 + 40¢ post. Lillian Vern Dept. H5E, 510 So. Fulton Ave., N Vernon, NY 10550.



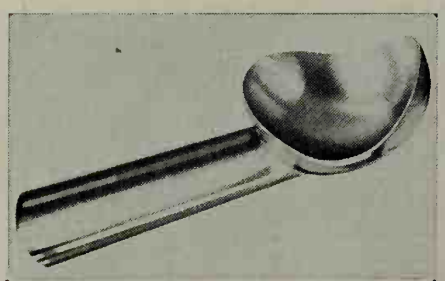
Useful sweater dryer

Holds your sweater suspended f fast drying as air flows in, under a around it. Made of nylon mesh w metal legs for mounting on bathtu table or floor. Collapsible for st age or travel. $3.98 plus 60¢ po Order from Anthony Enterprise Dept. BHG55, 585 Market, S Francisco, California 94105.

Norman Rockwell prints

Rockwell is famous for the hear warming, storybook quality of h paintings. Each print is suitable f framing and measures 8" x 10". S of four/$1 + 25¢ postage. Delightf "Spoonin" is a free bonus. 3 sets/$ + 25¢ postage. Order from America Consumer, Dept. NR-50, Carolir Road, Philadelphia, PA 19176.

For families who enjoy and take pride in their homes, there's no more appro priate gift than a subscription to *Better Homes and Gardens.*



SUPER SCOOPER

Amazing dipper scoops ice cream like magic! Self-defrosting liquid hermetically sealed in handle lets you scoop hardest ice cream with ease. Cuts through coldest ice cream, gives you uniform attractive scoops. Makes all other ice cream dippers old-fashioned! Lifetime action—never loses it's power, always works. Sanitary, rust-proof. For southpaws too **$5.95** Ppd.

HOLIDAY GIFTS
Dept. 405-D, Wheat Ridge, Colorado 80033

Full Size, Home Gardener
GREENHOUSES
at America's Lowest Prices!

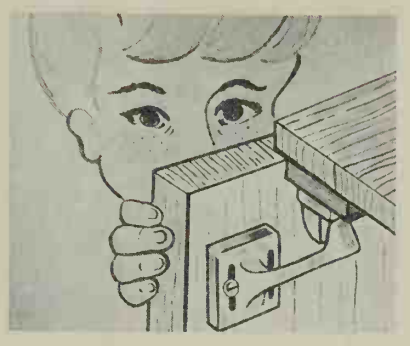
Redwood greenhouses. UVI or fiberglass coverings. Also aluminum-glass designs.
8 FT. U.V.I. MODEL, ONLY $119.95
WRITE FOR FREE COLOR CATALOG
Peter Reimuller—The Greenhouseman™
P.O. Box 2666—G5, Santa Cruz, Ca. 95063

Hang this sign anywhere

Give it to everyone . . . can't be too many of them hanging around! Great advice in a contemporary American design that looks antique. It's nicked and knot-holed to give an air of yesteryear. In red & blue, 6"x 2½". #8485 $3.98; 3/$10.98 + 50¢ post. Lillian Vernon, Dept. H5E, 510 So. Fulton Ave., New York, NY 10550.

Child guard—100% nylon

"Childproof" cabinets and drawers that contain harmful and dangerous materials. Constructed to prevent entry by small children while allowing easy access to adults. Prevents injury, eliminates extra cleaning chores. Set of 3/$2.00. Order from Vest-Berg Ent., Dept. BH5, Box 1749, Colorado Springs, CO 80930.

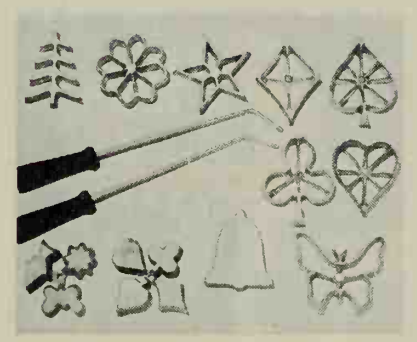


"Half Frame" glasses

Magnifying glasses help you read the tiniest print. Stop squinting at price tags, menus etc. Impact resistant lenses; frame with crystal clear acryl top rim give you unobstructed vision. In brown or black. Specify men's or womens. $6.95 + 50¢ post. (no NY del'y) Joy Optical, Dept. 437, 73 Fifth Ave., N.Y., NY 10003.

Make festive rosettes

Patterned irons, fitted to handles, are dipped from batter to fryer to make a crispy, thin delicacy which is sprinkled with powdered sugar. Incl. 9 lg. 3" molds, 7 sm. molds, 2 heat-proof handles, recipes & instr. $8.95 + 85¢ post. Catalog 25¢. Suburbia, Inc., Dept. 744, 366 Wacouta, St. Paul, Minn. 55101.



Ride in real comfort

No strain on your neck and shoulders; even on a long car trip. Self-supporting Nek-Eze heightens car seat for gentle head, neck support. Lets you nap comfortably; fits any car. In green plaid or grey Danish stripe. Folds flat, $4.49 ppd. Better Sleep Inc., Dept. BH-5, New Providence, NJ 07974.

continued

When you purchase items through the mail, be sure to include your zip code number on every order.

Demi Tasse Spoon Ring $2.98
SOLID STERLING SILVER—PERSONALIZED!

The dainty demi-tasse spoon becomes a ring—personalized just for you with one script initial!

- #1019—Spoon Ring. Adjusts to fit $2.98
- #1023—Spoon Bracelet (not shown). Matching curvy-linked design, secure clasp $7.98

PRINT initial, add 35¢ post. & hdlg.

LILLIAN VERNON Dept. H52 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

NOW - NEW BORDERLESS
24 COLOR WALLET PHOTOS ONLY $2.00

FREE One photo in plastic

SPECIAL! 36 Black & White only $1.00

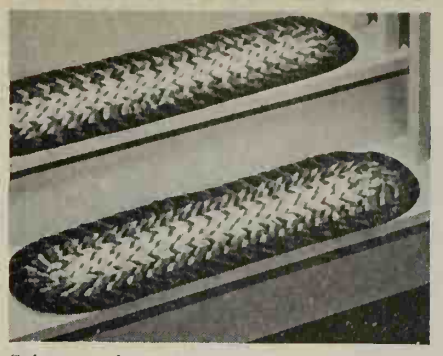
Beautiful silk-textured & smudge-proof. Send Polaroid color print or photo (up to 5" x 7"), neg. or slide. Original returned unharmed. GUARANTEED! Add 45c for shipping. ROXANNE STUDIOS, Box 1012, L.I.C., N.Y. 11101 Dept BH-8

1852 "50¢ CALIFORNIA 'GOLD' PIECES" 1882
75¢ Each

25 Assorted	$13.00
Seven Different	$ 4.50

DLH SALES
422-B Washington Bldg., Washington, D.C. 20005
Add 50c postage

BRAIDED STAIR TREADS



Going up the downstaircase, down the upstaircase—our tough, wear-worthy, practical stairtreads that take the wear off the stair and the worry from your mind. Each is 9x27" tightly-braided durable nylon. A functional yet homey touch for any decor. $3.50 each in your color choice of avocado or deep chestnut brown. A full stair set of 13 is just $34.50. All are mailed Postpaid.

SEND 25¢ FOR OUR 50-PAGE COLOR CATALOG

Yield House Dept. D55A North Conway, N.H. 03860

FLOATING MONSTER'S HAND
INFLATABLE RAFT

Why float around on a standard rubber raft when you can float away on this silly, sassy, sensational flesh colored FLOATING MONSTER'S HAND? Nifty transparent snorkel finger lets you see the mysteries of the deep as you lie over the water. Size 3' x 6' and sturdy enough for adults as well as children. Ideal for pool or beach. $10.95 + $1.59 P&H. Ill. Res. add 5%. Gift Catalog 50¢

HOUSE OF MINNEL
Deerpath Road, Dept. 255, Batavia, IL 60510

KITTI-POTTI
YOUR CAT WILL LOVE IT, AND SO WILL YOU!

BANKAMERICARD WELCOME HERE
master charge THE INTERBANK CARD

Now Comes In 2 Sizes

This easy to use, non-breakable molded plastic litter enclosure stops litter spills, confines odors, hides wastes, and comes in brown, beige, avocado, yellow, blue and white. 7" dia. hole for easy entry.

- 22"Lx16"Wx18"H—$18.95 ppd. for cats weighing 12 lbs. or over
- 20"Lx14"Wx17"H—$16.95 ppd. for cats weighing less than 12 lbs.

Haugen Products, Inc. Dept. BH
709 W. Huron, Ann Arbor, Mich.

FURNISHED IN EARLY AMERICAN?

Send 50¢ For Famous Sturbridge Catalogue "1,000 Items For Furnishing An Early American Home"

Everything in Early American. All by mail at modest prices. Money-Back Guarantee even includes shpg. chgs. both ways.

HUNDREDS OF GIFTS WITH AN EARLY AMERICAN FLAVOR

SW. 100,000 people a year visit our Shop

STURBRIDGE YANKEE WORKSHOP
the Nation's Center for Early American
355 Brimfield Turnpike, Sturbridge, Mass 01566

Fantastic leather-look Jacket

Leather luxury in Poly-Vinyl on Rayon knit backing. Wipe clean w/cool soapy water! 100% Nylon Taffeta lining; snap closings; hidden yoke pockets; front-seam pockets.

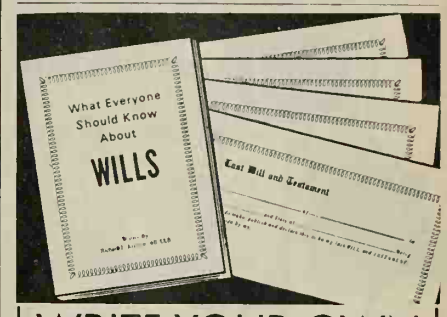
Off-White w/ multi silk embroidery.

Sizes 6-16

$30 plus $1 post.

Satisf. Guar. $10 dep. on COD

VICKI WAYNE - B5E
610 South Country Club Tucson, Az. 85716



WRITE YOUR OWN WILL

Isn't it time you planned to make your own will? This 64-pg. book is written in layman's language. Included is: "What Everyone Should Know About Wills," written by a prominent attorney, 4 Will Forms, Personal Asset Sheet, and Executor's Duties. A must for your peace of mind. $2.00 plus .25¢ pp. ea. or two kits for $4.00 ppd. Send check or M.O.

J. W. HOLST, INC., Dept. BW-575
1864 E. US-23, East Tawas, Mich. 48730

A great gift for Father, Son, and Friends...

DOG TIES

Give them their own breed on a necktie.

Over 50 breeds available. Perfect reproductions, authentically woven in Switzerland. Exclusively ours. **$12.50**

"English Sheepdog" shown

☐ Please send my breed
My breed is _____
☐ Navy ☐ Brown ☐ Green ☐ Burgundy
Add $1 for delivery. N.Y. State add applicable tax.

A SHOP FOR MEN David • Barrato
1530 F Northern Blvd., Manhasset, N.Y. 11030
67 Wall Street (Suite 1513) New York, N.Y. 10005
(212)-425-2888 / (516)-869-8133
MAJOR CREDIT CARDS ACCEPTED

BUILD FOR FUN OR PROFIT

This country style windmill is fast disappearing in most areas. A rustic and charming look in any yard. The 22 In. windsails will show the wind directions as it rotates, 8 ft. tall to top of sails. No trouble with angles. Plans and material list —$2.00. Free brochure for other projects.

HAMMOND BARNS
Dept. BH40,
Box 584, New Castle, Indiana 47362

CLEANS SILVER FAST

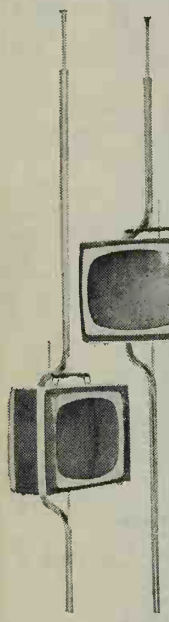
Magic Silver Leaf goes in the dish-pan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Lasts a lifetime, never wears out. Odorless and non-toxic.

SILVER LEAF
$2.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-55
San Francisco, Calif. 94105

ADJUSTABLE T.V. POLE

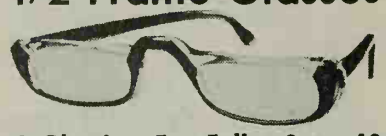


Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14" deep. 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U. S. A.
Extension for higher ceiling, add $2.00
We ship in 24 hrs.

$13.95 Plus $1.00 postage
Write for FREE catalog
Holiday Gifts
Dept. 405-A
Wheat Ridge, Colorado 80033

MAGNIFYING 1/2 Frame Glasses



A Blessing For Folks Over 40
SEE CLEARER INSTANTLY . . . Read menus, phone books, Bible, hymnals easily. Great for detail work. After reading fine print just look over top for normal vision. SATISFACTION GUARANTEED 10-day trial. Not for astigmatism or disease. Impact resistant lenses. Send only $6.97 plus 55¢ handling. State age, sex. **Precision Optical Dept. 10-H, Rochelle, Ill. 61068**

Safeguard your valuable diamonds; wear the Kenya Gem undetected.

Don't risk loss or theft of your valuable diamonds. Wear the incredibly beautiful Kenya Gem, and no one except your jeweler will know the difference. Priced from $45 a carat, and always set in 14k solid gold, it rivals the finest blue-white diamond . . . with a scintillating brilliance that never fades.

Seeing is believing, so send for our free full color booklet, today.

KENYA Division, Day & Frick, Inc.
1760 N. Howard Street
Philadelphia, PA. 19122. Dept. BHG-55

160 CRAFT IDEAS FREE

Love to make beautiful, useful gifts and crafts? Send for this Idea Book with over 160 exclusive projects you'll see nowhere else. All available in easy-to-assemble kits, complete with everything you need.

Send just 25¢ to cover postage & handling to:
GIFT CRAFT CATALOG, Dept. J-204, Handcraft Bldg., Des Moines, Iowa 50337

GOT A *SUMMER PLACE* ON YOUR MIND?

- for quiet talks or a cool drink in the shade
- buffet place for your yard parties
- changehouse or bar at poolside
- children's playhouse
- winter storage for lawn furniture
- jewelry for your landscape

Put a Gazebo in your yard
Architect's Blueprints Available. Wood construction from patterned floor deck to cedar shake roof. Approx. 7'6" inside diameter and 7'4" clear inside height. Complete working drawings are ideal for contractor's estimate and construction, or if you're handy and can read blueprints, build it yourself. $2.98 plus $1.00 postage & handling to: ASL ASSOCIATES, P.O. Box 6296, San Mateo, CA 94403

MARKET PLACE

For ad rates write Classified 100 E. Ohio, Chicago

AVON

★ **BE AN AVON REPRESENTATIVE!** Want an inside line in the world of beauty and fashion? We are the world's largest cosmetic company. Earn good money in a territory of your own for the extras you want. Interested? Write: Avon Products, Inc., Department R, 9 West 57 Street, New York, N.Y. 10019.

BARGAINS—CATALOGS

★ **ORIENTAL SILKS, COTTONS, BATIKS, GIFTS**—Catalog 20c. Thai Silks, 3931HG Main, Los Altos, Calif. 94022.

FREE CATALOG! Beautiful Showcase Jewelry! Unbelievable low prices! Walt Dee—BH 5, Box 252, Morton Grove, Illinois 60053.

HOME & GARDEN

★ **WEED, INSECT, PLANT DISEASE** Problems? Expert Advice. Eneloso $6.00. Poison Ivy, Weed and Pest Control Corp. of America, Box 779, Morgantown, West Virginia.

EDUCATION—HOME STUDY

"ANYONE CAN WRITE!" Free Authorship Information . . . Academy, 1629-C Bell, Chicago, Illinois 60647.

STAMPS

★ **"EXOTIC SET"**—10c with Approvals. Gorliz, Box 76457BHC, Atlanta, Georgia 30328.

200 WORLDWIDE STAMPS 10c. Approvals. White, Box 24211-VC, Indianapolis, Indiana 46224.

OF INTEREST TO ALL

★ **COATS OF ARMS**; 500,000 names, 32 countries. Free Catalog. The Ralnaud Family, 51 Lisle Hill, Wilmington, Vermont 05363.

FLATWARE MATCHING SERVICE—Active, Obsolete, Inactive. Buschemeyer, Louisville, Ky. 40202.

OF INTEREST TO WOMEN

★ **FREE** Jewelers Rhinestone color chart. Also send for Free information on King's $1.00 A Month Jewelry Club. Kings, Dept. AR, Box 255, Glenview, Ill. 60025.

$300.00 WEEKLY POSSIBLE—stuffing envelopes. Start immediately! Details $1 refundable. Royal B-9, Box 36643, Los Angeles 90036.

★ **HOMEWORKERS NEEDED** painting Novelties. Roland, Box 56, Hammonton, N. J. 08037.

$800 MONTHLY POSSIBLE addressing-stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, MO. 64024.

BUSINESS OPPORTUNITIES

★ **$250/THOUSAND. STUFFING ENVELOPES.** Free Supplies. Rush stamped addressed envelope. A&B, Box 82153-GR, Tampa, Fla. 33682.

MONEY MAKING OPPORTUNITIES

MAKE BIG MONEY. We furnish everything. For details send self-addressed envelope. Enterprises, Box 4516-HG, Compton, Calif. 90224.

$25.00 HUNDRED STUFFING ENVELOPES. Send stamped, addressed envelope. Tayco, Box 8010, Stockton, CA 95208.

★ **STUFF-MAIL ENVELOPES.** $250.00+ per thousand profit possible!! Offer details; stamped envelope. Kings-B115, B-21487K, Ft. Lauderdale 33316.

$175.00 WEEKLY correcting pupils' lessons! Samples, $1.00! Castlo's, 507-BG Fifth, New York City 10017.

HOMEWORKERS! $125.00 WEEKLY possible addressing for firms. Begin immediately! Offer details—stamped, addressed envelope. FHP, 39-T2K5, Brooklyn 11235.

★ **HOW TO MAKE MONEY** Addressing, Mailing Envelopes. Offer details 10c. Lindbloom Supplies, 3636 Peterson, Chicago 60659.

CASH FROM BOXTOPS, LABELS. Information 10c. Continental, B11616, Philadelphia, Pa. 19116.

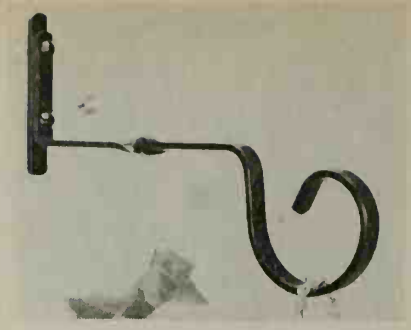
HOW TO EARN $25.00 HUNDRED stuffing envelopes. Rush Stamped envelope. United, Box 492-BG, San Diego, CA 92112.

PERSONAL—MISCELLANEOUS

★ **WHAT'S A LOVE-YA' COUPON?** Ask at your favorite store.

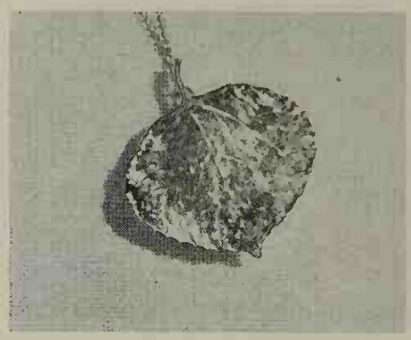
CLASSIFIED'S GUARANTEE

CLASSIFIED guarantees refund of any initial money sent in direct response to the above ads. B-5.



For all your hang-ups

Hang-it-hook, a handsome bla wrought iron finish wall bracket indoor/outdoor use. Gives a lift flowing greenery, flower baskets bird house or feeder. Attach porch, patio, kitchen etc. 10" lo $1.98 + 50¢ post.; 3/$5.50 + 8 post. Taylor Gifts, Dept. BHG5, 3 E. Conestoga Rd., Wayne, PA 190

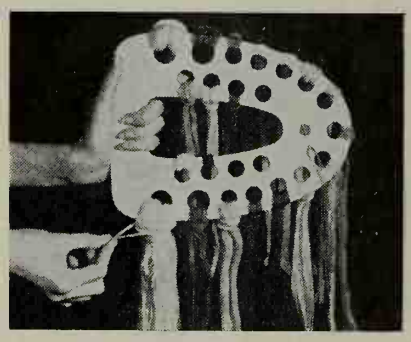


Aspen pendant with chain

Treat your favorite girl to this lov unique jewelry. No two are alike b cause skilled artisans have e crusted live aspen leaves in 24- gold. Pin (style Q-1 $7.95 pp Pendant (style Q-2 $8.95 ppd.) E rings (style Q-3 $6.95 ppd.) Spe Eng. Co. 3012 Spear Bldg. Colora Springs, Colorado 80933.

Snore no more

Scientifically designed anti-sno mask insures sound, silent slee Washable nylon mask fits over chi keeps jaws closed and preven snoring by encouraging prop breathing. Adjustable to fit both m and women. $3.98 + 20¢ post. A thony Enterprises, Dept. BHG55, 5 Market, San Francisco, CA 9410



Yarn palette . . . to organize

A great convenience for crewel em broidery, creative stitchery an needlepoint. Designed to organiz yarns into over 20 color categorie with a magnet for the needle, an directions for knotting the yarn fo simple pull-out. 10½"x8¼" $4.95 50¢ post. Order from The Stitcher BHG5, Wellesley Hills, MA 0218

A lovely sandal

To compliment your spring an summer wardrobe. Made of so leather with full cushioned insole and 1" heels. In Narrow, Medium c Wide widths. Choice of white, beige or black. 4-12. $12.95 + 90¢ pos Sizes over 10, $1 extra. Orde "Heather." Sofwear Shoes, Dep BH-5, 1711 Main, Houston, TX 7700

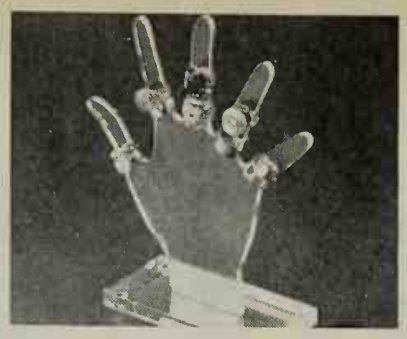
Over 1000 home designs

2700 illustrated floor plans, exteri ors by designer Richard B. Pollman 230 1½ & 2 Story Homes; 185 On Story Above 2000 sq. ft.; 250 On Story Below 2000 sq. ft.; 180 Multi Level Designs; 223 Vacation Homes $2.25 ea. 5 titles/$7.95. Home Plan ners, Dept. BHE55, 16310 Gran River, Detroit, MI 48227.

Simulated diamond rings

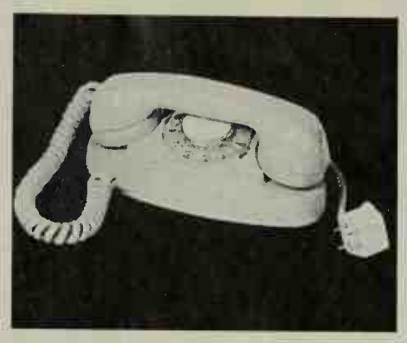
Pure white, flawless precision cu with 8 facets in heavy gold elec troplate setting. Choice of fou styles: round, pear, marquise o emerald. In a handsome gift box $9 each; 2/$15; 3/$20. Add sales tax where applicable. American Consumer, Dept. RQ-29, Caroline Rd., Philadelphia, PA 19176.

Crystal-clear lucite



ends a helping hand to hold rings, racelets, watches, chain . . . anything you want to keep handy on its ver-willing fingers. High-polished o gleam, looks decorative on resser or vanity. 8½"H, base ⅜" hick. #8377, $9.98 + 50¢ post. Lilan Vernon, Dept. H5E, 510 So. Fulon Ave., Mt. Vernon, NY 10550.

Princess telephone



Factory re-built and fitted with a tandard cord and plug for instant se. A welcome gift for your favorite eenager. In green, pink, blue or eige at $19.95 ea. + $2 shp. chg. f buzzer is needed for ring, add 10. Catalog 50¢. Grand Com Inc., Dept. BHG5, 324 Fifth Avenue, New ork, NY 10001.

Broomstick lace vest

Crochet alternating rows of white, ose and green Orlon Sayelle yarn o make this fashion highlight. Requires a #35 broomstick needle and #8 crochet hook. Fits ladies S, M, L. Kit with yarn and instructions $3.49 plus 32¢ postage. Order from Herrschners, Dept. 3080, Stevens Point, Wisconsin 54481.

Play guitar in 7 days

Using an amazing Secret System, play a song the first day, any song n 7 days. 66 pgs. contain 52 photos, 37 chord and finger placing charts, 110 songs. Also chord finder for popular chords. Guitarists Book of Knowledge and wallet-sized tuning device. $3.98 + 50¢ post. Ed Sale, BH-5, Avon by the Sea, NJ 07717.

Plaque ready to hang

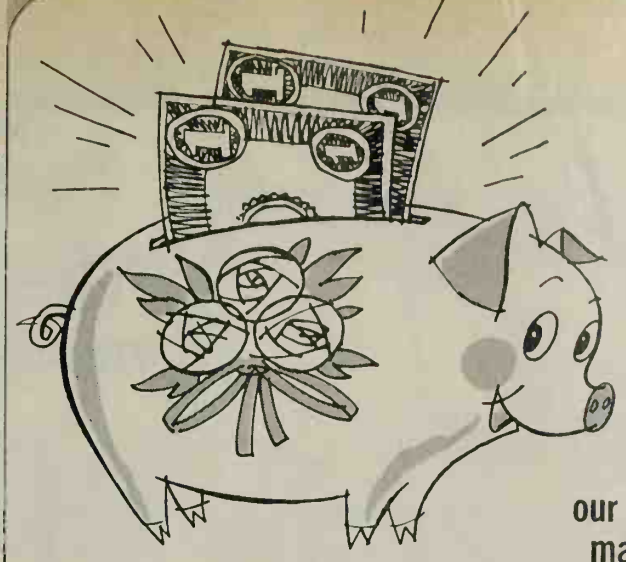
Inspirational message: "Lord help me to remember that nothing is going to happen to me today that you and I together can't handle." Italian scroll border enhances the message. 8" x 6" laminated for permanence. $1.98 + 35¢ post. Cadlyn's, Dept. BH5, 2077 New York Ave., Huntington Sta., NY 11766.

Foot lawn aerator

Strap on a pair of spiked sandals. Loosen compacted turf and soil, let air and water reach and revive the roots. Each Poly sole has 13 replaceable steel spikes that pierce ground. Non-slip buckles on heavy-duty straps. 1½" deep. $10.98 + 75¢ post. Holiday Gifts, Dept. 405-H, Wheat Ridge, CO 80033.

Repair eyeglasses anywhere

This handy kit is invaluable whenever glasses come apart, at home, at the office or when traveling. It's compact; carry it in your pocket. Includes a professional optical screwdriver & assortment of frame screws $1.98 + 20¢ post. Anthony Enterprises, Dept. BHG55, 585 Market, San Francisco, California 94105.



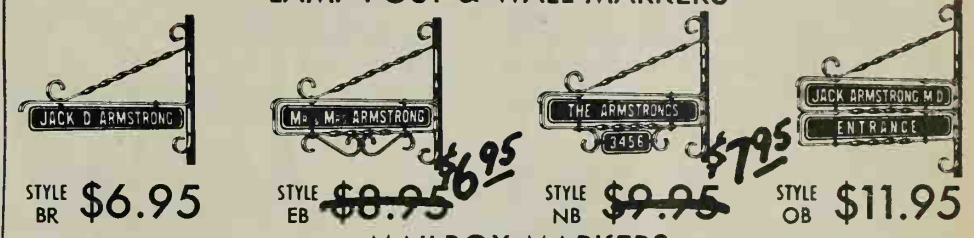
SAVE $2.00!

our most popular name markers are reduced! order before June 15th and save!

we ship in 48 hours/satisfaction guaranteed or your money back

Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS

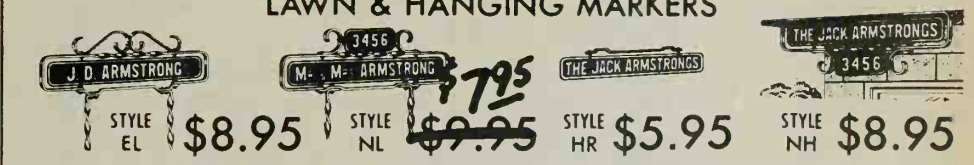


STYLE BR $6.95
STYLE EB ~~$8.95~~ $6.95
STYLE NB ~~$9.95~~ $7.95
STYLE OB $11.95

MAILBOX MARKERS
(FIT ANY MAILBOX)

STYLE M $5.95
STYLE MF $6.95
STYLE EM ~~$7.95~~ $5.95
STYLE NM ~~$8.95~~ $6.95
STYLE OM $9.95
STYLE NOM $12.95

LAWN & HANGING MARKERS



STYLE EL $8.95
STYLE NL ~~$7.95~~ $7.95
STYLE HR $5.95
STYLE NH $8.95

Save now on our most popular name markers specially reduced until June 15th. You're sure to find one that fits your needs, whether it's for lamp post or wall, mailbox or lawn. A Spear marker custom made with your name will add the personal touch to your home, so order today and save $2.00!

Spear name markers are a thoughtful personalized gift for anniversaries, housewarmings, and many other occasions. Order today!

- Same wording both sides. Any wording you want up to 17 letters & numbers on long (18") plate; 6 on short (7") plate.
- Black baked enamel coated aluminum plates with embossed white reflector beaded letters.
- Solid rustproof aluminum plates, scrolls and frames.
- Easy to install. Exceeds U.S. Postal Regulations for mailbox identification.

ORDER TODAY—YOU'LL BE PLEASED

If you wish to use your charge card, please fill out appropriate boxes below:

☐ master charge ☐ BANKAMERICARD ☐

Expiration Date Month/Year
Master Charge Interbank No.
Credit Card No.

SINCE 1949 SATISFACTION GUARANTEED OR YOUR MONEY BACK WE SHIP IN 48 HOURS

Spear ENGINEERING COMPANY
4951 Spear Building, Colorado Springs, Colo. 80933

STYLE →		ANY WORDING YOU WANT

PRICE $

ADD POSTAGE & HANDLING
☐ REGULAR .95
☐ FASTEST $1.60

TOTAL

ORDERED BY _____
ADDRESS _____
CITY, STATE, ZIP _____

*IMPORTANT—PRICES ARE REDUCED ON STYLES EB, NB, EM, NM, AND NL ONLY. ORDERS MUCH BE POSTMARKED BY JUNE 15, 1975.

FUND-RAISING GROUPS & INDIVIDUALS—earn handsome profits. WRITE FOR DETAILS

SAVE $2.00 SAVE $2.00 SAVE $2.00 SAVE $2.00

The man next door®

Ah, spring, the time when you finally lay down the book of fairy tales and take up life itself—in other words, when you switch from the seed catalog to Mother Earth.

Marge Lumpkin, a grandmother who has returned to college, found that a friend's grandson is in one of her classes. According to Marge, college is a great leveler. At home the boy calls her "Mrs. Lumpkin"; at school, he calls her Marge.

I was deeply impressed with the civic club speaker's point that we ought to skip luxuries and return to the simple things in life. Then I noticed his alligator shoes and the expensive new projector he used to illustrate his talk.

Mack O'Day, our tree surgeon friend, says that since he obtained a county contract he no longer enjoys taking a walk in our parks. Too many prospective patients around.

Ken Floyd says his tennis elbow got so bad that he not only had to forgo tennis but was forced to give up his yard chores. The only thing that makes it feel better, he says, is a couple rounds of golf.

"Testing . . . one, two, three, four . . ."

A young neighbor has been getting bad grades but they weren't the reason his father rushed him to the eye doctor for an exam. Seems that the lad, his team's leading hitter, had just struck out five times in a row.

"Well, if you're going to live in a jungle, you've got to expect snakes."

When litterers began leaving their mark at the new bus stop in front of her home, Sarah Bently didn't wring her hands. She simply put a small trash can there with a tiny sign saying "can your trash." Now the place stays clean, but Sarah has a running battle with the city over who's to empty the can.

When women discuss other women, it's called gossip—but, says Elaine Cowan, when men discuss other men it's always "shop talk."

A tragedy occured in Rosemary's college math class last week. The battery died on one student's calculator and he flunked the exam because he couldn't remember his grammar school arithmetic.

The movie was long and boring and the theater was hot and full of the loud eating of popcorn.

My wife whispered to me, "Let's do a Cincinnati."

We got up and left.

I want to say, hastily, that this is no reflection on the great Ohio metropolis. It's just that years ago, before Judy had been born, when Rosemary was small and Burt, Jr., an infant, we had stayed in Cincinnati at what must have been this wonderful country's worst motel. Finally, at two o'clock of a sleepless night, we packed and checked out.

That motel (it may even have been called a motor court) has, I am sure, long since disappeared. Elegant and commodious accommodations abound. They probably did then, but we had arrived late and weary and the town was strange to us.

Anyway, from then on in our family "to do a Cincinnati" has meant to recognize an impossible situation, take your losses and move out.

I mention it because one sign that a family is a family is that it talks in shorthand. Names of places, punch lines of old jokes, advertising slogans forgotten by everybody else have layers of meaning to the family that are completely unintelligible to other people.

One recent evening when I was feeling depressed about the economy, my job, my thinning hair, and my increasing waistline, Judy (who hadn't even been there, you'll remember) said, "Don't worry, Dad, we won't do a Cincinnati on you."

A family like ours has to stay together; who else could understand us?

Burton Hillis

CIRCULATION 8,000,000
June 1975 • 75¢

Better Homes and Gardens®

Summer get-togethers: Good times and great eating

The danger signs of too much debt

Outdoor furniture you really can leave outdoors

19 outdoor projects you can build yourself

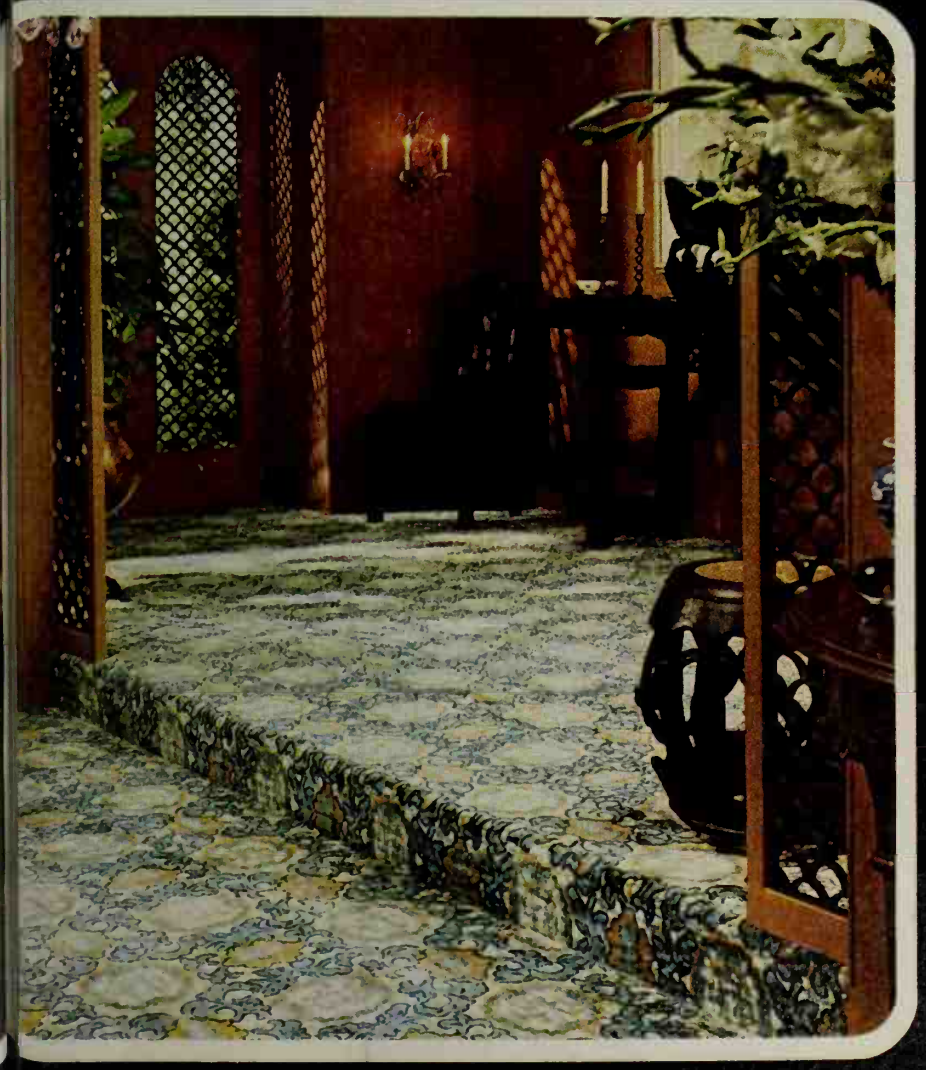
Crafts: A weaving technique that's quick, easy, and useful

Quick effects for summer gardens

If your mood is relaxed, Duncannon is the carpet for you.

If your mood is dramatic, Oakwynne is the carpet for you.

If your mood is gracious, Avid is the carpet for you.



If your mood is exotic,
Queen's Way™ is the carpet for you.

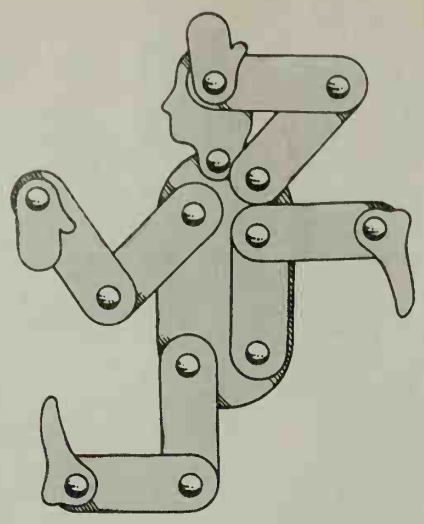
Armstrong carpets create the mood.

In the mood to decorate your favorite room? Nothing sets the mood like carpet. And no one captures the mood you're looking for like Armstrong! Everything from classic and conservative to dynamic and splashy. Shags, plushes, sculptures, and patterns—over 500 colors in all. And if looks weren't enough, Armstrong carefully selects fibers for every type of Armstrong carpet . . . to insure their durability and easy care. You'll express yourself beautifully with the mood makers—carpets by Armstrong.

Want to see more of our new carpet ideas? Send for our free color brochure. Just write Armstrong, 7506 Stern Street, Lancaster, Pa. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD®



SPORTS INJURIES: WHAT'S THE PROGNOSIS?

Everyone's read about Joe Namath's knees, Arthur Ashe's tennis elbow, and the damage done to hot-dog skiers' hips and ankles during aerial acrobatics and crash landings. But you needn't be a professional athlete—not even a gung-ho amateur—to suffer serious injuries of the five major limb joints that provide most of the body's support and mobility.

Orthopedic problems are steadily increasing, specialists say, not only because of the popularity of strenuous sports but also because of the complexities of modern living. And a growing number of victims are young—men and women in their 20s and 30s.

But there's good news about joint injuries, too. No longer is a victim inevitably sentenced to a lifetime of hobbling and pain. The need to quickly restore million-dollar quarterbacks to full action has led to new medical, surgical, and rehabilitative techniques that benefit the rest of us.

THE KNEE: "A MECHANICALLY UNSOUND ARRANGEMENT"

The knee bears the brunt of most strenuous athletic activity, yet "it is the joint least likely to succeed," as Dr. Donald B. Lucas, chairman of orthopedic surgery at the University of California School of Medicine, San Francisco, puts it. But the knee has also benefited most from medical advances.

The knee joins the two longest bones in the body and supports the entire weight, so that it is subject to tremendous leverage and force—yet lacks the protection of the hip's ball and socket or the ankle's mortise.

In the knee, the knuckled knob of the thigh bone (femur) meets end to end with the platform of the large leg bone (tibia) in what Dr. Lucas calls a "mechanically unsound arrangement." The kneecap covers the junction in front; fibrous tissues called collateral ligaments extend across the joint on either side from femur to tibia to stabilize lateral movement. Two other ligaments, the posterior and anterior cruciate, cross from front to back and top to bottom within the joint to control forward and backward movement. The impact of bone on bone is cushioned by two crescent-shaped cartilages called menisci that rest on the tibia's platform.

Most knee injuries occur when the foot is firmly planted on the ground and a strong force whams against the joint, usually from the side. The quarterback, for instance, is most apt to sustain an injured knee when he has "set up" to throw the football and is "blind-sided" by a tackle.

But tennis players, skiers, golfers, basketball players—and even joggers or walkers—can be similarly hurt, with the body weight providing its own force. The victim's foot "catches," and he hurtles forward, twisting the knee as he falls. Usually the ligaments bear the brunt of the damage. It can range from what Dr. Lucas defines as a *strain* (a simple stretching of the collateral ligament, usually on the inner side of the leg), to a partial or complete *tear of a ligament*, or to "O'Donoghue's Terrible Triad."

Named for Dr. Don H. O'Donoghue, former head of orthopedics at the University of Oklahoma and a sports medicine pioneer, this three-part injury includes a rupture of the collateral ligament on the inner side of the knee, a shredding of the meniscus (cartilage) as it is ground between the twisting bones, and a rupture of the anterior cruciate ligament. The injury calls for immediate surgery and sidelines the athlete for the season.

Dr. Lucas compares the knee's structure to a screw eye fastened to the floor with a rope attached. "Pull on the rope," he says, "and it may break or tear loose, or the screw eye may pull out of the floor, or you may even rip out a chunk of the wood."

Indeed, in one type of knee injury, that's just what happens. When a force on the knee causes the tibia to rotate outward, the collateral ligament may rupture and pull with it a fragment of the tibia, the leg bone to which it is anchored. The injury that results is called a *chip fracture*.

The menisci or knee cartilages, whose function is not completely understood, are a common source of knee trouble. Even when a person kneels or twists his knee, the cartilage may be squeezed out of its normal position in the joint. When ordinary posture is resumed, the meniscus may catch in the joint and tear. Menisci lack a blood supply and do not heal, so the torn fragment may interfere with smooth operation of the joint, causing it to lock painfully unless the fragment is removed.

Torn cartilages affect not only athletes but older persons, whose cartilages may have lost resiliency and therefore will tear easily. Sometimes the bit of cartilage may detach completely and float as a *joint mouse*, wedging itself in such a way that the knee cannot be fully straightened.

"BAD KNEES"—SURPRISINGLY COMMON AMONG TEEN-AGE GIRLS

The wider female pelvis angles the thigh bones into the joint more sharply, increasing stress on the knee; in addition, the beginning of female hormonal flow seems to relax the ligaments as part of preparation for childbearing. Any twist may result in a partial dislocation of the kneecap or a tearing of the collateral ligament. Most girls seem to grow out of this propensity to knee injury, according to Dr. Richard N. Stauffer of Mayo Clinic, but injuries may increase as more girls participate in competitive athletics.

A dislocated knee is a genuine emergency, although if treated promptly, the results are seldom serious. The danger is that blood

continued on page 98

© Meredith Corporation, 1975. All rights reserved. Printed in U.S.A.

Write for our Thomasville Homemaker's Guide. Get exciting decorating ideas.

Find out how to buy, decorate with, and care for fine furniture. Send $2, and we'll send you over 150 colorful pages of helpful information and imaginative room settings. Write Thomasville Furniture, Dept. BH-175, Thomasville, N.C. 27360.

THOMASVILLE CAPTURES TODAY.

The Commentary Bedroom - a new warm look in contemporary.

Who says contemporary has to be cold? Commentary's sophisticated informal styling is relaxed, easy to live with. Note the sleek, clean lines . . . bold geometric door and drawer treatments . . . sculptured accents of burnished brass. All warmed by richly grained pecan solids and veneers hand-rubbed to a glowing lustrous finish. Commentary offers a wide choice in bedroom, dining room, and living room occasional pieces. So you can enjoy this trend-setting look all through your home . . . today and tomorrow. Look into it at your local Thomasville dealer. For his name, call toll-free: 800-243-6000 (in Conn., 800-882-6500). Be sure to ask for "Commentary."

Thomasville® FURNITURE

FROM Armstrong CREATORS OF THE INDOOR WORLD®

KitchenAid disposers can get you out of this jam.

Only the KitchenAid stainless steel disposer unjams itself at the touch of a button. The unique Wham Jam Breaker button.

Press it and wham! Stubborn jams disappear!

But you won't have to use this unique feature very often. Because the KitchenAid disposer is very hard to jam in the first place. It has the most powerful motor in any home disposer. And it chews up things many other disposers can't handle.

For extra assurance, the KitchenAid disposer is warranted for five years. If it should fail during the first year, it will be repaired without charge. During the next four years, you'd be charged for labor only.

See your KitchenAid disposer dealer. He's in the Yellow Pages under "Dishwashers." Or send the coupon.

KitchenAid®
Built better. Not cheaper.

KitchenAid, Dept. 5GC-6
Hobart Corporation
Troy, Ohio 45374

Tell me about Wham Jam.

Name_____

Address_____

City_____

County_____

State_____

Zip_____

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JUNE, 1975; VOL. 53, NO. 6

FAMILY MONEY MANAGEMENT
8 Are you over your head in debt?

FOOD
48 Win money for your recipes
62 Summer get-togethers—old-fashioned to upbeat Fourth of July picnic
64 All-day singing with dinner on the grounds
66 Cousin camp-out
67 Reunion along the Eastern Shore
68 Apple butter boil
70 Harvard Terrace block party
72 He cooks: Oriental dishes with a twist
75 The strawberry shortcake on our cover
77 Prize tested recipes
Dairy salads; Barbecue accompaniments

BUILDING
50 Do-it-yourself special
Sun 'n fun projects for summer living

PROJECTS
38 Make it a swinging summer

DECORATING
36 Outdoor furniture you really can leave outdoors

CRAFTS
26 June sewing special: sun and swim set
40 Folk art tables
58 Punjabi weaving

FAMILY HEALTH
2 Sports injuries: what's the prognosis?

CARS IN YOUR FAMILY
29 Auto service: how to complain with clout

GARDEN
32 Summer color you can plant now

NEWS AND SHOPPING
28 How to order material from the magazine
42 Good news
106 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 101

Cover photograph: de Gennaro. Recipe on page 75

CUSTOMER SERVICE: For service on your magazine subscription or book club membership, write Customer Service Director Michael K. Curtis, 1716 Locust Street, Des Moines, Iowa 50336.

Editor JAMES A. AUTRY
Managing Editor MYLES CALLUM Art Director **BILL YATES**
Administrative Editor DUANE L. GREGG Editor-at-Large **GEORGE BUSH**

Foods and Equipment Editor DORIS EBY
Kitchens, Appliances, Home Management Editor JOAN McCLOSKEY *Senior Associate Food Editor* NANCY BYAL
Associate Food Editors SALLY P. TORPEY NANCY HOPKINS

Building and Outdoor Living Editor NOEL SENEY
Garden Editor HAMILTON MASON *Associate Editor* BEVERLY GARRETT *Architectural Editor* STEPHEN MEAD
Remodeling and Home Maintenance Editor DAVID R. HAUPERT *Improvement Ideas Editor* RUSSELL O'HARRA

Interiors and Design Editor RICHARD W. JONES
Table Settings and Home Entertaining Editor ELIZABETH CRASTER *Home Furnishings Editor* SHIRLEY VAN ZANTE
Associate Designer ROBERT E. DITTMER *Projects Designer* DAVID ASHE
Associate Editor PAMELA WILSON CULLISON *Christmas Ideas Editor* MARGO GARRITY

Health and Family Life Editor GERALD KNOX
Money Management Editor MARGARET DALY *Leisure Products and Pets Editor* DOUGLAS M. LIDSTER

Travel and Transportation Editor GORDON GREER
Automotive Editor TONY SWAN *Regional Travel Editor* KATE KEATING

Crafts and 100's of Ideas Editor NANCY LINDEMEYER
Crafts Editor CIBA VAUGHAN *Associate Editor* REBECCA JOHNSTON

Special Interest Publications
Editor NEIL KUEHNL *Managing Editor* RICHARD W. ROYER *Associate Editor* ROBERT A. DICKELMAN

Copy Editor MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS *Editorial Research Associate* C. RAY DEATON

Associate Art Director GERALD PREATOR *Assistant Art Director* ERNEST SHELTON
Graphics Designers ROBERT C. FURSTENAU JOHN CASWELL BRYAN E. McCAY *Art Production Manager* RAY WOODS

New York—Eastern Editor MARGARET McMAHON *Senior Design Editor—East* CAROL BASSIN HELMS
Associate Editor LESLIE COLCORD *Shopping Editor* ANN LIVELY
Los Angeles—Senior Associate Editor, Western States ELIZABETH GILRAIN *Chicago—Contributing Editor* JESSIE WALKER

Test Kitchen Director MARION VIALL *Reader Service Director* TERRY WADLE *Photo Studio Manager* LUE CALKINS
Properties and Location Manager JIM HIRSHEIMER

PRESIDENT/PUBLISHING GROUP AND MAGAZINE DIVISION GENERAL MANAGER **WAYNE A. MILLER**
Division Vice-Presidents Group Publishing Director JACK D. REHM FRED STINES
Editorial Director JAMES A. AUTRY
Operations Director JAMES R. NARBER Controller ROBERT E. GERHARDT

Publisher JACK D. REHM Advertising Director J. WESLEY SILK

CORPORATE OFFICERS **Chairman and Chief Executive Officer E. T. MEREDITH III President ROBERT A. BURNETT**
Senior Vice-President H. Y. ENGELDINGER
Group Presidents WAYNE A. MILLER, Publishing JOHN GREGG, Printing JAMES CONLEY, Broadcasting
Vice-Presidents FRANK FURBUSH DONALD L. ARNOLD JACK BARLASS WALTER VOSS JAMES A. RIGGS
Vice-President, Finance and Treasurer WILLIAM H. STRAW Controller Wm. DEAN ANKRUM
Vice-President, General Counsel, and Secretary GERALD D. THORNTON Assistant Secretary THOMAS G. FISHER

Published monthly by Meredith Corporation, 1716 Locust Street, Meredith Building, Des Moines, Iowa 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. Trademark registered in Canada and Australia. Marca Registrada en Mexico. Authorized as second-class mail Post Office Department, Ottawa. **Manuscripts and photographs:** They must have return postage. If unsolicited, we cannot be responsible for them. Postmaster: Send Form 3579 to BETTER HOMES AND GARDENS, 1716 Locust Street, Des Moines, Iowa 50336. This issue is published in multiple editions.

Subscription Inquiries and Changes of Address: Write to Subscription Information Dept. Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336 and be sure to enclose an address label from a recent copy. Please give us five weeks notice prior to your change of address. **Subscription Prices:** $6 per year to the United States and its possessions. Canada, add $2 per year. Other countries, add $4 per year.

© Meredith Corporation, 1975. All rights reserved. Printed in U.S.A.

Your friends say they'll keep in touch. But you know they won't.
Your teachers say come back and see them. And you know you won't.
Maybe someday it won't matter. But, right now, it hurts a little.

Kodak film. For the times of your life.

Kodak

FAMILY FOOD IDEAS

CONSIDERING THE SNEAKY THINGS YOUR MOTHER DID WITH WHEAT GERM NO WONDER YOU'RE SUSPICIOUS OF ITS TASTE.

Remember the lengths your mother went to in order to hide the Kretschmer Wheat Germ?

There it would be. Somewhere between the pudding and the whipped cream. Or floating around in among your corn flakes. Even mixed up in the ice cream sundaes she made.

That's simply because in your mother's day, they truly believed that if something was good for you, you probably wouldn't like it.

So they hid it. And never bothered to taste it. Which bothers us a lot. Because Kretschmer is not only the world's most nutritious natural cereal, it's one of the world's most delicious natural cereals.

What's in it for you?

The reason your mother wanted to get some Kretschmer in you is because Kretschmer Wheat Germ is naturally loaded with vitamins and minerals.

Just an ounce (roughly a quarter of a cup) of Regular Kretschmer Wheat Germ provides 15% of your Recommended Daily Allowance of protein. (More than any of the new "natural" cereals.) And more B Vitamins, iron and Vitamin E than any of the "naturals" provide.

Ounce for ounce, you get a lot more from Kretschmer.

Cinnamon, Raisins, Apples, Honey & Wheat Germ.

Naturally, if the joys of eating Kretschmer have been hidden from you all your life, you have no idea how good it tastes.

Regular Kretschmer has a slightly nutty taste. Something like a cross between bran and toasted walnuts.

Kretschmer Cinnamon Raisin is our idea of what to have for breakfast instead of Danish pastry.

Kretschmer Caramel Apple is so delicious a lot of people eat it by the handful. Right out of the jar.

And Kretschmer Sugar & Honey is so sweet to begin with that all you add is milk.

Our unique one-of-a-kind container.

Unlike ordinary, average cereals, Kretschmer Wheat Germ comes in a jar, not a box. That's because it isn't an ordinary, average cereal. That's also to keep it fresh, and preserve Kretschmer's nutrients.

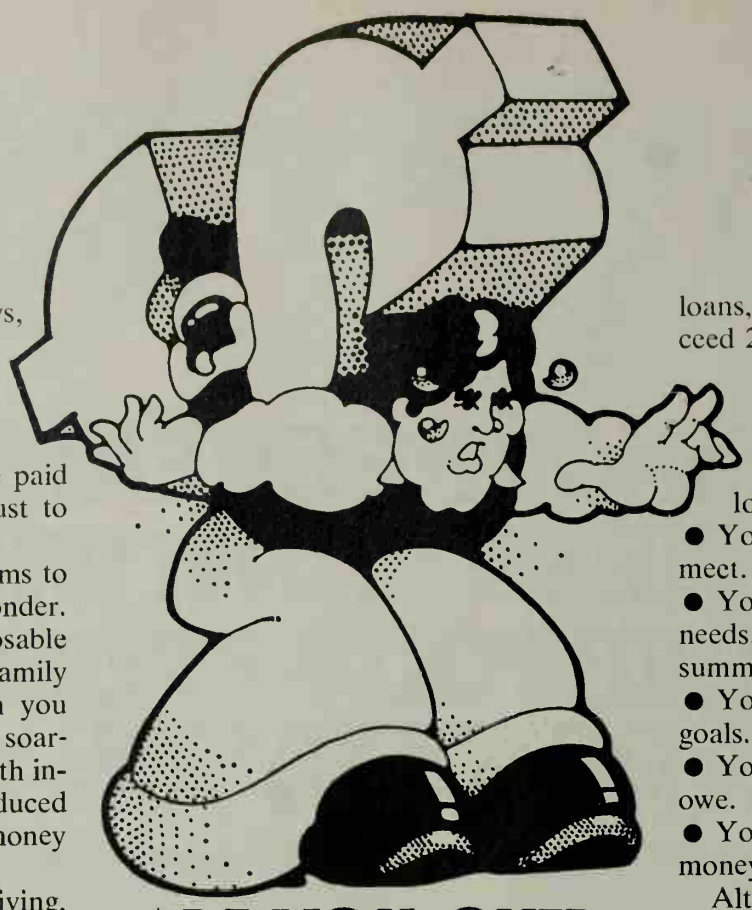
If you want to find it, however, all you have to do is look in the cereal section of your store.

And we assume you will want to find it.

After having a good thing like Kretschmer hidden from you all these years.

INTERNATIONAL MULTIFOODS

KRETSCHMER WHEAT GERM. THE WORLD'S MOST NUTRITIOUS NATURAL CEREAL.



ARE YOU OVER YOUR HEAD IN DEBT?

If you're like most people these days, you're uncomfortably familiar with the dollar squeeze. Perhaps you're dipping into funds earmarked for other things. Or delaying payment of some bills you normally would have paid on time. Or working extra hours just to make ends meet.

For many people the pressure seems to bear in from all sides. And little wonder. During the past few years, real disposable income for the average American family has actually declined. Even though you have had raises, the combination of soaring inflation and increased taxes—both income and social security—has reduced your ability to buy things or save money for the future.

With the rapid rise in the cost of living, you can well find yourself more in debt than before. True, money has been "tight" in some sectors, with credit hard to come by for transactions such as home mortgage loans. But credit still is available in a variety of modes, such as installment loans, personal loans, credit cards, and checking account loans. When the going gets rough, it's mighty tempting to try to cover the gaps by borrowing more.

That's not to say that credit is bad. On the contrary, the availability of credit has been a major factor in helping us increase our standard of living. Take the postwar period, when millions of GIs were able to buy their own homes through government-insured mortgages. Look at the value you get from your family car, which you might not have been able to afford without a car loan. Could you have remodeled your kitchen, or built on an extra bedroom, without a home improvement loan? And what about the time and energy you save for other activities through the use of household appliances—probably bought on time, or through a charge account?

What are the danger signs?

When properly used, credit can be a tremendous asset to your family's life. The problem is, rising food and fuel costs, as well as other escalating price tags, have forced families to spend more of their money on bedrock necessities. That means that there's less money left for other purchases. It's very likely you've tried to straddle some of your rising costs through additional loans.

The key questions you must consider are: 1.) How can you tell how much debt is too much for you? 2.) What can you do to bring your debts back into line?

The National Foundation for Consumer Credit, a nonprofit organization that oversees many credit counseling offices throughout the nation, figures that five or six of every 100 American families are in serious financial trouble today. Mismanagement of borrowing capabilities seems to be a prime source of such troubles.

Yet there's a lot you can do to forestall a financial crisis, once you know you're heading for trouble. Here are some red flags that may signal problems:

- Bills you used to pay on time are put off for another month or so.
- You're shuffling funds about, using cash you had set aside for other purposes, such as an upcoming insurance premium or tax bill, or a fund for a new refrigerator or couch.
- You're dipping into reserves—savings or not-yet-matured bonds, for example—to pay current bills.
- You have less than three months' take-home pay ready in a savings account for emergencies.
- You're borrowing to pay for items you used to buy with cash.
- You're taking out new loans to pay old ones, or extending old loans in order to lower monthly payments.
- Your monthly installment debts (revolving charge accounts and personal loans, but not your home mortgage) exceed 20 percent of your take-home pay.
- You consistently pay only the minimum amount due each month on your charge accounts.
- You've begun to receive a lot of "payment overdue" slips.
- You rely on extra income to make ends meet.
- You're unable to save for upcoming needs, such as replacing major appliances, summer camp fees, or vacations.
- You're unable to save for long-term goals.
- You're not at all sure how much you owe.
- You're arguing frequently about money.

Although none of these red flags is necessarily a sign of impending doom, take a close look at your situation when you spot any one of them. Often financial problems develop slowly and subtly. Don't wait for several bad signs before you act.

What can you do if you owe too much?

Financial advisers suggest three basic remedies: self-imposed discipline; expert counseling; legal action. In most cases, you should try the first remedy before going on to the next.

- *Self-imposed discipline.* The first step in any attempt to control your debts is to get as clear a picture as you can of how you spend your money. The simplest way is to gather your available records—canceled checks, bills, ledgers, grocery receipts, and so forth—and take a good look at your spending habits. If you don't have very good records, try to make some estimates, then take a couple of months to track the patterns. In any event, don't get bogged down in pennies. General dollar estimates will do.

1. Determine what your income is. Write down your monthly take-home pay from all salaries, then add in any other income on a monthly basis. If some money comes in irregularly—a Christmas bonus, say—divide that by 12 so you can figure in a monthly average.

2. Figure what you spend each month. Write down fixed payments, such as mortgages or rents, local taxes, and insurance. (If payments are due less often than once a month, divide the year's costs by 12 to

Drawing: Hellman Design Assoc.

continued

Your shish kabobs look so tantalizing. Should your glasses be spotty?

Get the Cascade look... virtually spotless.

Look—even clean water lets spots form.

Your guests will rave when they see this dish. But what about your glasses? You don't want spots at a time like this, or anytime.

The spotty glass shows that plain water alone can leave dulling spots. So it's good to know that Cascade's sheeting action fights drops that spot...gives your guests glasses with the Cascade look!

Cascade fights drops that spot.

But Cascade in your dishwasher gets dishes virtually spotless.

Dear Marcia,
Thanks a million for the Hai Karate. Every time I wear it, all the girls who attack me remind me of you. (only kidding!)
Love,
Peter

Give him what he likes.

continued

Are you in debt?

get an average monthly figure. And remember—you really should be accumulating money toward those one-time payments on a regular basis in your savings or checking account.) Then add in variable expenditures as a monthly average for items such as food, clothing, medical care, recreation, entertainment, home maintenance, transportation, and utilities.

3. Subtract your monthly fixed and variable expenses from your monthly income. What's left over is what you have available for paying off debts, saving, or buying other things.

4. Make a list of all your outstanding loans, excluding your mortage. The list should show the balance on each loan, the amount of monthly payments, when payments are due, and the number of months each loan has left to run. (If a debt is to be paid by one or more lump sums rather than on a monthly basis, find out the average cost per month by dividing the amount outstanding by the number of months before it's due in toto.)

While you're at it, underline long-overdue loans for priority consideration. Also write down the interest rates for each loan—information that will help you streamline your debt relief program in case you want to combine some debts to get rid of the higher cost ones.

5. Compare the amount you owe each month for outstanding loans against the amount you have left after paying for fixed and variable expenses. If your debts exceed that amount, you have problems. You're even in trouble if you have enough to pay the loans, but nothing left to save for upcoming and long-term needs. But don't panic. There still are a number of things you can do on your own:

● *Take a good look at where you may be able to chop some spending.* You might shave a few dollars from a number of areas, such as meals out, cash expenses, entertainment, impulse buys. Be tough on yourself, for now.

● *Examine your resources.* Have you accrued assets that might serve you best now by helping pay some current bills? That doesn't mean to cut into savings, especially if you don't have the equivalent of a couple of months' take-home pay in reserve for emergencies. But what about items such as the cash value of life insurance policies? Perhaps you took out a policy to ensure your youngsters' education, but now they're through school. The cash value could come in handy now that the original need for the policy is gone. You could cash in the policy. Or you might borrow against the cash value so the insurance stays in force. Life insurance loans are generally cheap—about five or six percent interest—but remember that insurance coverage is reduced by the amount of debt outstanding.

● *Consider combining loans.* This method can lower monthly payments, as well as help you keep track of what you owe so that you can repay your debts in an orderly fashion. However, a consolidation debt could cost you more overall, because it probably will be designed to spread out your financing over a longer period of time. That way, you'll be cutting down your monthly costs, to be sure; but you'll pay more over the life of the loan. Take this step with caution.

Also, beware of taking out new loans to pay for goods or services whose lifetime has already passed. "Pyramiding" your installment debts this way is usually a bad idea because you'll end up paying lots more in interest overall. Don't, for example, take out another vacation loan this year while you're still paying off last year's.

● *Use available credit smartly.* Learn to read loan contracts, whether for personal loans from a bank, your credit union, or finance company; or on the back of your department store charge account bill. The law requires that the terms be stated clearly: The true annual percentage rate of interest (APR), length of loan, total cost of loan to you—all facts to help you compare loans.

Various kinds of loans offer various terms. Often you can benefit by looking for the lowest rates, or repayment provisions best suited to your needs. Just remember that the longer you take to repay, the more the loan will cost you. On the other hand, a longer repayment period means smaller monthly payments, and that may fit your cash-flow needs better.

If you bought something at, say, a department store—where your credit costs 18 percent a year—perhaps you can pay that off before you have to pay any interest (you generally have a 25-day respite) by borrowing through another source for 12 percent. There may even be cheaper loans available—a passbook or other type of loan, for example. The point is, be alert to what credit is costing you and make changes when you can.

● *See if you can arrange payment date changes on some of your debts.* If all your bills come due at the same time, it can be difficult to stay on top of them; you might be forced into short-term borrowing just to cover. See if you can spread payment dates out through the month. Often creditors will make that adjustment.

● *Communicate with your creditors.* If you show a genuine desire to set your finances straight, many people who have loaned you money will be willing to cooperate as you attempt to bail out. On the other hand, if you don't communicate, it's likely your creditors will think you're attempting to dodge the debt, and they'll put on the pressure. See if you can work out a reasonable repayment plan with them.

Incidentally, if you think you are being unfairly hounded for a debt—say, the department store computer is driving you up the wall—and if you have tried to no avail to communicate with the creditor, contact your local Consumer Protection Agency. By law, you have specific rights; the agency can explain your recourses. Just be sure you have made genuine attempts in writing first to settle the matter directly.

● *Expert counseling.* If your efforts at self-discipline don't work, or you think you're in too deep to make it on your own, don't hesitate to seek expert advice. And don't be proud. You're not alone—especially these days.

There are a number of good, nonprofit credit-counseling services available. Your best bet is to get a list from the *National Foundation for Consumer Credit, Dept. BH, 1819 H Street, NW, Washington, D.C. 20006.* Their branches will provide counseling or debt-liquidation programs, depending upon your needs. The service often is at minimal cost or free. Also, you may find that creditors are especially understanding, because they know you're seeking good advice.

● *Legal action.* Your last resort would be bankruptcy, but first you should look into the "wage-earner plan" under Chapter 13 of the Bankruptcy Act. This provision allows you to avoid total bankruptcy. You'll pay off your bills under court supervision; you'll be protected from hounding creditors; and you'll preserve your credit rating. Under bankruptcy, on the other hand, you'll be starting pretty much from scratch (see "What happens if you go bankrupt?" Better Homes and Gardens, June 1974). In either case, it's essential to obtain legal advice before you act. ■

To turn eggs into great suppers, start fresh with BEST FOODS.®

The first name in Real Mayonnaise.

FAMILY FOOD IDEAS

EGGS AU GRATIN

Creamy BEST FOODS is like a readymade sauce.

2 large size onions, thinly sliced
2 Tbsp. NUCOA® margarine
6 hard cooked eggs, sliced
3/4 cup BEST FOODS Real Mayonnaise
1/4 cup milk
3 Tbsp. grated Parmesan cheese
1 tsp. prepared mustard
1/4 tsp. salt
1/8 tsp. cayenne pepper

In large skillet saute onions in margarine. Layer onion and egg in 11 1/2 x 7 1/2 x 1 1/2-inch baking dish. Stir together last 6 ingredients; spread over top. Broil 3 minutes or until brown and bubbly. Serves 6.

EGG BURGERS

BEST FOODS helps the patties stay in shape.

4 hard cooked eggs, chopped
1/2 cup chopped celery
1/4 cup BEST FOODS Real Mayonnaise
2 Tbsp. hot dog relish
1/2 tsp. salt
3/4 cup dry bread crumbs
2 Tbsp. MAZOLA® corn oil
4 English muffins, split and toasted
Lettuce

Stir together first 5 ingredients and 1/2 cup of the crumbs. Shape into 4 patties. Coat with remaining crumbs. In skillet heat oil over medium heat. Fry patties about 4 minutes, turning to brown. Serve in muffins with lettuce. If desired serve with Real Mayonnaise. Serves 4.

HEARTY NOODLE OMELET

A satisfying meal in minutes.

2 Tbsp. NUCOA margarine
1/2 cup chopped green pepper
1/4 cup sliced green onion
6 eggs
1/2 tsp. salt
1/3 cup BEST FOODS Real Mayonnaise
1 cup cooked drained egg noodles

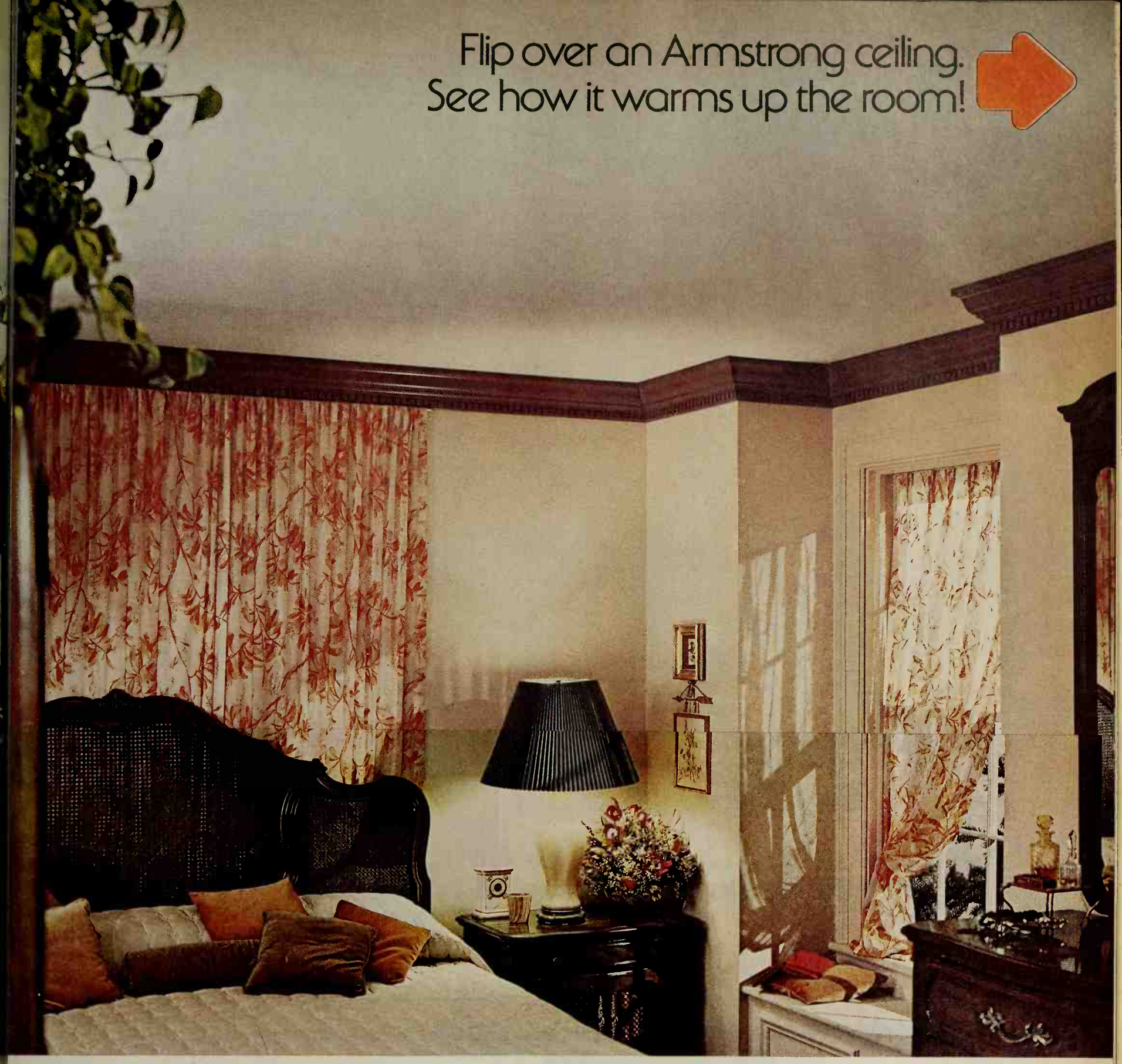
In 8-inch omelet pan melt 1 tablespoon of the margarine. Saute vegetables; remove. Beat next 3 ingredients. Stir in vegetables and noodles. Pour 3/4 cup of mixture into pan, tilting until bottom is covered. Cook over medium heat 5 minutes or until firm. Fold in half. Repeat 3 times, adding margarine to pan as needed. Serves 4.

BRING OUT THE BEST FOODS AND BRING OUT THE BEST

Best Foods, a Division of CPC International Inc. CPC International

What's wrong with these rooms?

The cold, bare ceilings are missing The Soft Touch of cozy, textured Armstrong ceilings.



Seeing is believing. It's really amazing, isn't it, just how much difference the Armstrong ceilings make in these two rooms. Imagine one in *your* favorite room. Armstrong can make your ceilings as beautiful as the rest of your home . . . make any room even cozier and more elegant. Beautifully easy to install, too. You and your family can do an average-size room over a weekend. (Or, if you prefer, your retailer can arrange for professional installation.)

You can choose from over 25 different styles . . . from the most elegantly traditional to vinyl-coated designs for kitchens. And many are acoustical, so they help soften the noise as well as the look. See them all at an Armstrong Ceiling Center™ retailer or other ceilings dealer. Check in the Yellow Pages under "Ceilings." Or, mail this coupon for our full-color brochures and the names of the nearest stores that carry Armstrong ceilings.

Armstrong
7506 Sun Street
Lancaster, Pa. 17604

Please send me full-color brochures showing the wide selection of decorative Armstrong ceilings and how to install them.

Name_____

Street_____

City_____ State_____ Zip_____

Armstrong

CREATORS OF THE INDOOR WORLD®

Unretouched photo of results on new sneakers identically stained with dirty axle grease.

This sneaker was washed twice in Tide.

This sneaker was washed once the Dynamo® way.

See the difference on this stain? Dynamo works better on greasy stains, so your whole wash comes cleaner than powders would get it. And you only need a quarter cup! (That's why Dynamo's economical.) Just rub a little directly into the spots. Dynamo works. On tough stains like cooking oils, cold cream, shoe polish—and the axle grease on these sneakers. It's true. For your whole wash with its greasy stains, the little blue jug works better than powders.

The little blue jug is...Dynamo!

©1975, Colgate-Palmolive Co

see page 72

He cooks

DUCK A LA PEKING

Hoisin or Peking sauce is available at Oriental food markets—

- 4- to 5-pound duckling
- ½ cup Duck Sauce*
- 2 tablespoons hoisin sauce
- 1 tablespoon dry sherry
- 1 tablespoon orange juice
- 3 tablespoons sliced green onion

Cut duckling into quarters. Place duck on rack in shallow roasting pan. Cover with foil; bake in 375° oven for 1¼ hours or till almost done. In bowl, combine the ½ cup Duck Sauce, the hoisin sauce, dry sherry, and orange juice. Baste duck pieces with sauce mixture. Bake 10 minutes more or till glazed. Drizzle with any remaining sauce. Sprinkle with onion; garnish with orange slice. Makes 4 servings.

Photographs: Dieter

*DUCK SAUCE

Use ½ cup of the sauce in Duck a la Peking, ¼ cup in Crepe Egg Rolls, and serve the remaining with Three-way Wontons—

- ½ cup vinegar
- ½ cup packed brown sugar
- ½ cup apricot preserves
- ½ cup peach preserves
- 1 8-ounce can (1 cup) applesauce
- 1 tablespoon finely grated fresh gingerroot
- 1 clove garlic, minced
- ⅛ teaspoon crushed red pepper

In saucepan, combine all ingredients. Cook and stir till mixture boils. Reduce heat; simmer, uncovered, 30 minutes. Makes 2¼ cups.

CREPE EGG ROLLS

- 3 eggs
- 1 cup all-purpose flour
- 1 cup water
- ½ teaspoon salt
- 2 tablespoons chopped green onion
- ½ of 16-ounce can mixed Chinese vegetables, drained, and large pieces cut up (¾ cup)
- 1 4½-ounce can shrimp, drained and chopped
- ¼ cup Duck Sauce*
- 1 beaten egg
- Cooking oil for deep-fat frying

In blender container, combine the first 3 eggs, the flour, water, and salt. Cover and blend till smooth. Stir in green onion. Lightly grease a 6-inch skillet; heat. Remove from heat and pour 3 tablespoons batter into skillet; quickly tilt from side to side till batter covers bottom. Return to heat; brown on one side only. Invert onto paper toweling. Repeat with remaining batter to make 18 crepes. In bowl, combine Chinese vegetables, shrimp, and ¼ cup Duck Sauce. Place a rounded tablespoon filling just below center of each crepe. Roll up crepe, folding in both sides to enclose filling. Brush top edge with a little beaten egg. Turn egg roll so seam is down and let stand to seal. Cover egg rolls with damp towel to prevent drying. Repeat to fill, roll, and seal remaining egg rolls. Fry in deep hot fat (365°) till golden, about 4 minutes. Makes 18 egg rolls.

CHINESE CURRIED LAMB

- 1 pound boneless lamb
- 2 egg whites
- 2 tablespoons cornstarch
- ¼ cup peanut or cooking oil
- 1 clove garlic, minced
- 1 10-ounce package frozen cut asparagus, thawed
- 1 red onion, chopped
- 1 red or green pepper, chopped

• • •

- ⅓ cup water
- ¼ cup light raisins
- ¼ cup dry sherry
- 1 tablespoon curry powder
- 2 tablespoons soy sauce
- 2 tablespoons catsup
- ¼ teaspoon salt

Slice lamb in thin strips. Combine egg white and cornstarch; stir in meat. In wok or 10-inch skillet, stir-fry lamb and garlic in 2 tablespoons hot oil till meat is brown; remove meat and set aside. Add remaining oil; heat. Add asparagus, onion, and pepper; stir-fry till heated through, about 1 minute. Combine water, raisins, sherry, curry powder, soy, catsup, and salt. Add to wok along with cooked meat. Heat through. Makes 4 to 6 servings.

RED PORK WITH VERMICELLI

- 1 pound boneless pork loin
- 1 egg white
- 1 tablespoon cornstarch
- 1 clove garlic, minced
- 2 tablespoons peanut or cooking oil
- 1 4½-ounce can chorizo sausage or Italian sausage, sliced
- 2 large leeks, sliced and cut in ½-inch pieces
- 1 large red pepper, cut in strips
- 1 8-ounce can bamboo shoots, drained
- ⅓ cup catsup

continued

For your pet's health
See your veterinarian regularly

"Me and Ralph and the Chuck Wagon"

We chase that wagon.
I run and Ralph runs.
The wagon got away.
But Ralph gets his food.
I put in the water
that makes the soup.
Ralph likes the little brown pieces,
and the big red pieces.
Ralph cleans up his bowl.
Me and Ralph gonna
catch that wagon
tomorrow.

Catch Chuck Wagon® dog food
Chunky Beef or Chunky Chicken Flavor.

©1975 Ralston Purina Company

continued

He cooks

2 tablespoons dry sherry
1 tablespoon hoisin sauce
1 tablespoon dark corn syrup
1 tablespoon soy sauce
½ teaspoon salt
⅛ teaspoon freshly ground black pepper
Dash cayenne
4 ounces hot cooked Japanese vermicelli or vermicelli

Slice pork in thin strips. Combine egg white and cornstarch; stir in pork strips. In wok or large skillet, stir-fry garlic in hot oil 1 minute. Add sausages; stir-fry 1 minute. Add pork; stir-fry till pork is brown, about 5 minutes. Remove meat from pan; set aside. Place leeks, red pepper, and bamboo shoots in wok; stir-fry 2 minute Combine catsup, sherry, hois sauce, corn syrup, soy, salt, pepp and cayenne. Add to wok with po mixture. Heat through. Serve ov vermicelli. Makes 4 to 6 servin

RAINBOW BEEF

1 pound beef tenderloin or sirloin
1 egg white
1 tablespoon cornstarch
2 cloves garlic, minced
½ teaspoon grated fresh gingerroot
½ cup peanut or cooking oil
1 6-ounce package frozen Chinese pea pods
5 ounces fresh mushrooms, sliced (2 cups)
2 carrots, cut in thin sticks about 3 inches long
2 stalks celery, cut in thin sticks about 3 inches long
1 onion, cut in thin wedges
1 red pepper, cut in thin strips
2 teaspoons instant chicken bouillon granules
¼ cup soy sauce
¼ cup water
3 tablespoons dry sherry
1 tablespoon dark corn syrup
1 tablespoon vinegar
4 teaspoons cornstarch
⅛ teaspoon freshly ground pepper

Slice beef in thin strips. Combin egg white and the 1 tablespoon cor starch; stir in beef strips. In lar wok or skillet, stir-fry meat, garli and gingerroot in 3 tablespoons the hot oil till meat is browned. R move meat from pan; set aside. A remaining oil to pan juices; stir pea pods, mushrooms, carrots, ce ery, onion, and red pepper. Sprink bouillon granules over vegetab mixture. Cover and simmer till ve etables are crisp-tender, about minutes. Combine soy, water, she ry, corn syrup, vinegar, cornstarc and pepper. Stir into vegetabl along with cooked meat; cook ar stir till thickened and bubbly. Mak 4 to 6 servings.

THREE-WAY WONTONS

If you're serving all three filling shape each flavor differently f easy identification. Fold one eg roll fashion, another jelly-roll styl with ends twisted closed, and t remaining as described below—

Ham Filling:
1 4½-ounce can deviled ham
1 tablespoon chopped green onion
½ teaspoon finely grated fresh gingerroot
½ teaspoon snipped parsley

Chicken Filling:
1 4¾-ounce can chicken spread
1 teaspoon finely grated fresh gingerroot
1 teaspoon snipped parsley

Shrimp Filling:
1 4½-ounce can small shrimp, drained and chopped
¼ teaspoon dried dillweed

Eveready wants you to know

You may be buying too much power—or too little power—for your needs.

Either way you're wasting money.

How much power do you need in a battery? How much should you pay for it? It all depends on how often and heavily you're going to use it. That's why "Eveready" makes different batteries at different prices. Which one is right for you? That's what "Eveready" wants you to know.

For occasional use:

The "Eveready" Flashlight Battery. It's our good battery designed for people who use their flashlights or light-drain battery operated equipment only once in a while. Why pay extra for power you're not going to use?

For transistor use:

The "Eveready" Transistor Battery. It's our good battery designed to provide dependable low-level power that outlasts ordinary flashlight batteries in transistor use, yet it costs only a few cents more.

For frequent use:

The "Eveready" Heavy Duty Battery. It's our better, "in between" battery. Designed for people who use battery operated equipment more than a little. But less than a lot. For only a few cents more, it has far more power for moderate and heavy drain uses than ordinary flashlight batteries. Yet costs less than alkalines.

For high energy devices:

The "Eveready" Alkaline Power Cell. It's our best, longest-lasting power source for devices that really strain a battery, like movie cameras, cassettes, electronic flash units, calculators. It costs more than our other batteries. But in the long run it may save you money.

"Eveready" has the right battery, for the right job, at the right price.

UNION CARBIDE

ce package wonton wrappers
50 3-inch square wrappers)
g oil for deep-fat frying
auce*

rate small bowls, mix in-
s for Ham Filling, Chicken
and Shrimp Filling. Place
on of one filling just below
f a wonton wrapper. Moist-
half of wrapper with
Beginning at bottom edge,
jelly-roll fashion to within

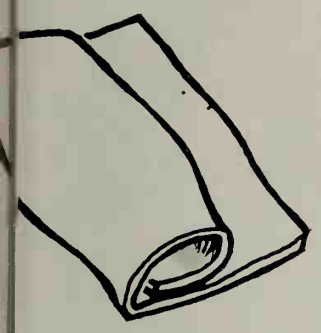


Fig. 1

of top edge (fig. 1). Moisten
ds; pinch closed (fig. 2).

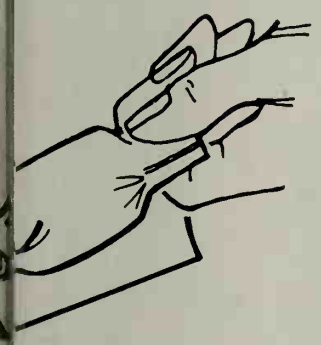


Fig. 2

ends together, overlapping
(fig. 3); pinch to seal.

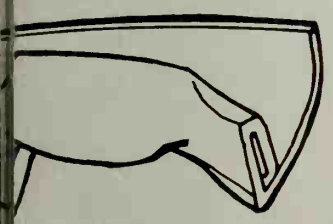


Fig. 3

should resemble a "nurse's
g. 4). Repeat with remaining

Fig. 4

covering the filled wontons
mp towel to prevent drying.
isp appetizers, fry wontons
p hot oil (365°) till golden
1 to 2 minutes. Serve with
auce. Makes 50 appetizers.
wonton soup: Simmer un-
wontons in chicken broth
minutes. Serve hot, garnished
iced green onion. ■

CELEBRATE SALAD DAYS WITH CALIFORNIA AVOCADOS AND KRAFT FRENCH DRESSING!

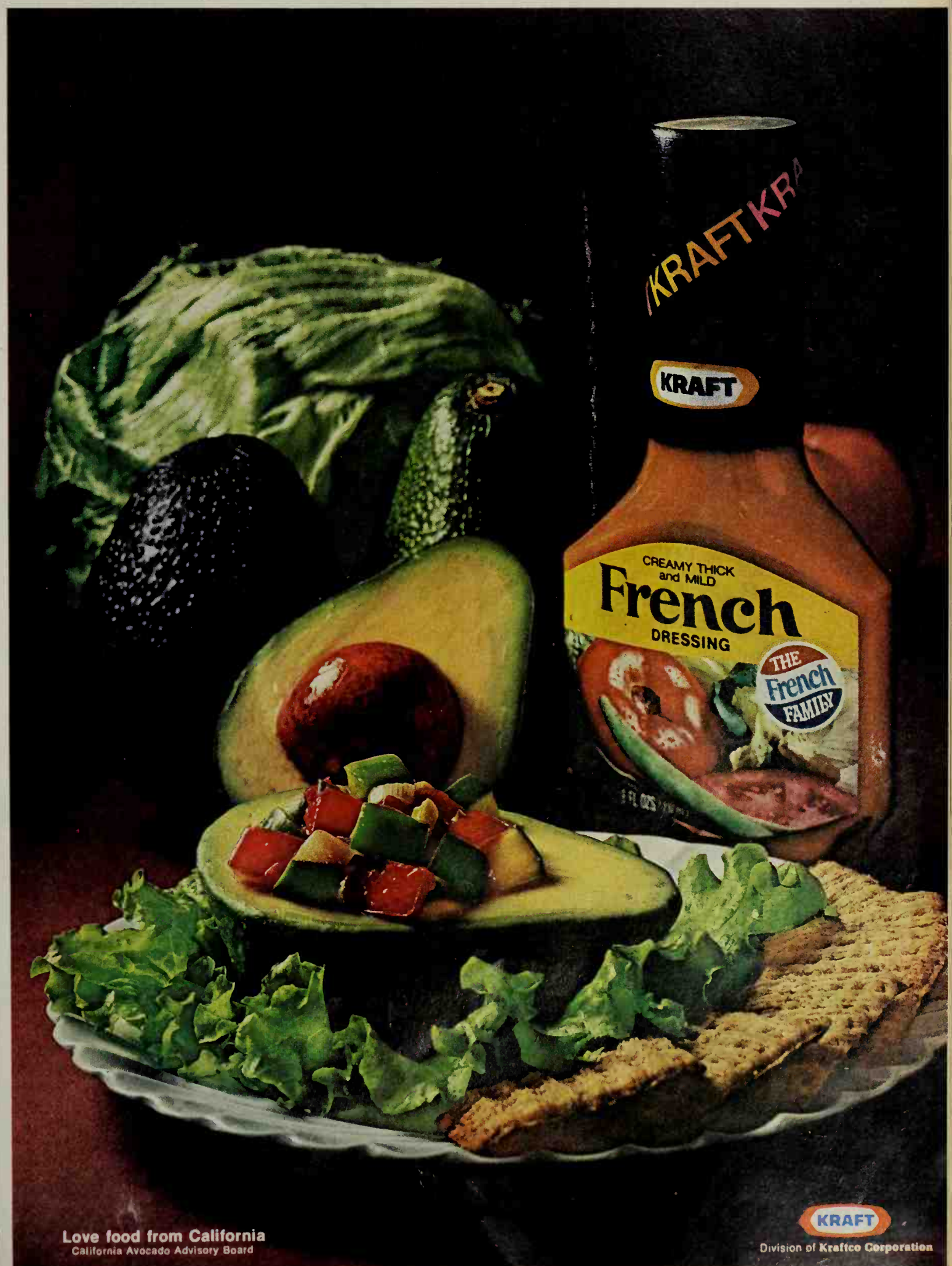
Now is the time to celebrate the goodness of the garden. The time to gather nature's bounty . . . and enjoy!

Celebrate the California Avocado by filling it with crisp young vegetables and dressing it with Kraft French Dressing. Kraft blends French Dressing with gentle imported spices and seals it fresh with the tamper proof KRAFT cap. Just the right complement to a California Avocado's delicate, nutlike taste.

CALIFORNIA AVOCADO GAZPACHO SALAD

½ cup chopped green pepper
½ cup chopped cucumber
½ cup chopped tomato
2 tablespoons green onion slices
¼ cup Kraft French Dressing
4 California Avocado halves, peeled
Lettuce

Combine green pepper, cucumber, tomato, onion and dressing; mix lightly. Chill. Fill California Avocado halves with vegetable mixture. Serve on lettuce-covered plate. 4 servings.



It's easy to make your home look like you've had a decorator because...

Sears makes House Calls!

Q. "What's a Sears House Call?"
A. "It's an easy and reassuring way to order custom-made draperies. You just call Sears Custom Shop for an in-home appointment with one of Sears Decorator Consultants. There's no obligation."

Q. "What does a Sears Decorator Consultant do?"
A. "She helps you make the right decisions. It's delightful. No trudging all over town. No confusion. No doubt. Right in your own home, you discuss your decorating plans, your tastes—and she helps out by making the little suggestions that make all your own ideas even better.
She brings custom fabric samples galore, takes all the measurements, gives you estimates—no obligation!"

Q. "Tell me more..."
(continued on next page)

A. "Metropolitan" Antique Satin
60% rayon/40% acetate (#70610)

B.

C.

D.

E.

"What are the other advantages of Sears Custom-Made Draperies?"

1. "Incredible Selection"
Custom fabrics in over 2500 different colors, textures and patterns. Window treatments by the hundreds.

2. "Perfect Style and Perfect Fit"
Sears Decorator Consultant really knows what to do to make even an insignificant window a work of art. And you get perfect fit because she takes all the measurements.

3. "Lush Fullness"
There is just lots more fabric in Sears Custom Draperies. Deeper, richer folds. It really makes a difference!

4. "Professional Installation"
Sears Custom Drapery Consultants know all about choosing the right hardware and hanging your draperies beautifully. I never could have done it as well myself.

5. "Sears Quality Craftsmanship"
All the patterns match up at the seams. The hems are doubled-over, weighted and blindstitched. It's the kind of quality I've learned I can expect from Sears.

6. "At a Cost You Can Afford"
You can get many of the same fine quality fabrics you've seen in custom specialty stores—at Sears low prices. You also get Sears free House Call, Sears free estimates and Sears Credit Plans.

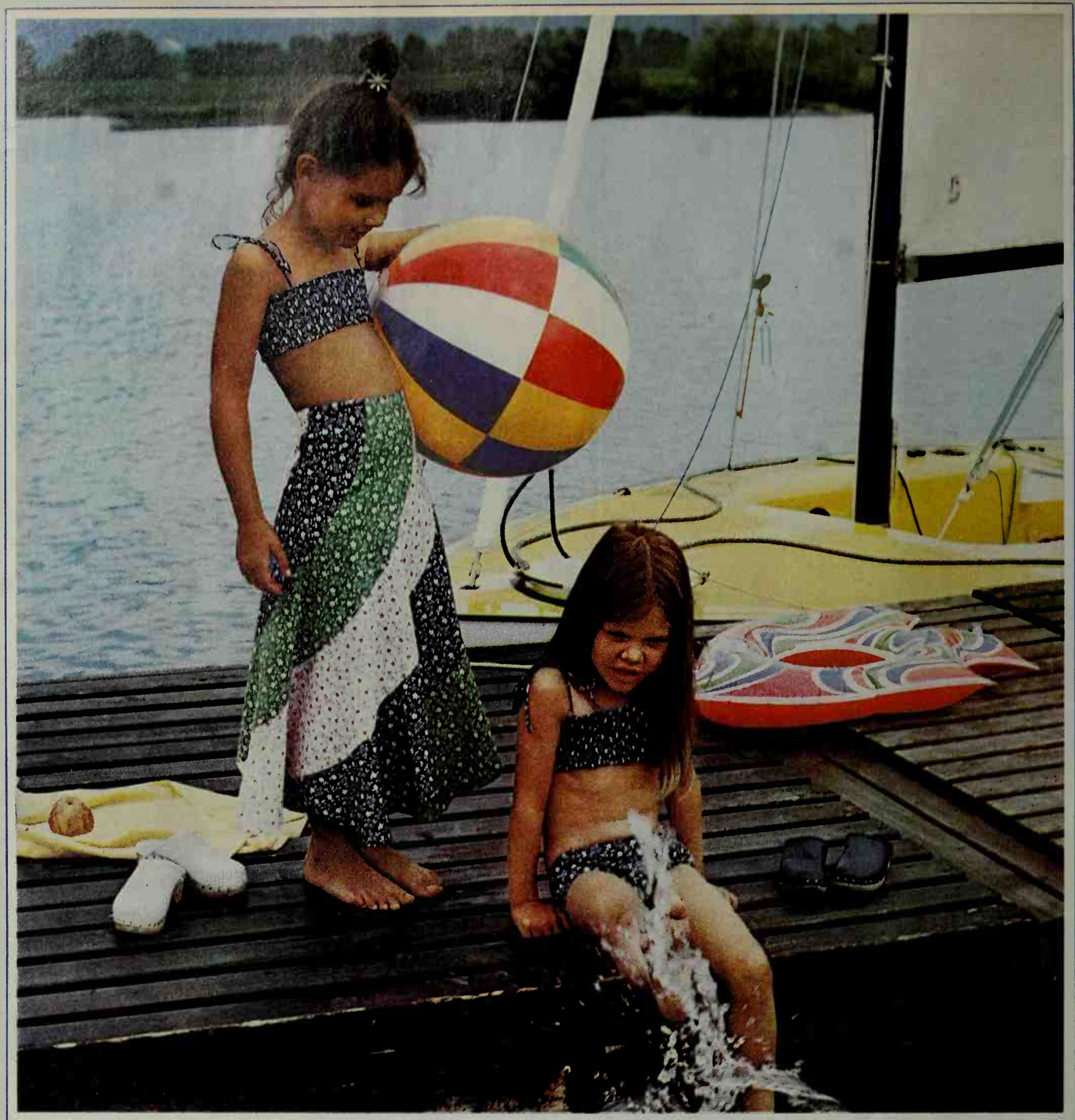
Q. "How long does it take for Sears Custom Draperies?"
A. "Any custom work that's properly done takes several weeks. But what's so nice about Sears Custom Shop is that they won't promise a date they can't keep. If your Sears Decorator Consultant says your draperies will be up for a special occasion, they *will* be!"

Q. "How do I make an appointment for a Sears House Call?"
A. "Either drop by or call the Custom Shop in the drapery department of your local Sears, Roebuck and Co. store. They'll set up an appointment with one of Sears 1400 Decorator Consultants for your own free House Call!"

Only at Sears

B. "Darlington" (#61534)

C. "Normandy" (#6678) Prices vary according to window size. Many other woven-wood designs and colors are available.
D. "Teahouse" (#61512)
E. "Siren" (#61605)
F. "Adobe" (#70988)
G. "Essex" Velvet, 100% cotton (#70916)



Photographs: Beege, Burda Moden

June Sewing Special: Sun & Swim Set

BODY MEASUREMENT CHART

Size	4	6	8
Chest	23	25½	27
Waist	21	22	23½
Hip	24	26	28
Back waist length	9½	10½	12
Height	40	45	49½

June is here, the sun is out, and summer fun is on its way. Get your little girl into the swing of the season by stitching up one of these super sun and swim sets, designed exclusively for Better Homes and Gardens readers by Burda Moden of Germany.

The swirly, snail-patterned panel skirt is done in a trio of colorful calico prints. Here the skirt is teamed with its own matching halter top, but it slips with equal ease over a peasant blouse or cotton T-shirt. The halter pattern also tops off our easy-to-make, two-piece bathing suit.

Pattern 01318, available in sizes 4, 6, and 8. Size chart and order blank are on this page.

Before ordering, measure your child carefully and compare results with our chart.

Send order to: Better Homes & Gardens
Dept. 2T1, Box 374
Des Moines, Iowa 50336

Pattern 01318: Sun and Swim Set
☐ Size 4 Each $1.50
☐ Size 6 Each $1.50
☐ Size 8 Each $1.50

Special offer: Any two patterns for $2.50, any three for $3.45, any four for $4.25.

Postage and handling: For one to three patterns, add 25 cents: for four or more patterns, add 50 cents.

Name_____

Address_____

City_____ **State**_____ **Zip**_____

Congoleum®

The most no-wax cushioned floors in your color. Like 32 in Beige.

The pattern of this beige is based on an early New England design. This is one of the patterns in our Prestige collection, based on authenticated design influences that are part of the heritage of America.

These inspired patterns feature the convenience of all our no-wax, Shinyl Vinyl® floors, and the comfort of cushioning. A no-wax, Shinyl Vinyl floor stays fresher looking longer, usually with just sponge mopping. In time, a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred.

See this great new collection and choose your floor in your color. Find us in the Yellow Pages under "Flooring".

Pattern #45025 shown.

K2r® lifts more spots from non-washables

than other spot removers.

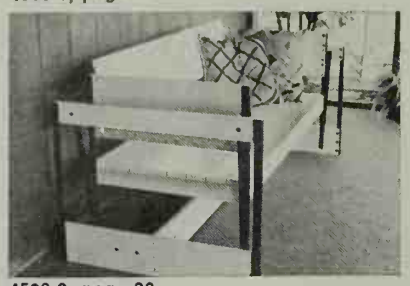
K2r Spot-lifter lifts more spots from non-washables than other spot removers. Just about any spot from just about any non-washable fabric: clothing, carpets, drapes, upholstery, you name it. And K2r *lifts* spots out. So you don't rub them in. Just spray K2r on. Let it dry. And brush the spot away without a trace.

The spot lifter.

© MNP Texize Chemicals Company
Division of Morton-Norwich Products, Inc.

How to order material from the magazine

4506-1, page 38



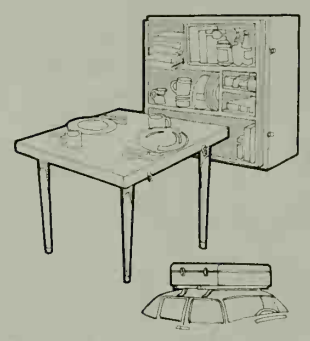
4506-2, page 39

4506-4, page 52

Prefab play structure Multilevel platforms make this play unit a surefire hit with the youngsters. It's made from five basic components that you build beforehand, then assemble into nearly any shape you want. Each level is a four-foot-square module that connects to the main posts with lag bolts. If you move, you can take the unit with you.

4506-3, page 39

Project plans for the canopied glider, framed glider, and porch swing shown above and left, are available for $2 each with the coupon below. Each of the plans includes a materials list, detailed working drawings, and complete instructions.



4506-5, page 53

Multipurpose car-topper You get a bargain when you build this car-top carrier. It not only holds lots of travel gear, but also converts to a camping table and shelf unit. Slide-out shelves and removable legs lie flat in the bottom while you're traveling. Anchor the unit to a luggage rack with wing nuts. Lightweight construction makes portability a cinch.

Send order and remittance to:
Better Homes and Gardens,
Dept. 2T1, Box 374,
Des Moines, Iowa 50336

OUR GUARANTEE:
Complete satisfaction or return your purchase within ten days for full refund

Quantity:

_____No. 4506-1 Canopied glider project plan
_____No. 4506-2 Framed glider project plan
_____No. 4506-3 Porch swing project plan
_____No. 4506-4 Prefab play structure project plan
_____No. 4506-5 Multipurpose car-topper project plan

All project plans are $2 each. Please include 50¢ postage and handling for each plan ordered.

Total of merchandise $_____
Postage and handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
Total $_____

If you use your charge card, fill out boxes below:

master charge — Expiration Date Month/Year _____ Master Charge Interbank No. _____

your BANKAMERICARD welcome — Credit Card No. _____

Name _____

Address _____

City _____ State _____ Zip _____

Build a greenhouse this weekend

You can. Ask your dea write us for a copy of ou greenhouse plans and mat list. Save money on vegetable flowers—have fun doing it.

FILON® Home Greenhouse PANELS

Filon-Stripe Patio Panels Where to buy

ALASKA
ANCHORAGE: Spenard Bldrs. Sply.
ARIZONA
TUCSON: Sutherland Lbr.
CALIFORNIA
BRENTWOOD: Johnson Lbr.
CAMPBELL: Campbell Lbr.
COMPTON: Bauer Lbr.
GARDENA: O-Mar Lbr. Home Owners Emp.
GARDEN GROVE: Plains Lbr.
LAFAYETTE: Sun Valley Lbr.
LA MIRADA: Sutherland Bldg. Matl.
LONG BEACH: Oooley's Hdwr.
LOS ANGELES: Fleming Lbr. Mullin Lbr.
MILLBRAE: Millbrae Lbr.
MONTEBELLO: Home Owners Emp.
MONTEREY PARK: Garvey Home Ctr.
NO. HOLLYWOOD: Mullin Lbr.
OAKLAND: Blackman Lbr. 4-Star Bldg.
ONTARIO: Ontario Lbr.
SAN BERNARDINO: Suverkrup Lbr.
SAN CARLOS: Rayberg Lbr.
SAN LEANDRO: 4 Star Bldg.
SAN PEDRO: Big C Bldg. Matl.
SO. EL MONTE: Discount Bldr. Sply.
SUTTER: Frank R. Close & Son
SYLMAR: Sav-On Home Ctr.
TORRANCE: Home Owners Emp.
COLORADO
BOULDER: Sutherland Lbr.
COLORADO SPRINGS: Sutherland Lbr.
DENVER: Sutherland Lbr.
FORT COLLINS: Sutherland Lbr.
GREELEY: Everitt Lbr.
HENDERSON: Payless Cashways
LITTLETON: Sutherland Lbr.
PUEBLO: Sutherland Lbr.
HAWAII
WAHIAWA: Pioneer Home Sply.
IDAHO
CALDWELL: Bales Lbr, Irrigators Lbr.
EMMETT: Boise Cascade Bldg.
GRANGER/ILLE: G'ville Lbr.
MT. HOME: Atoz Lbr. Home Lbr.
NAMPA: Lloyd Lbr. Stone Lbr.
MONTANA
FT. BENTON: Missouri River Lbr.
GREAT FALLS: Johnson-Madison Lbr. Poulsens-Thunderbird United Bldg. Ctrs.
HAVRE: Grogan-Robinson Lbr. Havre Lblr.
HELENA: Linder-Kind Lbr. Peterson Lbr.
PLENTYWOOD: United Bldg. Ctrs.
RUOYARD: Rudyard Lbr.
SHERIDAN: Marlowe's Bldg. Ctr.
NEBRASKA
BAYARD: Aneco Bldg. Ctr.
CEDAR RAPIDS: Cedar Rapids Lbr.
CENTRAL CITY: Sack Lbr.
CRETE: Sack Lbr.
GRAND ISLAND: Chicago Lbr.
KEARNEY: Chicago Lbr.
LINCOLN: Pauley Lbr. Sutherland Lbr.
NEBRASKA CITY: Aneco Bldg. Ctr.
ND PLATTE: Hawes Plywood
OMAHA: Chicago Lbr. Sutherland Lbr.
PLATTSMOUTH: Plattsmouth Lbr.
TEKAMAHA: Howell Lbr.
WAHOO: Farmers Co-op
NEW MEXICO
ALBUQUERQUE: Sutherland L
OREGON
ALBANY: Fred Meyer Home Ir Ctr.
BAKER: Builders Sply.
BEAVERTON: Edwards Bldg. S Fred Meyer Home Imp
CORVALLIS: Spaeth Lbr.
EUGENE: Fred Meyer Home Ir Ctrs. Stringfield Lbr.
LAKE OSWEGO: Tualatin Vly S
LEBANON: Economy Sply.
MANZANITA: Manzanita Lbr.
NYSSA: Stunz Lbr.
ONTARIO: Stunz Lbr. Tuttle Lbr.
PORTLAND: Fred Meyer Home Imp. Ctrs.
SALEM: Fred Meyer Home Imp Ctrs. Keith Brown Bldg. Matl. Portland Rd. Lbr.
TIGARD: Fred Meyer Home Imp Ctr.
TUALATIN: Clark Lbr.
SOUTH DAKOTA
SIOUX FALLS: Sutherland Lbr.
UTAH
AMERICAN FORK: Barratt Bldr. Sply.
MURRAY: Cook, Inc.
OGDEN: Ketchum Bldr. Sply.
OREM: Sierra Home Imp. Ctr.
PROVO: Utah Timber & Coal
ROY: Roy Lbr.
SALT LAKE CITY: Anderson Lbr. Holladay Lbr. Ketchum Bldr. Sply. Standard Bldrs. Stringham Lbr. Sutherland Lbr.
WASHINGTON
AUBURN: Auburn Plywood
BELLINGHAM: Fred Meyer Home Imp.
BREMERTON: Soundbilt Plywood Sales
CENTRALIA: Chehalis Steel
GIG HARBOR: Borgen & Johnson Bldg. Sply.
KELSO: Baker Lbr.
LACEY: Lacey Bldr. Sply
LONGVIEW: Fred Meyer Home Imp.
LYNNWOOD: Fred Meyer Home Imp.
OLYMPIA: Soundbilt Plywood Sales
PORT ANGELES: Hartnagil Bldg. Sply. Soundbilt Plywood Sales
PORT ORCHARD: Bethel Bldr. Sply.
PUYALLUP: Southill Lbr.
SEATTLE: Olson Lbr
TACOMA: Anderson Lbr. B & I Lbr. Brookdale Lbr Cavanaugh Lbr. Fred Meyer Home Imp. Model Lbr. & Hdwr. Spencer's Hdwr. Vis Rey, Inc.
VANCOUVER: Fred Meyer Home Imp. Ctr. Star Bldg. Matl. Totem Bldg.
WENATCHEE: W'tchee Lbr
YELM: A & I Bldr. Sply.
WYOMING
CHEYENNE: Capital Lbr.

Keep your light while you keep your cool.

Come and relax a bit under Filon-Stripes. It's cool and comfortable—as you expect to be under a patio roof.

But there's also the luxury of soft, diffused light. Panels are translucent—eliminate darkness against the house—give you the delight of filtered open shade.

And the colors, fresh as spring, stay rich and vibrant. They're an integral part of the panel, chemically locked in for years of crisp beauty.

Take the first step; see the panels right now at your nearby building supply dealer. (Find him on the opposite page.) Everything after that—selecting the right pattern, even building it yourself—is easy. Particularly the patio living.

Filon-Stripes® Patio Panels

FILON DIVISION OF VISTRON CORPORATION

12333 South Van Ness Avenue, Hawthorne, California 90250

CARS Tony Swan

Auto Service: How to complain with clout

One of the great contributors to American humor is the auto repair shop. Countless variations have accumulated over a half-century, but the basic picture is still the same: the greasy, vaguely sinister mechanic, a bill rivaling the national debt, the helpless and bewildered customer—and the car that *still* doesn't run.

Such a classic comic stereotype has to have some foundation in reality. Virtually everyone has heard some sort of auto repair horror story from a friend, or has even had some irritating personal experience. And when it happens to you, it's not funny.

However, concerted efforts to improve auto service on the part of manufacturers, suppliers, dealers, and garage owners may deplete the humorists' ammunition supply in coming years. Better product reliability, more and better qualified service people, and important advances in manufacturing technology are all helping to solve the service problem.

One of the biggest improvements in automobile service has come from the manufacturers, who have almost doubled the number of factory service representatives. The Big Four car builders have all established completely new customer service divisions—or revamped existing service organizations—to react more quickly to customer problems. Innovations such as toll-free hot lines and local customer service offices are spread in a strategic network across the country, giving car owners direct access to the factory. As a result, customer complaints that can't be resolved on a local level have dropped more than 25 percent since 1973.

Other advances include:

- Establishment by the Independent Garage Owners Association and the National Automobile Dealer Association of a tough new national testing and certifying program for automotive technicians. Shops displaying an NATCB or NIASE symbol employ technicians of proven ability.
- Relief of the technician shortage through factory and supplier-sponsored tuition-free training courses in basic and advanced mechanics.
- Higher service department standards. Manufacturers or oil companies franchising new operators today place strong emphasis on the dealer's service facilities, with stiff space and equipment guidelines.
- Use of computerized equipment to take the guesswork out of diagnostics.

But no matter how much the auto service and reliability picture improves, there will always be potential for customer dissatisfaction. And when you have a complaint, it's important to know what to do.

The best rule of thumb is to start at the source of your complaint. If your car was serviced at a new car dealership, talk your problem over with the service manager, general manager, or dealer. The salesman who sold you the car *may* be able to intervene, but it's unlikely, since he's not a service expert and has no authority to act on such matters. If the repairs were handled at an independent shop or service station, talk to the owner.

continued

Summertime Crafts!
From Better Homes and Gardens

Bouquet-in-a-Basket BRAND NEW! This charming flower basket gives any room a fresh, natural look — perfect for centerpieces, mantels, tables, etc. And it's something you do yourself, very easily. Kit comes with everything — imported reed basket, decorator paper and fabric for flowers, dried flowers, stem wire, floral tape, glue, styrofoam holder and complete instructions. Finished bouquet is approximately 10″ round x 12″ high.

Family Tree and Busy Garden Calendars New designs for 1976! Make several for home and as unique gifts! Fun and easy to do, you'll be amazed at how fast they work up. These colorful jeweled calendars are hand printed on crease-resistant material. Kit contains all decorative trimmings, rod, hanging cord, embroidery floss, needle, and simple instructions. Finished size 16½″ x 30½″.

Quantity

_____ No. 11161 Bouquet (Blue/Green) $7.49 } Any 2 for $13.98
_____ No. 11162 Bouquet (Orange/Yellow) $7.49 }
_____ No. 00045 Family Tree Calendar $4.79 } Any 2 for $8.99
_____ No. 00428 Busy Garden Calendar $4.79 }

Send to:
Better Homes and Gardens
Dept. 2T2, Box 374
Des Moines, Iowa 50336

Postage and handling: For orders up to $5 add 60¢; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

Total of Merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL, and NY, please include sales tax. $_____
TOTAL $_____

If you use your charge card, fill out boxes below:
Expiration Date Month/Year
Master Charge Interbank No.
Credit Card No.

Name_____
Address_____
City_____
State_____ Zip_____

OUR GUARANTEE: Your satisfaction, or return purchase in 10 days for a refund.

continued

Auto service

The quickest way to complicate your problem is to refuse to pay your bill. If you do this, the garage owner or dealer is within his rights, in many states, to refuse delivery of your car. Most repair orders requiring the customer's signature have a "mechanic's lien" printed on them, granting the garage that right. It's best to pay the bill and advise the garage owner that you will take other action to recover costs or get the work performed properly.

Most states have a legal system for handling small claims of this nature, usually a small claims court, justice of the peace, or state consumer agency. None of these requires an attorney in your behalf and, provided your claim is upheld, all costs will be borne by the garage.

If your complaint is with a new car dealer and he offers no solution, call or write to the manufacturer's local office, listed in your warranty or phone book. A letter or call to the manufacturer's headquarters will only delay getting action on your complaint, since it will be referred to the local customer service office. Decisions made by qualified local service personnel are rarely overturned by the home office. It may help to visit the manufacturer's local office personally. A customer service representative can make on-the-spot decisions or calls to try to resolve the problem. Bear in mind that factory service representatives have no control over dealer prices, but they can do a lot to see that a job is properly done. Their assistance can be particularly helpful if your car is tied up by a parts shipment delay. But don't complain to a factory service representative until you've talked to your dealer. He won't appreciate a bad name with the factory if he hasn't had a chance to remedy your problem, and chances are the complaint will be referred back to him anyway.

If your complaint is with an independent garage or service station, factory representatives are powerless except for expediting parts. One of the biggest problems with the independents is lack of special tools and knowledge for major overhauls, so if you have big trouble it's best to seek out the manufacturer's dealer in the first place.

A few states have passed laws allowing an owner to stop his monthly car payment if his car is inoperative due to manufacturer's negligence, but think twice before using this gambit. The tactic of withholding payments to car repairs has been tried times against all kinds of fir organizations, including sponsored by manufacti without much success. The c generally have held that th nance company is an inn third party to the sale cor and as such is entitled to payi Seek legal counsel before you payments, or you may open way for repossession of your

Contacting the Better Bus Bureau sounds like a logical sure, but it probably won't The BBB will listen to your plaint and file it with o against that repair garage, usually won't do much be mentioning your woes to owners who call inquiring a that particular garage. Ev ally the BBB might deny men ship to the garage—but doesn't solve your problem.

Some cities, states, and Federal Government have e lished consumer protection cies that may be of real he your complaint is justified. V all else fails, seek out the sumer protection bureau at city or state office building contact the Office of Consi Affairs, New Executive C Building, Washington, 20506.

Recent surveys have sh that more than 93 percent o owners are satisfied with service, and that dissatisfa generally results from one ite the repair order, not the ov job. Factory service office have files on customers who plain year after year regardle the model car they own or th rage that services it, but the jority of complaints are ca by simple misunderstan about the price, quality of w or time required to complet pairs. When service is nee think ahead about credit req ments and how long you ca without the car.

If the job will tie your ca for more than a day, in about the possibility of a lo (once commonly available now rare) or low-cost rental Service advisers know that customers are apprehensiv even angry about the need fo pairs, and will usually try to your transportation proble you tell them it's crucial.

To avoid problems, don't a rize repairs without asking f estimate of cost. This gives the option of doing business where. Set a dollar limit or job if you must, but don't until the bill is presented to gle over the price. If you ha gripe, discuss it in private

anager; a public confronta-
vill get you nowhere.
ake credit arrangements be-
work is performed. Most
readily accept any nation-
known credit card, so shop
rs have become increasingly
of customers who don't have
lished credit ratings. If you
credit from the shop, say so
u will be referred to the own-
his credit manager. Many
es will refuse to deliver your
unless you have prior ap-
ed credit or pay cash.
n't neglect routine mainte-
e. People in the service busi-
ave little compassion for the
r who always waits until
thing breaks and then ex-
fast repairs with a small bill.
can perform a great deal of
he work on your own by
ving the manufacturer's ser-
manual or the do-it-yourself
let delivered with many new
Yearly car care will cost
to $200, depending on the
nd mileage of your vehicle.
usually far cheaper to pay
egular service than to pay
variety of emergency work.

n't be lured by the come-on
s of shops featuring off-brand
cement parts at ridiculous
s. The $19.95 brake job, $7
ers or shocks, or remanufac-
spark plugs are good "bar-
" to avoid.
llow the advice of this sign
service department. "Our la-
ate is $5.50 per hour. If you
the rate is $10." The tech-
n working on your car
n't need your help, advice, or
ons, nor does he need some-
to rummage in his toolbox.
y repairmen are paid by the
rate hour," meaning they get
ame pay whether or not they
rm the work in an allotted
period—and distractions
them money. Also bear in
that most garage insurance
ies do not cover you in the
of accident.
me complaints stem from the
that owners don't know the
ence between abuse and nor-
use. Failures resulting from
r abuse are not covered by
warranty. Bent axle housings
n jackrabbit starts), blown
nes (from valve flotation at
RPMs) and burned-out high
hes in automatic transmis-
(from prolonged excessive
d) will be ruled abuse, unless
can prove otherwise. Formal
action should be considered
as a last resort. The factory
very likely withhold any fur-
action on the complaint until
art has decided who is liable.
l counsel is advisable in some
s, but don't waste time and
ey seeking it until you have
usted all other recourses. ■

PAINT ISN'T ALL IT'S CRACKED UP TO BE.

Consider these guaranteed alternatives...

If the exterior of your home is old paint, old stain, or unfinished new wood, we're talking right to you. Odds are you want the finish you put on to do two things: *Look* beautiful and *stay* that way. That's why, before you settle for house paint, we'd like you to think about these four guaranteed ways to do the job better.

Put on the Overcoat.

If you've got old paint, why add another layer to the problem? Instead of repainting, put on new Olympic Overcoat. Overcoat is a truly revolutionary new acrylic coating—*like* some paints—but so superior we refuse to even call it paint. Overcoat goes on easier than anything you've ever used. It covers almost any surface in a single coat and dries quickly to a beautiful flat finish that lasts and lasts.

It's guaranteed better than house paint!

You'll be amazed at the way Overcoat performs. Try it. If you're not convinced that Overcoat is better than house paint, return the remainder of your first gallon and any unopened cans, with receipt, to your dealer, and he'll refund your money.

For the mellow look.

To dress your home in mellow, rich color—use Olympic Solid Color Stain. Rich in pigment, Olympic Solid Color Stain covers beautifully without forming a thick film. Instead it penetrates the wood—lets it breathe—for lasting protection. We guarantee your money back (or provide replacement gallons at our option) if Olympic Stain ever cracks, peels or blisters.

Stain over old paint?

That's right. Thousands of homeowners have done it successfully—just as long as the surface is rough wood siding, shingles or shakes. A single coat is usually all it takes to achieve the mellow beauty you can only get with solid color stain.

Plus water clean-up.

If you'd like the stain effect and guarantee—plus water clean-up—your answer is new Olympic Acrylic Latex Solid Color Stain in the blue can.

For the ultimate beauty of wood.

Olympic Semi-Transparent Stain does the most beautiful thing you can do for new wood: It highlights the natural grain and texture, enhancing wood's appearance with soft color that weathers graciously. Rough or smooth siding, decks, fences, outdoor furniture—you name it—if it's wood, nothing adds subtle beauty and lasting protection like Olympic Semi-Transparent Stain. It too is backed by the Olympic Stain guarantee.

Ask a pro.

For straight answers to any questions you have about finishing your home, see your Olympic dealer. Look for them in the Yellow Pages.

Olympic Stain. A division of COMERCO, INC.
Dept. B, 1148 N.W. Leary Way,
Seattle, WA 98107.

Olympic Overcoat or Olympic Stain. Guaranteed satisfaction you won't get with paint.

Summer Color You Can Plant Now

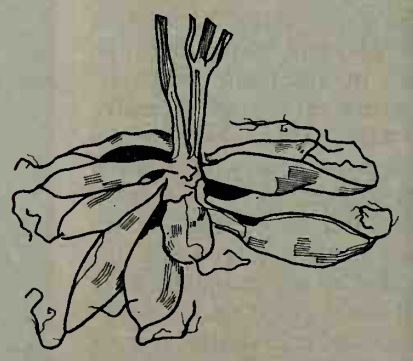
If your garden color dwindles when hot weather hits, make this your year to correct the situation. All you have to do is set out some clumps of summer-flowering bulbs and you'll head into the coming season confident of color.

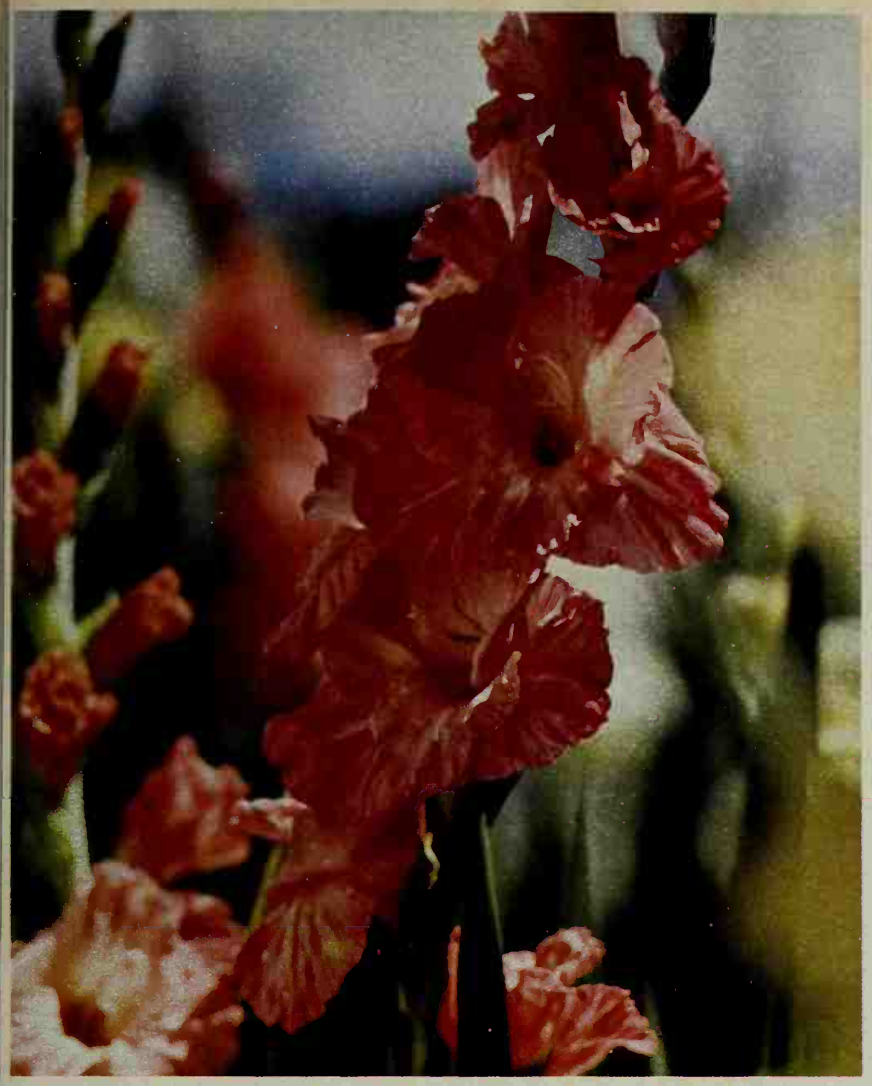
The only hard part is choosing what to plant. This group of bulbs is noted for its variety. Some are famed for their lovely flowers, others for handsome foliage, but all are beautiful. You're sure to find two or three different kinds you'd like to try.

Not all of these hot-weather favorites are true bulbs—many are technically corms, tubers, rhizomes, or tuberous roots—but they look like bulbs. Plant after the weather is dependably warm and enjoy their performance the first season. Then (except in very mild climates) dig in the fall and store over winter. Happily, you'll find that many of your favorites will have multiplied during the summer so you'll have lots of extras to store, replant, then enjoy during the following summer.

By Hamilton Mason and Beverly Garrett

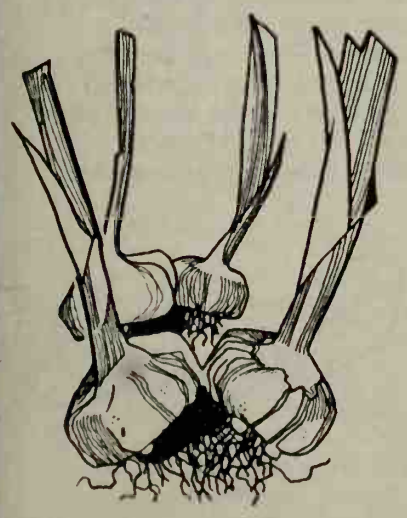
Dwarf dahlias are ideal for planters, borders, and low hedges, and they bloom generously from midsummer till frost. You can cut them as you please; the new buds coming on keep your outdoor color effect constant. As cut flowers, dwarf dahlias last for three to five days without fading. The bushy plants measure one to two feet high; you can start them from seed, or buy tuberous roots. Set the roots five inches deep, one foot apart in sun. If you start these plants from seed, thin the seedlings to stand ten to 12 inches apart. In cold areas, dig dahlias in the fall, let dry in shade for ten days and then store in dry vermiculite, sand, or in plastic bags in a cool, frost-free spot. Don't separate clumps till the spring; then cut apart, being sure each tuber has part of last year's stem and at least one bud or eye.





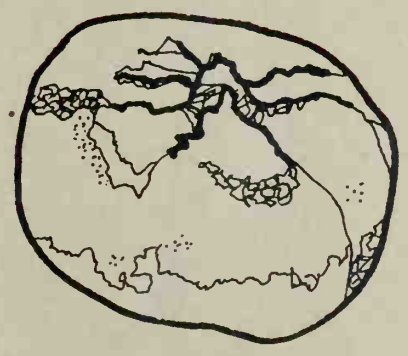
Photographs: Hopkins; de Gennaro; Dieter. Sources: Pauline Graves; Dorothy Campbell

Plant gladiolus and you'll soon know why they're favorites of beginners and experts alike. Their dramatic flower spikes appear reliably two or three months after you plant. The choice is almost limitless; a rainbow of solid colors is available as well as many with contrasting eyes. Some flowers are ruffled, others are classed as miniatures. Plant corms in well-drained soil in a sunny spot. Set jumbo corms six inches deep, medium-sized ones four inches deep, small ones two inches. Plant them six inches apart. Dig corms six weeks after the last blooms fade. Cut off tops, let cure in a warm, well-ventilated place for two weeks. When corms are dry, store in sacks in cool spot.

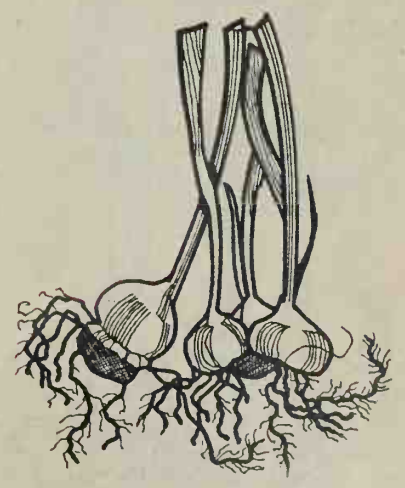


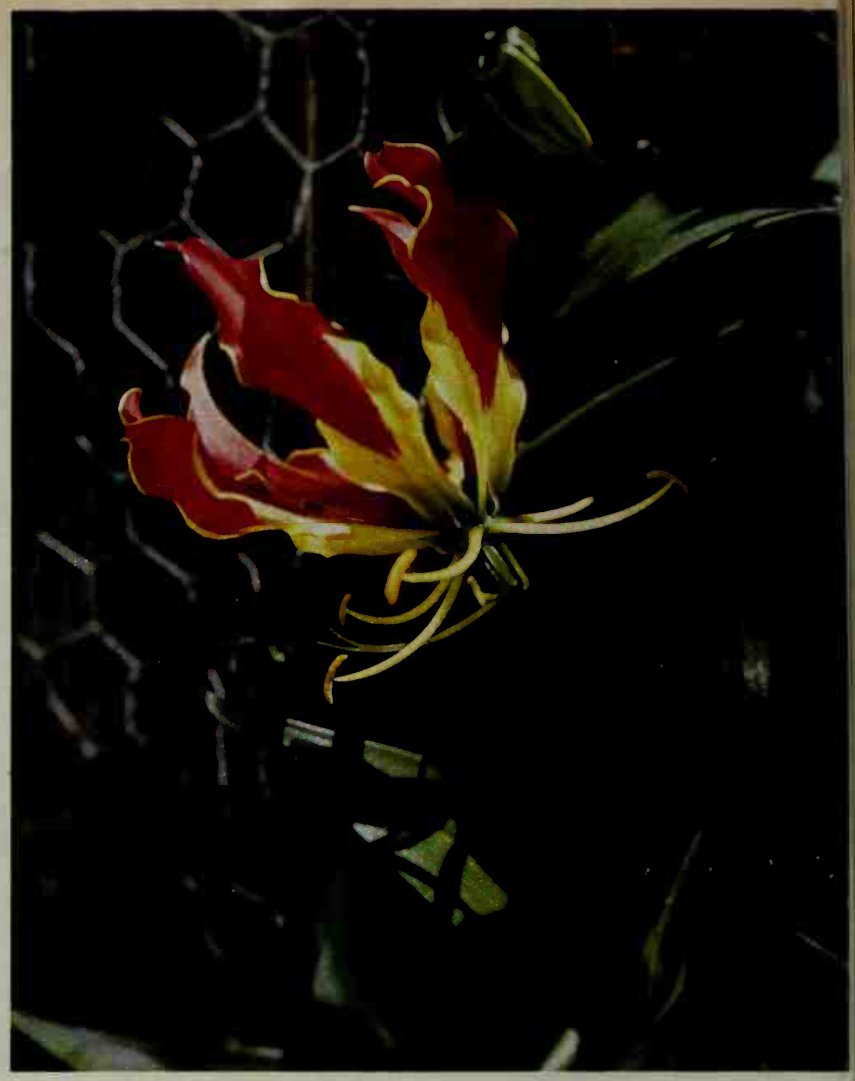
Grown by Jean Warren

Elegant tuberous begonias belong on your "must-have" list if you want spectacular color for your semi-shady spots. You can choose upright (two foot) plants for pot gardening or for setting directly into beds. An array of trailing varieties is available too, and they make handsome hanging plants. Buy started plants at the nursery, or set out tubers, the dished-in side up, one inch below the soil. Preferably, the soil should be loose and rich; add ⅓ sand and compost to the potting soil. In the fall, dig plants, let tops and all dry for two weeks, then break off tops, store the tubers in vermiculite in a cool, dry spot.



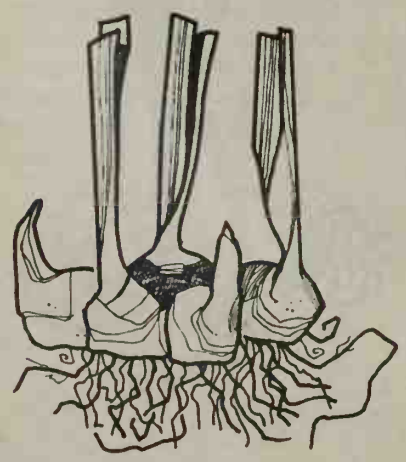
Tall, graceful montbretias go on a blooming spree from August till frost. Each of the strong 22-inch stems hold ten to 12 buds that flower successively over a time period of several weeks. For the best effect in your garden, plant at least a dozen of these corms in a group; you can choose varieties with orange, yellow, or scarlet flowers—or plant some of each; the colors are compatible. Set corms four inches deep and four inches apart in a sunny place. Work a balanced plant food into the soil at planting time and keep the plants well watered, giving them at least an inch of water a week. In the cold areas, dig the corms in the fall and let cure in a warm place for two weeks. When corms are dry, store like gladiolus.



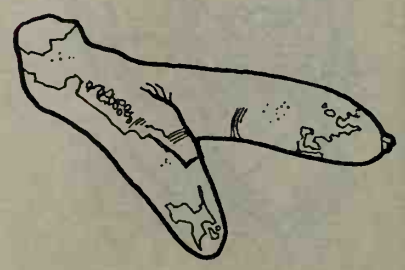


Summer Color You Can Plant Now

If you still think of cannas as big plants best used in city parks, it's time to change your outlook. The new dwarf cannas grow just two to three feet tall and give you a lot of color in sunny locations in front of shrubs or in patio tubs. You can pick bronze or green foliage; apricot, orange, white, red, pink, and yellow are among the flower colors. Plant cannas horizontally with the growing points just an inch below the surface of the ground; set the dwarf types one foot apart. To save cannas for the following season, dig the rhizomes before fall frost and store as they are; don't clean or divide them. Dry for a week in a sunny place, then store upside down in peat or dry vermiculite in a cool spot. The following year, divide the stored clumps, making certain that each of the rhizomes has two eyes.



The climbing lily, *Gloriosa rothschildiana,* will present you with exotic red and yellow flowers starting in midsummer; the flowers can be cut for indoor use, but beware—the pollen stains, so avoid getting it on clothing. At planting time, provide a trellis for this climber. The trellis should be about four feet high; a section of staked chicken wire will work well. The lily will cling by tendrils to the wire. Plant in a sunny, sheltered spot, setting the long tubers horizontally and about four inches deep. The gloriosa lily is tender, so it must be dug in the fall and stored over the winter months. Dig gently, taking care not to dig into new tubers that have doubled to form a "V" during the summer (see tuber shown in drawing below). Store in dry vermiculite in a cool, dry location. Climbing lilies also can be staked and grown in containers for the deck or patio. Store pot-grown tubers in vermiculite during the winter.

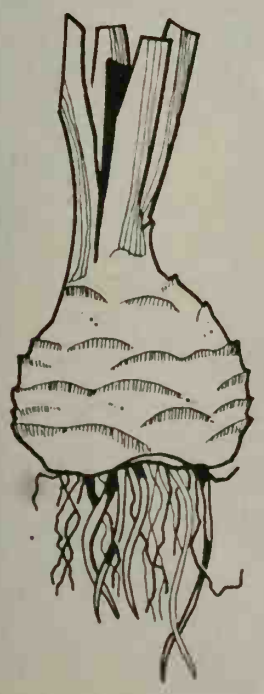


Robert H. Carter, Landscape Architectural Co.

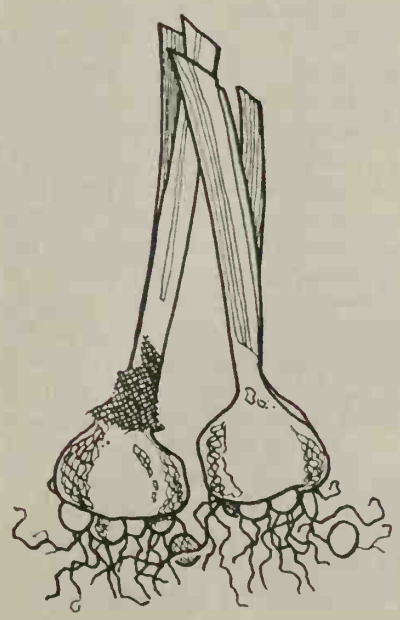
Be prepared for a surprise if you've never grown eucomis in your summer garden. Aptly called the pineapple-lily, this summer-flowering bulb puts up flower spikes that mimic the fruit—complete with topknots. The spikes of cream-and-green flowers appear less than two months after bulbs are set out; the foliage below spreads 20 inches, while spikes themselves reach 18 inches in height. Every year, you can expect bulbs to gain size and vigor, maybe even increase. In areas that get freezing weather, dig the eucomis before frost and store them in sacks of dry vermiculite in a cool, frost-free spot.

Let tropical-looking caladiums brighten a shady corner of your garden or patio with jewel-like foliage of red, pink, white, silver, and green. You can use them in containers or plant directly in the garden—they're lovely either way. Caladiums, in pots or otherwise, shouldn't be put outdoors until all danger of frost is past.

Plant the tubers one inch deep, one foot apart; the roots will start in the tuber's top (usually the side with the knobs). After planting, keep caladiums moist until they're well established. In the North, lift tubers in fall, let dry in warm spot for ten days, store in vermiculite in cool spot.



If you want a fragrant as well as lovely summer garden, put acidanthera into your plans. Sometimes called sweet-scented gladiolus, acidanthera sends up creamy flowers dotted with dark centers two months after the corms are planted; each two-foot stem holds four or more buds that open one flower at a time. And each bloom has a delightfully fresh scent you'll appreciate indoors as well as out. Pick a sunny spot, then plant corms about two inches deep and five inches apart. In mild climates, you can leave corms in ground over winter —they'll soon form a sizable clump. In cold areas, dig in the fall, and store in vermiculite.



Outdoor Furniture You

BY RICHARD W. JONES, PAMELA WILSON CULLISON AND ROBERT E. DITTMER

What good is outdoor furniture if it can't be left outdoors? That's the question we asked ourselves when we set out to do this story. Much of the casual furniture on the market today isn't meant to withstand the elements. That's okay, we suppose, if you don't mind hauling heavy pieces to shelter every time there's a threat of rain. But if you prefer summer furniture that stands up to the weather—be it sunny or stormy—then check these handsome, all-weather candidates.

Above: Redwood isn't the only wood that can brave all kinds of weather. This good-looking group of casual furniture captures the natural look of driftwood in sturdy yellow pine. All of these pieces are so well designed that you might want to use them in a den, family room, or sun-room, but here we've placed them on a tree-shaded patio.

The settee and armless brunch chairs are enhanced by comfortable cushions filled with shredded polyurethane and covered with unbleached heavy duck with yellow welting and buttons. The same plump cushions are available in blue denim with red welting and buttons. (While the furniture itself can take the weather, we don't suggest you leave the cushions out in the rain.) The brunch table in the background is 49½ inches round.

Each piece in the Driftwood Pine collection is shipped KD (knocked down), but is easily assembled with only a few rust-colored, rust-resistant lag bolts.

Buying information, page 101

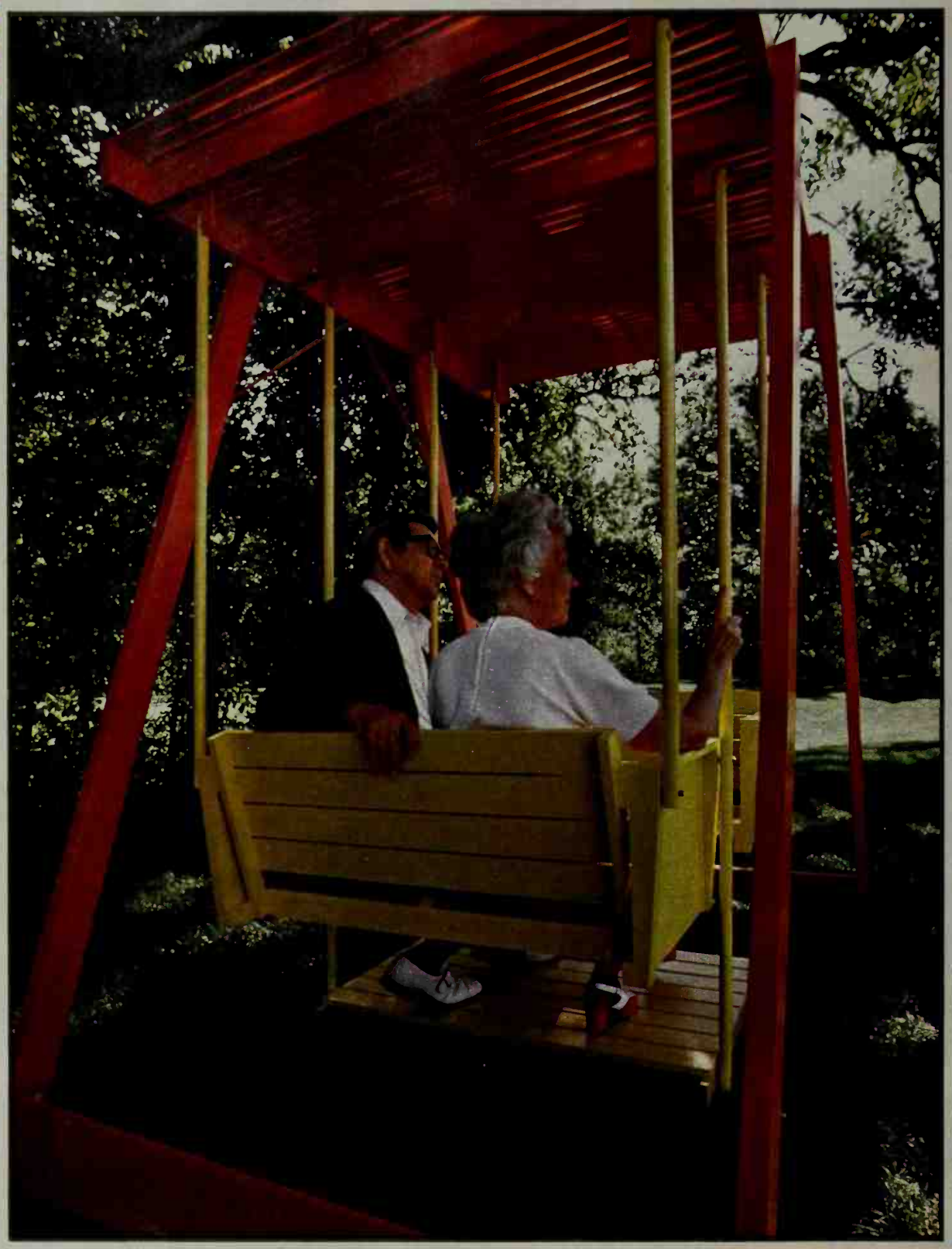
Really Can Leave Outdoors

Above: For summer relaxing with friends and family, here's an outstanding collection of durable, beautifully styled redwood "Terrace" furniture. The chaise and the tête-à-tête feature adjustable backs, seven-inch wheels for easy moving, and comfortable plastic-strap seating. In the background and left is a drop-leaf umbrella table (minus umbrella) that is 44 inches in diameter when the leaves are up, and nine inches wide when both leaves are down.
Right: If you already own summer furniture, but would like to spruce up your yard, patio, or porch with something new and exceptionally well-styled, consider this glass-topped table with X-shaped redwood legs. The table measures 30x30 inches.

Photographs: Mike Dieter

MAKE IT A SWINGING SUMMER

By David Ashe and
Pamela Wilson Cullison



When was the last time you sat on a swing? Was it under the stars on a hot summer night when the moon and the fireflies were out? Or was it a bright sunny day with the sound of birds and children's laughter all around? Whenever it was, we'll bet you haven't forgotten that swings are wonderful things. To help you revive the pleasures of swinging, we've designed three beauties for you to build. Our colorful canopied glider will brighten up your backyard, and the other two swings are perfect for an open or screened porch.

Whichever swing you decide to build, you'll find that the world and its problems tend to fade away as you glide back and forth at a snail's pace. Just an ounce of effort is all it takes to set yourself in slow motion. After that, there's nothing to do except forget your worries, listen to the crickets, relax, daydream, or let the rhythmic motion lull you to sleep. Need we say more about the merits of swings?

Our canopied glider is good-looking, sturdy, and guaranteed to provide many years of swinging enjoyment for both children and adults. The basic structure is made of pine 2x4s, and the canopy is lattice molding (so you can look up at the sky if you choose, but still be shaded from the sun). Just a little bit of foot pressure makes the seats slide to and fro in a smooth, floating motion. We varnished the pine platform to keep it from showing scuff marks.

This summer, get yourself in the swing of things by building a two-piece glider (above). Made of ¾-inch pine, angle iron, and iron scraps, the glider has a stationary base, and a suspended seat that moves gently back and forth. No welding is required to make the unit—the pine is connected to the angle iron with nuts and bolts. To give the glider a clean, contemporary look, we finished the pine with two coats of exterior polyurethane varnish, and —for contrast—painted the iron with black high-gloss enamel.

An old-fashioned porch swing is a great alternative to air conditioning. And if your porch faces the front of the house, there's a bonus. You can keep an eye on all the neighborhood goings-on. You make this swing by using ¾-inch redwood, large eyebolts, and chain that's capable of supporting 200 pounds. To give the finished product the look of fine furniture, seal with shellac, then sand, and complete the job with a coat of exterior polyurethane mat varnish.

Better Homes and Gardens Project Plans Nos. 4506-1, 2, 3. To order, see page 28

Photographs: Dieter

FOLK ART TABLES

By Elizabeth D. Craster

What our forebears lacked in store-bought finery they more than made up for in imagination and ingenuity. With nimble fingers, they stitched and painted intriguing motifs on everyday household articles. Even if you didn't inherit any of these treasures, you can give your table the quaint folk art look. Just pick up a design from your tableware pattern and repeat it on your table by using authentic Early American crafts. You have a variety to choose from: stenciling, fast embroidery, appliqué, easy tole work, and woodburning. With minimum expenditure, you can get delightfully coordinated table settings—and the bonus glow that comes with creative accomplishment.

Follow the folk art penchant for decorating what's handy! Instead of attempting a butter churn or a barn such as the Pennsylvania Dutch used to ornament, try your hand at stenciling a ready-made place mat and napkin with an amplified version of the Quakertown plate pattern, or what have you. We've emphasized the folk art look with a make-do centerpiece—two inexpensive tin tubs placed one atop the other and decorated with tole-like flowers. A collection of pewter candlesticks and a foamingly full pewter beer mug add atmosphere. American Colonial stainless flatware (note the authentic pistol-handled knife) and Antique/Blue pattern stemware complete the table setting.

What could be simpler to make or more effective than this flower-petal appliqué on place mat and napkin? Again, we lifted the motif from the plate, this time a Tangier patterned one. Scraps of blue and purple fabric were cut out in flower shapes and machine-appliquéd to a corner of the mat and napkin. Intrigued with our leathery gourd breadstick container? You can duplicate it easily. With a sharp knife, cut the top off a thoroughly dried gourd. Sand and rub the gourd with a dark stain, then burn any design you fancy around the edge with a woodburning tool. Our table is set with fluted flatware in Cape Ann pattern pewter and richly faceted King Charles crystal stemware.

Photographs: Hopkins

One big splashy accessory and a froth of garden-fresh flowers set the mood for this table. The pink, yellow, and green casual plates in Maypole pattern supplied the motif for our over-scale napkin made with a 24-inch square of homespun fabric. Instead of reducing the motif, we left it big and fitted it on the corner of the napkin. Two stitches are used throughout—the chain and satin stitch—so if you're a novice it's a great way to start an embroidery hobby. The napkins are versatile, too; unfolded, they can double as place mats. For our centerpiece, we heaped daisies and baby's-breath into a pottery bowl. Heavy pewter flatware in Octette pattern and pink Cabaret pattern glassware complete the setting. You may find just the right accessory for your folk art table tucked away in your china cabinet. Try an unmatched collection of candlesticks in china or glass (we used a sampling of Mansion House pewter ones on the opposite page), wood pieces, and rustic pottery mugs.

Buying Information, page 101

Is painful elimination normal?

If you're like many people who suffer from painful elimination, you may think this is normal for your age. Yet nothing could be further from the truth. The truth is, no matter what your age, there's nothing normal about painful elimination.

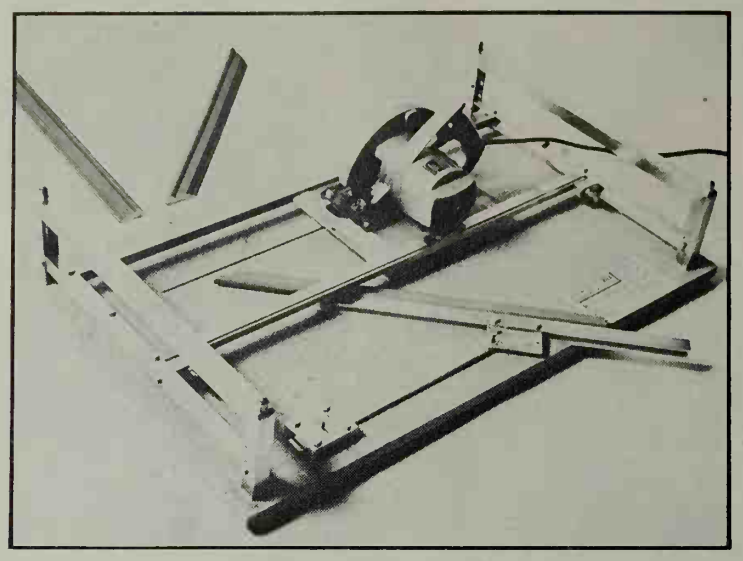
You have the right to comfortable elimination. And Serutan helps make this possible.

You see, painful elimination is often caused by constipation or dry, hard stools. But Serutan, with its natural laxative ingredients, adds the necessary moisture and bulk to soften your intestinal waste. Serutan forms a smooth, soft gel in the lower digestive tract, resulting in more normal, more comfortable elimination. Strain and cramps are gone.

If you suffer from painful elimination due to constipation, or dry hard stools, get Serutan for more normal, effortless elimination.

Serutan. You'll be very comfortable with it.

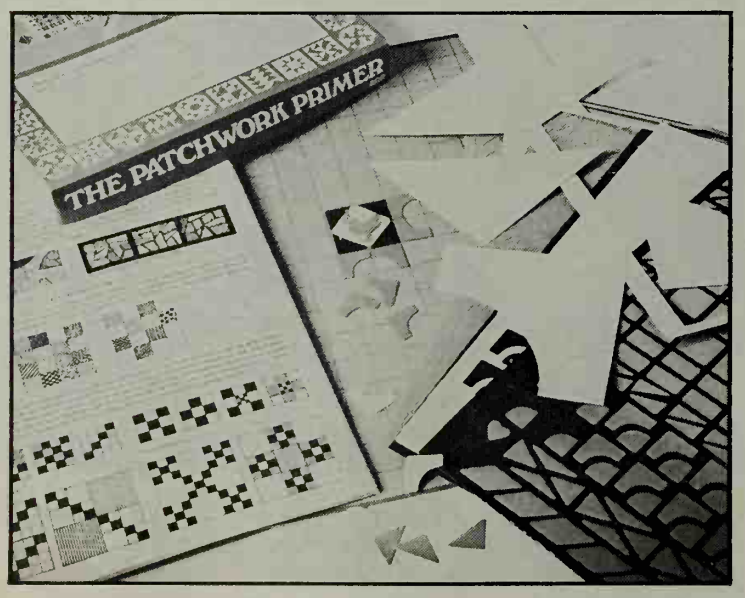
GOOD NEWS



Your circular saw becomes a safe precision trim instrument when used with this accurate cutting guide. Just bolt any circular saw (4 to 8½ inch) to the carriage and position the carriage between the guide rails. Since the unit slides on precision bearings, cutting is almost as accurate as with a large radial arm saw.

Miters, compound miters, and bevels are easy. Just set the fence in the desired position and feed the work under the rails. When you slide the saw over the work your fingers are safely out of the way. For ripping, just lock the carriage at one end, set the fence, and slide your work under the saw.

Safe-T-Track, $59.95 in hardware departments. Tool Co Industries, 2126 Cotner Ave., W. Los Angeles, Calif. 90025.



Creating patchwork and geometric designs is like a game when you use this unique craft kit. If you're just a beginner, the kit gives confidence by helping you visualize your finished pattern before you start. And if you're a real pro, you'll find the kit invaluable when you're dreaming up original patterns. Here's how it works:

The kit consists of hundreds of vinyl pieces in 11 geometric shapes and four colors, plus full-size cardboard templates of each shape. Arrange the vinyl pieces on the laminated design board, using the illustrated instruction manual, or just relying on your imagination to devise your pattern. Use the templates as patterns for cutting material. (Patchwork isn't limited to bedcovers. Use the kit to create floor or wall patterns.)

Patchwork Primer, $10 in craft departments. Distlefink Designs, 718 Broadway, New York, N.Y. 10003.

continued

Official Rules for the Prime Is Meaty Sweepstakes

1. All entries must be accompanied by the starred (★) price and from box of Gaines Prime or Prime Variety, OR the word PRIME printed in block letters on a 3" x 5" card. Entries must be on the official Entry Blank or a 3" x 5" card. Print your name and address on entry blank or card and mail to: PRIME IS MEATY SWEEPSTAKES, P.O. BOX 5013, Kankakee, Illinois 60901.

2. No purchase is required.

3. The sweepstakes will run from February 10, 1975 until August 31, 1975. In order to qualify for the drawing, entries must be postmarked no later than August 31, 1975 and received no later than September 13, 1975.

4. Winners will be determined by one random blindfold drawing from all entries received prior to the deadline. In the event any winner or winners decline winning prize or if for any other reason all prizes cannot be awarded after the initial drawing, a supplemental drawing or drawings will be held to award all remaining prizes. Drawings will be conducted by independent judging ...Schneider & Associates... whose decision is final. Each entry has an equal chance of winning...there are no predetermined winners.

5. Your chances of winning are dependent on, and will vary according to, the actual number of entries received. Entry blanks will be distributed to a maximum of 110,000,000 households. The geographic area of this sweepstakes is nationwide, with exceptions noted below. All prizes will be awarded. Only one prize will be awarded to any one person or household. List of winners will be available on request to: Winners' List, P.O. Box 3139, Kankakee, Illinois 60901.

6. The Prime Is Meaty Sweepstakes drawing will be held Sept. 26, 1975. Prizes will be awarded as soon as compliance of winning entries with these rules is verified. In order to be awarded a prize, winning participants must be available at the addresses shown on their entry blanks, or they must furnish proper forwarding address to sweepstakes officials prior to date of drawing.

7. No substitution of prizes will be permitted. In the event a prize winner declines to accept a listed winning prize, that person will automatically be disqualified and a supplemental drawing or drawings will be held from the balance of non-winning entries to award the unaccepted prize.

8. This sweepstakes is not open to the employees (or their families) of General Foods Corporation, its advertising agencies, subsidiaries, affiliates, or Schneider & Associates.

9. Federal, state, and local regulations, if any, apply. Sweepstakes is open to residents of Georgia, Idaho, Missouri and the state of Washington, and void in any locality where taxed, restricted or prohibited by

Five years of free meat for you.

Five years of meaty Gaines Prime® for your dog.

The Prime Is Meaty Sweepstakes. It's our way of telling you Gaines Prime® and Prime Variety® dog foods are made with meat by-products nd real meat plus vegetables and other nutrients.

The Prime Is Meaty Sweepstakes is our of telling you Gaines Prime and Prime iety are meaty and delicious.
The Beef flavor contains real red meat. Chicken flavor, real tasty chicken. The er flavor, real hearty liver.
The Prime Is Meaty Sweepstakes. Enter ay. The prizes are listed below:

1 First Prize. We will pay your meat bills and dog food bills for 5 years.
At a bank of your choice, we will open a trust account for $7080 which will pay you $118.00 a month for 5 years, enough, we project, to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for 5 years.

50 Second Prizes. We will give you a check for $118.00, enough to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for a month.

500 Third Prizes. We will give you a check for $29.50, enough to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for a week. *(See rules on opposite page.)*

GF GENERAL FOODS

* on 1974 USDA Figures.

Official Entry Blank

Mail to:
Prime Is Meaty Sweepstakes
P.O. Box 5013
Kankakee, Illinois 60901

I've enclosed the starred (★) price area from a box of Gaines Prime® or Prime Variety® dog food OR I've enclosed the word PRIME printed in block letters on a 3″ x 5″ card.

Name _____
(Please print)
Address _____
City _____
State _____ Zip _____

Find out how Pella Windows combine traditional value and modern convenience.

FREE, 6-page brochures show how Pella Windows can help you achieve the look, the quality and the convenience you want from your new or remodeled home.

Please send me: ☐ Pella Windows in Traditional Homes. ☐ Pella Windows in Contemporary Homes. ☐ I plan to build. ☐ I plan to remodel. ☐ I would like an appointment at the Pella Planning Center nearest me. Have someone contact me.

Name_____

Address_____

City_____ State_____

Zip_____ Telephone_____

Mail to: Pella Windows & Doors, Dept. C01F5, 100 Main St., Pella, IA 50219
Also Available Throughout Canada. This coupon answered within 24 hours.

Pella®

Famous University proves
MIRACLE-GRO produces more vegetables—

23% MORE TOMATOES
25% MORE BEANS

compared to "once-a-season" timed release plant food.*

IMPORTANT FACTS for home vegetable growers.

University tests proved MIRACLE-GRO produced greater yields of tomatoes and beans than the best known timed release plant food.* Test conducted in moderately fertile soil by agricultural scientists using plant foods according to label directions.

MORE UNIVERSITY TESTS DEMONSTRATE AMAZING FAST ACTION WITH SAFETY

Plant No. 3 received most liquid plant food. Visible improvement may be noticed within 7 days without signs of burning or forcing.

* formula designated for tomatoes and vegetables

Why MIRACLE-GRO is called— "MIRACLE VEGETABLE FOOD"

MIRACLE-GRO provides 7 vital growth elements in fast-acting "liquid form"—feeds plants through roots and leaves. University tests prove MIRACLE-GRO enters plant's "bloodstream" in 30 seconds. Starts working fast. EASY—apply anytime. **SAFE**—will not "burn" used as directed. Saves money. Saves fertilizer.

Yields TONS more!

Tomato farmers say 20 tons per acre is excellent. MIRACLE-GRO produced 30 tons per acre!

8 oz. $1.29

INSTANT ACTION! STERN'S Miracle-Gro®

PROVED! MORE VEGETABLES! MORE FLOWERS!

GOOD NEWS

Taking care of your floors takes a lot less time with this hardworkir appliance. It will shampoo your carpets, wax and buff hardwoo and really scrub dirty resilient floor coverings. And after scrubbir the floor to a fare-thee-well, the appliance sucks up the dirty wat and leaves the floor dry.

To get your floors thoroughly clean, simply fill one compartme of the dual-compartment tank with detergent and water. Flip th switch to the "scrub" setting and pull the trigger to release th desired amount of detergent. The rotating brushes (or accessory pad do the work. When dirt has been broken down and dissolved, flip th switch to the "wet pickup" position and the unit draws dirty wat into the other compartment.

Hoover Floor-A-Matic, $74.95. The Hoover Company, Nort Canton, O. 44720.

This all-purpose sealer stay flexible throughout its life (20 t 25 years) and bridges gaps up t ⅛ inch.

The butyl rubber compound clear, so it won't stain finishe surfaces. It accepts paint, but unaffected by water, weathe and dust. The sealant forms permanent bond to wood, glas metal, and concrete and won craze the surface of transparer plastic panels.

Wilhold Clear Butyl Seale $2.45 per 10-oz. tube in hdw and paint departments. Wilhol Glues, Santa Fe Springs, Calif.

continued

Put your money in a La-Z-Boy® Hi-Lo. It's like getting 4 chairs for the price of 1.

This Father's Day, one of the smartest things you can do for Dad is to get him a La-Z-Boy Hi-lo. Because this year, when prices rise daily and quality apparently no longer counts, you can still count on the comfort, the quality, the crafts manship of La-Z-Boy. And we can back that claim up. With a name that's the best known in the business. And for good reason. Take our Hi-lo for example. It gives customers their money's worth. Made with the finest materials. Like DuPont Nylon fabrics in a wide variety of handsome patterns and colors. It gives you four different positions to choose from. With the independent headrest up. With the independent footrest up. With both headrest and footrest up. Or with headrest and footrest hidden away. Any way you move it, it spells comfort. And wherever you put it, its low silhouette spells beauty. So when you're in the market for quality, put your money in a La-Z-Boy for Father's Day.

DUPONT Nylon

La-Z-Boy
THE CHAIR PEOPLE

For free color brochure and nearest dealer write La-Z-Boy, Dept. 45B, Monroe, Michigan 48161.

Why your bartender always makes a great Gimlet.

Because he uses Rose's Lime Juice. As a matter of fact, practically every good bartender in the world does. So if you want your gimlet to taste as good as your bartender's, always use Rose's.

Here's how he does it: Stir together one part of Rose's Lime Juice and 4 to 5 parts gin, vodka or white Puerto Rican Rum. Serve ice cold, straight up or on the rocks.

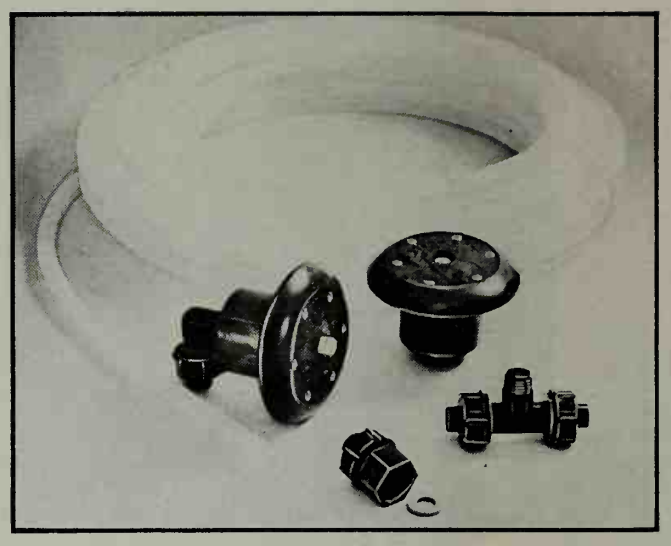
Rose's Lime Juice. For great gimlets.

Buying Guide

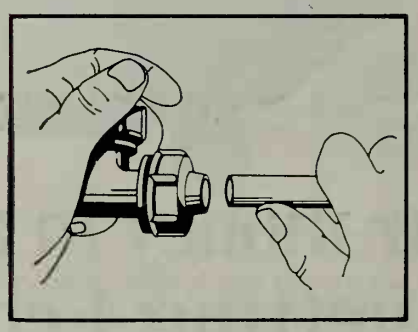
For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 101 for this shopping information.

GOOD NEWS

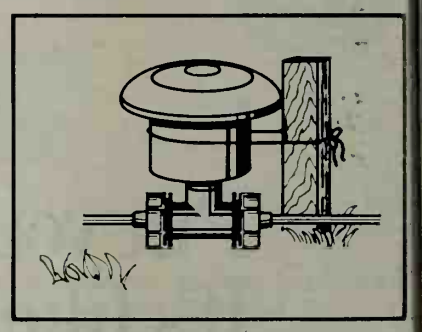
To keep your lawn looking lush and green, quench its thirst with this underground sprinkling system. It costs less than you'd pay for 100 feet of good hose and a lawn sprinkler, and you can install the whole system in just a few hours.



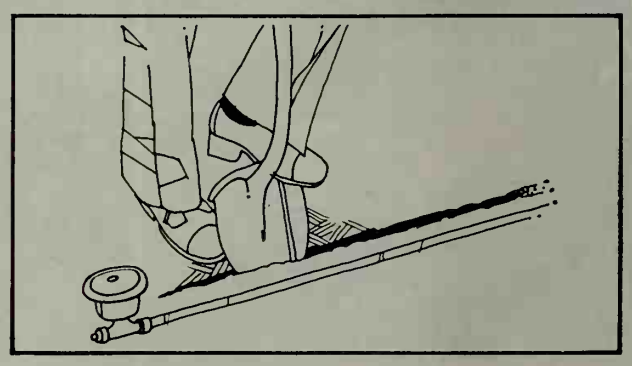
The system consists of two pop-up sprinkler heads, each watering a 50-foot-diameter area; 100 feet of polyethylene tubing; and Click and Seal fittings to connect the system.



Push tubing into fitting and twist locknut finger tight.



Tie sprinkler head to stake to check watering coverage.



Slice sod, lay tubing six inches deep, tamp sod back in place.

Drive two stakes into the ground 50 feet apart and unroll the tubing from your outdoor faucet past the first stake to the second stake. Screw the Click and Seal transition fitting onto the faucet and insert the tubing into the fitting. Screw the "T" fitting into the first sprinkler head and the "L" fitting into the second. Cut the tubing, slip the ends into the fittings, and tie the heads to the stakes.

Turn on the water and make final adjustments for proper location by moving the stakes around. When you're satisfied with the coverage, bury the tubing and sprinkler heads. Since the heads are flush with the ground, you can safely mow over them.

Spray-Rite Lawn Sprinkling System, $59.95 in garden depts. C & S Sales Co., 16291 W. 14 Mile Rd., Birmingham, Mich.

18th century Charleston.
Where the elegance of
cosmopolitan Europe was reborn.
Now, Cannon Royal Family
brings a piece of America's past
to your bed and bath. With
Charleston Filagree from the
American Classics Collection.
Gentle tea blossoms
entwining a delicate trellis...
on crisp sheets, fluffy towels
...and a luxurious
Permapoint® bedspread.
Charleston Filagree.
Elegant, southern living
brought home. Wherever
your home happens to be.
American Classics
Cannon® Royal Family
Cannon Mills, Inc. 1271 Avenue of the Americas, New York, New York 10020

It's a natural for fresh breath

One of the little secrets of Mary's self confidence is knowing her breath is clean and fresh. She keeps it that way with Doublemint Gum. Its cool, fresh flavor helps her breath stay attractively fresh and nice to be near. It can do the same for you. Doublemint Gum...it's a natural for fresh breath.

Win money for your recipes

Microwave Main Dishes—Citrus Desserts

Are you using a microwave oven to speed you to a tasty main dish? Or would you like to share a citrus fruit dessert that makes a refreshing finish to winter meals? Send your recipe today for either or both categories and you could be a prizewinner next January. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next January. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Microwave main dishes can spotlight meat, poultry, fish, or cheese with a favorite vegetable or special sauce. Do you thaw frozen food, then combine ingredients and cook in the same dish? Include the brand name of your microwave oven to help us test your recipe. Hints:

halibut-broccoli bake
sausage stroganoff
cheesy burger bundles
microwave meat pie

Citrus desserts can include oranges, tangerines, grapefruit, lemons, or limes. Maybe you start with cake or pudding mix, whipping cream, or egg whites, then add citrus juices to make your dessert extra special. Is yours a frosty parfait, a colorful cobbler, or a baked compote? Suggestions:

ambrosia squares
minted orange parfaits
lemon-lime souffle
spiced tangelo crisp

THIS MONTH'S WINNERS

(See recipes on pages 77 and 78.)

Cooks-of-the-Month

Mrs. Gerald H. Murray, Tampa, Fla.
Mrs. Jean Preuit, Arlington, Va.

Runners-up

Mrs. Barbara Lambrecht, Billings, Mont.
Miss Carley Lindsay, Bonaparte, Iowa
Reeda Peel, El Paso, Tex.
Mrs. Peggy Rice, Delaplaine, Ark.

Honor Roll

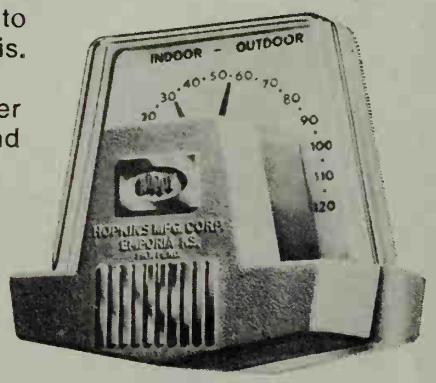
Mrs. Connie Dietrich, Toledo, Ohio
Kay Dressler, Minneapolis, Minn.
Mrs. Janice Harder, Poughkeepsie, N.Y.
Mrs. Wilma Hildenbrand, Grangeville, Idaho
Vera M. Kursner, Kokomo, Ind.
Mrs. Donald Lorfeld, Newton, Wis.
Mrs. Constance Pattenaude, Southgate, Mich.
Mrs. Thomas A. Police, New Philadelphia, Ohio
Gertrude St. Andrew, Eunice, La.
Bernice Soskin, Southfield, Mich.
Mrs. C. P. Stiff, Jr., Roanoke, Va.
Mrs. Gordon Ward, Mankato, Minn.

CONTEST RULES

1. **Write or type your recipe clearly on one side of the paper and mark it "January Microwave Main Dishes" or "January Citrus Desserts." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, June 30. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7506 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

STICK-ON INDOOR-OUTDOOR THERMOMETER

Now! the easiest way possible to find out what the temperature is. So simple to install and inexpensive, too. Each thermometer has 2 parts—one for indoor and one for outdoor. Just select a window, peel off the backing from the self sticking pad and press it on the window. Then do the same on the outside of the window; align the two parts. You can use it at home, office, auto, camper, travel trailer—anywhere! It's compact, lightweight and accurate. You can't buy better!



No. 13952 $3.79 each; 2 for $6.99

How To Order

1. Specify item desired.
2. Please include 45¢ postage and handling for one; 75¢ for two or more.
3. Send name, address, order and remittance to:
   Better Homes and Gardens, Dept. 2TG
   Box 374, Des Moines, Iowa 50336

Our Guarantee: Money back if not completely satisfied.

Make Father's day.
Seagram's
Crown Royal
Fine De Luxe
Blended Canadian Whisky
A PRODUCT OF
Joseph E. Seagram & Sons Limited
WATERLOO · ONTARIO · CANADA
80 PROOF 4/5 QUART
Fifth
Seagram's
Crown Royal
SEAGRAM'S CROWN ROYAL, BLENDED CANADIAN WHISKY.
80 PROOF. SEAGRAM DISTILLERS CO., N.Y., N.Y.

Spot decorating

Top: Rescue a corner from oblivion by turning it into a cozy conversation nook. This sunny stopping place derives much of its charm from the tasteful blend of old and contemporary pieces. Two antique English spindle chairs link up with a modern Indian tablecloth. The imposing lamp actually was made from an old basket-covered bottle. A brass squirrel nutcracker and a box from Kashmir accent the top. Rather than curtaini large floor-to-ceiling wi the homeowners used wood slat porch blinds to g room an outdoor feeling.

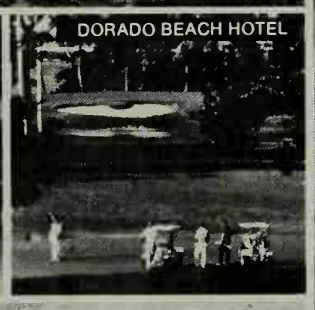
Photographs: Martha Rosman. Design: Jo

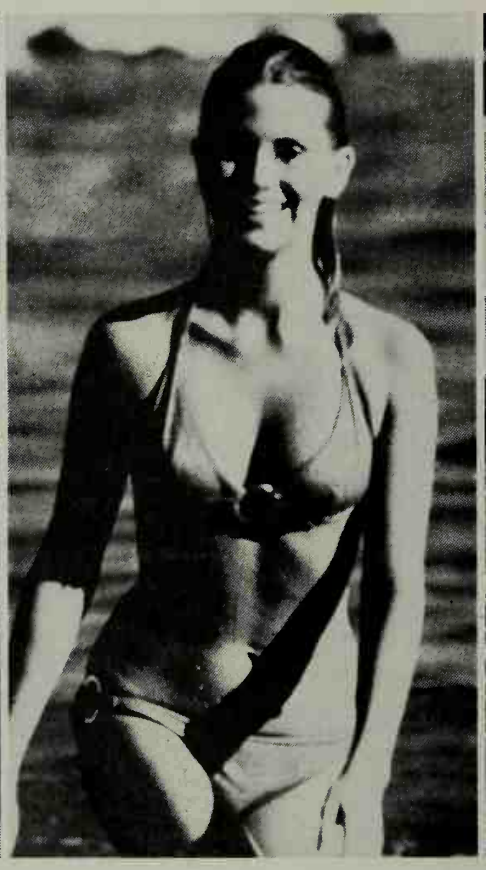
Below: You can make any worthy of note with an a arranged grouping of colle Here some handmade pot with a different pers cluster on a tabletop with a tion of dried seedpod weeds. A trio of candl made from branding iron height to the arrangement. making a grouping, inc variety of sizes and shape

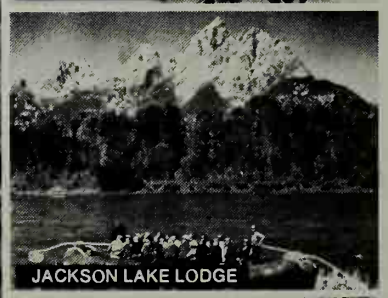
Below: Even a tiny slice can provide a home base eye-pleasing grouping. I entryway an antique fi fender serves as a consol (If you can't find a fireplac er, how about an old m Combined with a few tre accessories and a favorite ing, this charming arran becomes a minor masterp simplicity and balance.

Photograph: Hedri
Design: Larry Deutsc

Wondering what to invest in next? Rockresorts suggests your husband.







Stocks. Bonds. Interest rates. Inflation. Recession. One thing's for sure in today's economic climate. Any bread winner—your husband or yourself—functioning among its ups and downs needs to be in great shape to keep up.

Honestly, now, can you think of a finer investment than to unwind occasionally with the Rockresorts style of recreation, the kind that's re-creation too?

Rockresorts spaciousness, Rockresorts emphasis on beautiful, unspoiled landscapes, and of course the world-famous Rockresorts sports amenities can pay handsome dividends. For your family. For your future.

Take stock, for instance, in the four championship Robert Trent Jones golf courses, superb tennis and golden beaches at Cerromar and Dorado Beach, on Puerto Rico's magnificent north shore. Lapped by silver surf and caressed by gentle trade winds that keep temperatures agreeable all year.

Wouldn't a few days there tone you up wonderfully? Now? This summer?

Rally, too, to Mauna Kea on the Big Island of Hawaii, perhaps the most beautiful resort hotel in the world. Where a panoramic golf course follows ancient lava flows, and tennis courts cluster by the sea. And works of art surround you.

Or diversify a little. Delightfully. At blue-chip Caneel Bay on the island of St. John, with the U.S. Virgin Islands National Park behind it. Caneel, with its seven beaches, snorkeling, scuba, tennis. And its name as a home from home to the distinguished.

Or at Little Dix Bay, in the hideaway British Virgin Islands. Play tennis. Swim among rainbow reefs. Skim in water taxis to secluded beaches and islands.

Now add Woodstock Inn's golf, tennis and Vermont charm to your portfolio. A village. Covered bridges. Paul Revere bells. Bracing and relaxing.

And hear the call of the Tetons, in the high, clear air of Wyoming, where your lodges nestle among places with names like String Lake, Snake River and Paintbrush Canyon.

Whenever you decide to come, Rockresorts style, cuisine, service and easy-going good manners will take beautiful care of you from the Caribbean to Hawaii. It's something you can bank on.

For brochures, reservations, and details of our many money-saving seasonal offers and plans, see your travel agent, or call any Loews Reservations Office. In New York, (212) 586-4459. And mail the coupon below.

B

Director of Marketing Services,
Rockresorts, Inc., Suite 5400,
30 Rockefeller Plaza,
New York, New York 10020.

Please send me the brochures I have checked.

☐ Cerromar Beach ☐ Woodstock Inn
☐ Dorado Beach ☐ Caneel Bay
☐ Mauna Kea ☐ Little Dix Bay
☐ Jackson Lake Lodge, Grand Tetons

Name_____

Address_____

City_____

State_____

Zip_____

ROCKRESORTS·INC

Time to replace your old gas range?

Replace with Roper.

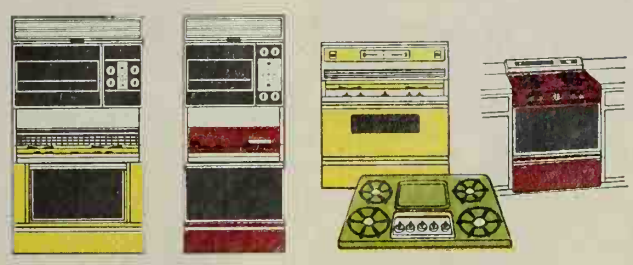
Save energy and get efficient features like these:

Continuous-Cleaning* Gas Oven—cleans while it cooks, so it doesn't use extra gas.
Cook & Keep® Oven—cooks food, then keeps it at serving temperature.
Top Front Controls—allows easy setting of top burners to most efficient cooking flame.
Cook Minder Clock/Timer—tells you when cooking is done, helps save energy.
Black Glass Door and Oven Light—let you see how food is cooking without opening door and wasting heat.

*A.G.A. Mark

Gas Ranges are efficient. Replace your old gas range with a new Roper gas range and keep saving energy. Gas ranges use less of our country's natural energy resources, cost less to operate. Choose from the complete Roper line—30" and 36" Single Gas Ovens, Double Ovens, and Built-ins. See them at your dealer.

Use gas wisely. It's clean energy for today and tomorrow. AGA American Gas Association

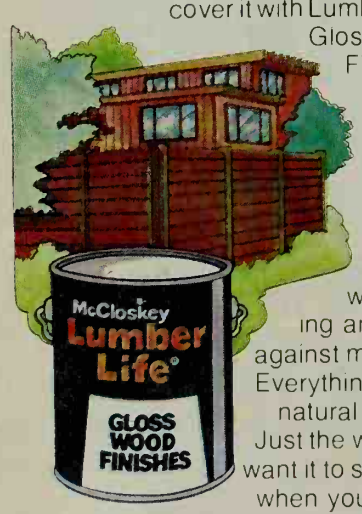


RECOGNIZED FOR QUALITY 1874 ROPER 1975 FOR OVER 100 YEARS

ROPER

When wood is everything

You love wood. The richness, the texture, the natural beauty of it. After all, it's the reason you bought the house. Now, you want to add an expression of yourself with a wood stain. Not to change it but to enhance it. Lumber Life has wood stains to do it. New earthy colors that penetrate deep into the wood allowing the texture to show through. All go on easily and cover completely giving a lasting protection against sun and weather while maintaining the true beauty of wood. Or, if you prefer to keep the natural look of wood and want to protect its beauty, cover it with Lumber Life Gloss Wood Finishes. The long life of the gloss finish retards weathering and seals against moisture. Everything stays natural looking. Just the way you want it to stay. And, when you extend your love of wood to casual outdoor living, that means, protecting with Lumber Life Patio Furniture Finish. It resists the damaging effects of the sun and extreme temperature change. Choose either Redwood or Clear and feel confident that it will not soften under body heat to damage clothing. Year after year, everything stays looking the way it should. When wood is everything . . . Lumber Life is the way.



McCloskey
Varnish Company
Philadelphia, Pa. / Los Angeles, Cal.

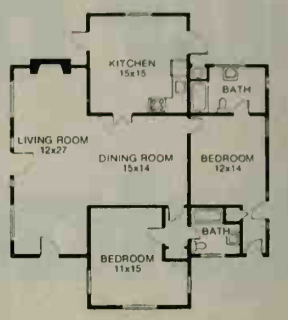
Add-ons that update an old summer cabin

Sandwiched between two additions, a neglected vacation house, top, contributes the core and front door for a striking "new" contemporary.

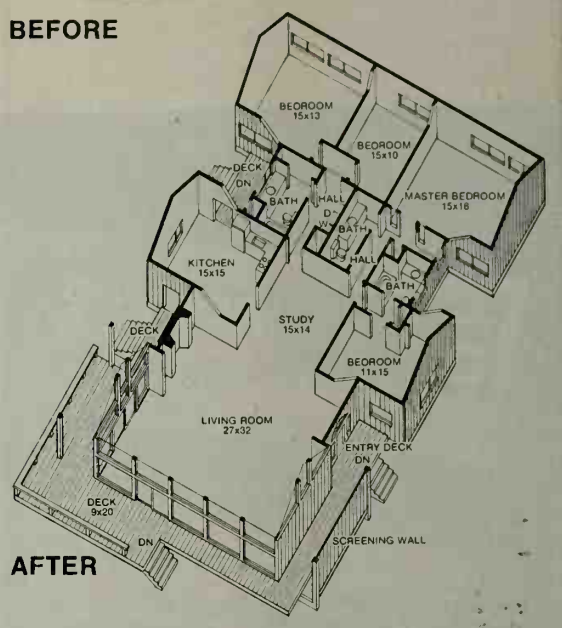
The transformation pushed the original living room forward 20 feet, topped it with a sharply gabled roof, and wrapped the entire new wing with a broad deck, below. In back, another addition includes three more bedrooms (see plan) and a third bath.

For an unusual traditional touch, the architect salvaged the intricately glazed door from the cabin. The door, photographs at lower right, contrasts sharply with the rough-sawn siding and airy interior of the house. The stub wall next to the door marks where old and new merge.

At night, rooms in the open interior are defined by spotlights recessed in the ceiling—illuminating the table at dinner time, the conversation area afterward.

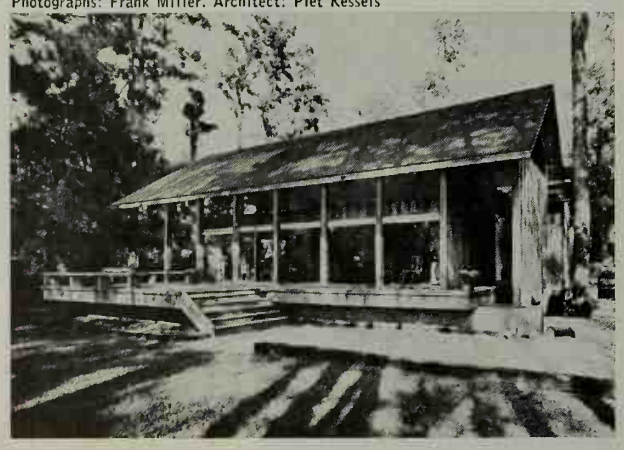


BEFORE

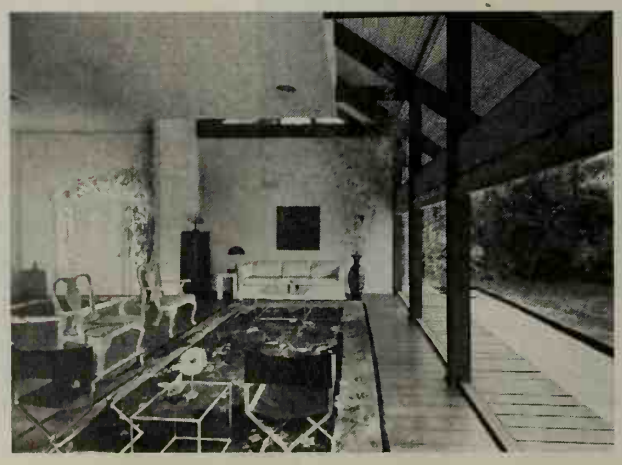


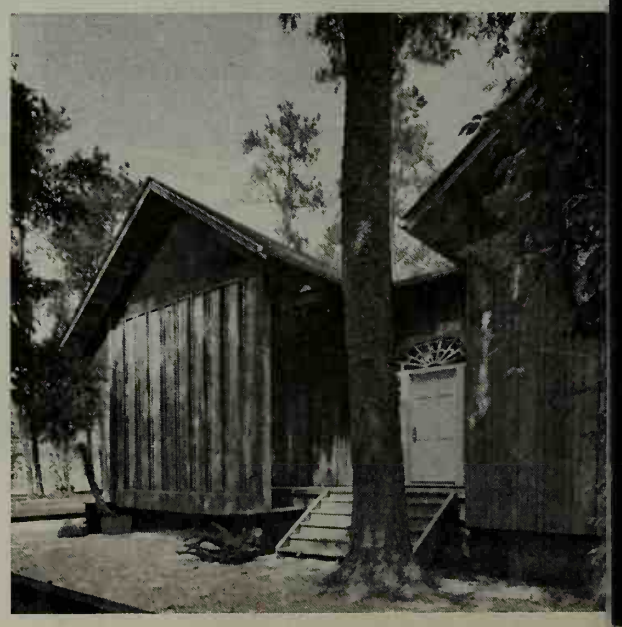
AFTER

Photographs: Frank Miller. Architect: Piet Kessels



Heavy pine beams support the dramatic ceiling and extend outside to partially cover the wide deck, below, giving the entire front room an open, porch-like atmosphere.





Kohler saves water

Toilets, showerheads, faucets reduce normal water use 30 to 50%. Efficiently.

Kohler can help you save big on water, water heating, and sewage bills.

For example, a Kohler Wellworth Water-Guard toilet can save a family of four as much as 12,000 gallons* of water a year. Kohler flow-control showerheads can reduce the annual amount of water a daily shower uses by 5,460 gallons.*

Proportional savings are yours from Kohler flow-control faucets for lavatories and sinks.

That's water saved without loss of efficiency.

If you're building or remodeling, plan to save over the years with one or more of these Kohler water-saving products.

(A) City Club showerhead in gold electroplate. (B) Wellworth Water-Guard toilet shown in Fresh Green (C) Chrome Alterna faucet with walnut patterned inserts.

*Approximated from data compiled by federal agencies.

A

B

C

THE BOLD LOOK OF KOHLER

For a money-saving brochure on water saving send 25¢ to Box IC, KOHLER CO., KOHLER, WIS. 53044.

Kohler products are available in Canada.

The KitchenAid heavy duty mixer. Powerful enough to knead yeast dough. Versatile enough to whip a single egg white.

Like the big mixers in a bakery, the KitchenAid single beater, 'round-the-bowl mixing action mixes more volume faster. And you don't have to continually scrape the bowl.

Comes with beater, whip, dough hook, and a 4½ qt. stainless steel bowl. Available accessories grind meat, grind grain, open cans, juice oranges, slice vegetables, and do much more. That's why we call it the KitchenAid Food Preparer.

At department stores and better retailers. KitchenAid, 5HC-6, Hobart Corporation, Troy, Ohio 45374.

KitchenAid®

Built better. Not cheaper.

Designer: Jane Schiappa, Woodward & Lo

The bedroom above started out with cramped closet and an old chest of drawe A handsome single unit solved the stora squeeze. The his and her closets sp floor-to-ceiling doors that hide a wealth well-planned space. Recessed in the mi dle is a roomy chest of drawers with a m ror that bounces light back into the roo

Designer: Contract Interiors for Busi

The unit above looks like a built-in ente tainment wall, but it's composed solely modular components that allow freedo of movement. The components for this e tertainment center are available in a vari ty of heights, widths, and depths with i terchangeable fittings to match your nee for function and flexibility.

Hold-everything walls

A storage unit can make a do-nothing wall both interesting and functional. Here a grouping of modular storage units spanning a family room wall offers cubbyholes to stow a wide variety of items. Open spaces house stereo speakers, plants, books, bibelots, even kitchen equipment. This unit boasts two drop-front sections. One folds out to make a desk, while the other is a center for music equipment. Doors hide generous storage for glassware, china, and party supplies, and a three-drawer chest provides wrinkle-free storage for linens Track lighting illuminates the wall.

Should you buy a Gorham Original? Now more than ever, you should.

In these times, there are many distinct and unique qualities of Gorham Sterling that will safeguard your investment over the years.

The investment in your Gorham Sterling endures partly because silver is a rare metal that's becoming scarcer, and because each Gorham Original is more than just a beautiful pattern. Each is a total design—a true work of art in Sterling.

Total design gives your Gorham Sterling a perfect balance between ornamentation, shape and function. This is why every spoon bowl, every fork tine, every knife blade is designed specifically for a Gorham pattern. It is why some Gorham spoons have tapered bowls, some rounded bowls; why some forks have one shape and some another. Total design gives every Gorham Original a classic elegance and beauty. Beauty that endures time and change.

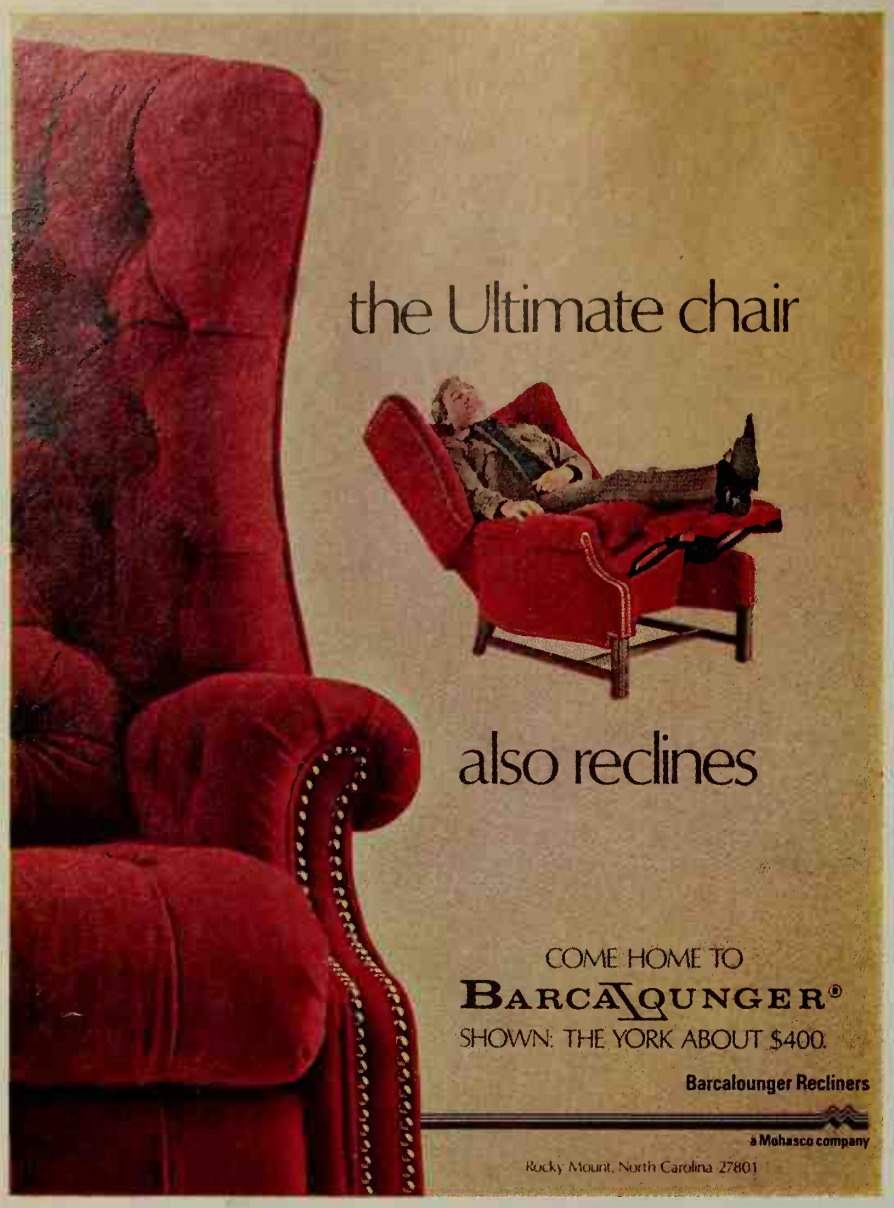
Unlike ordinary household furnishings and appliances, your Gorham Sterling will continue to live with you throughout the years, and become more precious with time. The world famous Gorham Hallmark has represented the pride of the silversmiths' art since 1831. It says that your Sterling is the ultimate in beauty and craftsmanship. Sterling that is unmistakably Gorham.

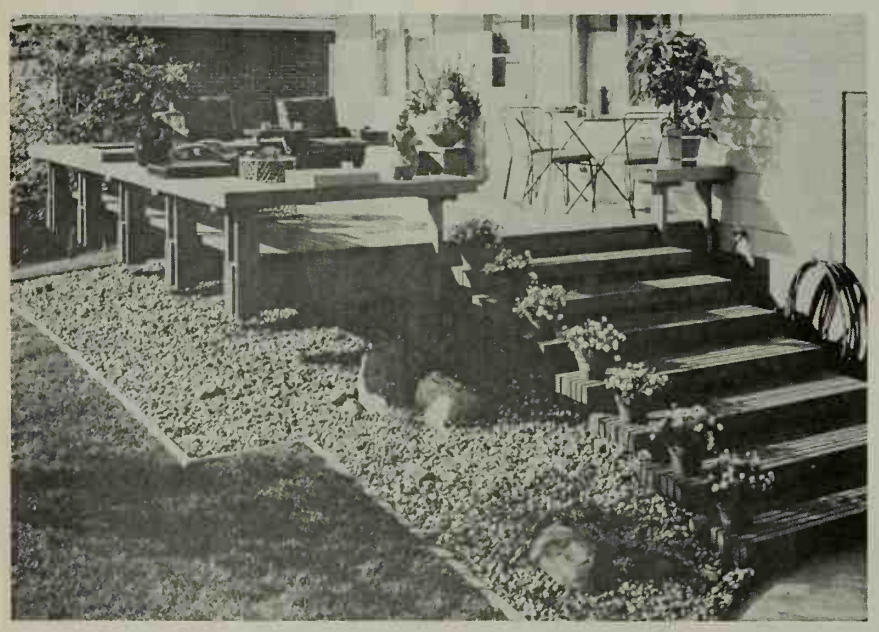
© 1979 GORHAM

Chantilly Buttercup GORHAM DIVISION OF textron PROVIDENCE, R.I. Melrose Camellia LaScala

unmistakably Gorham

ORIGINALS IN STERLING, CHINA, CRYSTAL AND PEWTER





Build This Cantilevered Deck

A convenient and attractive addition to any backyard. A huge 12′ deep, and 16′ long (not including steps), can be constructed at any height. Complete plans include detailed blueprints, instructions, and complete list of materials required to build the project. Plans are $2 each plus 50¢ postage and handling. Order Plan No. 3406-2

Handyman's Book
Over 1,000 home repairs and improvements. 11 chapters; 400 pages packed full of information; tab indexed and a hardbound cover. No. 16013 $8.95 plus 75¢ postage and handling.

How to order complete plans:

Cantilevered Deck, No. 3406-2. Plans are $2 each plus 50¢ postage and handling.

Handyman's Book, No. 16013, $8.95 plus 75¢ postage and handling.

Send name and address along with your order and remittance to:

Better Homes and Gardens
Dept. 2TB, Box 374,
Des Moines, Iowa 50336

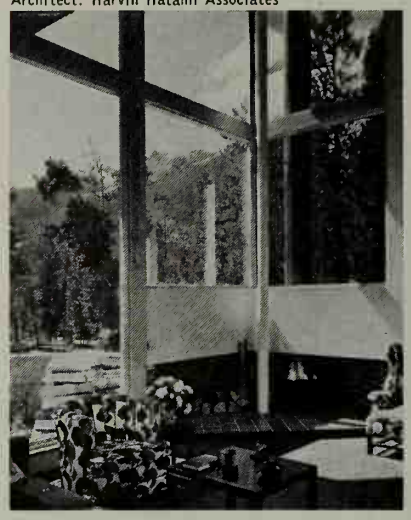
OUR GUARANTEE
Money back if not completely satisfied!

A mountain home that echoes its setting

With its massive, sculptured walls, cliff-like decks, and vertical plan, this 1,200-square-foot house captures both the spirit and soaring views of its spectacular setting in the Rockies. What's more, its unusual three-level interior is zoned for high-in-the-mountains solitude.

Constructed of stucco over masonry bearing walls, the low-maintenance exterior, right, looks as if it had been hewn from a block of granite. Curves and angles play against each other to create visual interest and shelter privacy decks outside the living

Photographs: Guy Burgess.
Architect: Harvin Hatami Associates

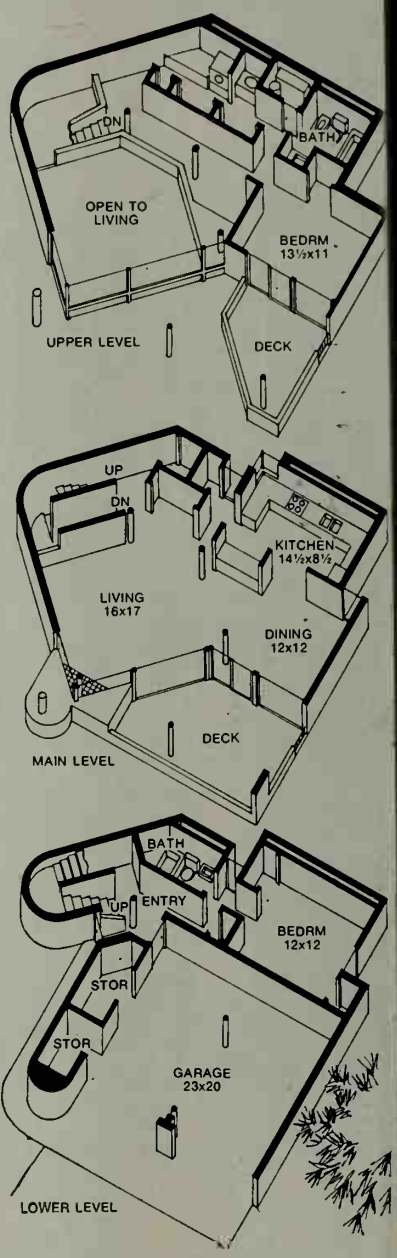


room and master suite. A free-standing chimney reaches for the sky like a lone pine.

The living room, above, rises two stories, with big panes of fixed glass that make nearby peaks part of the decor. An unusual tile fireplace warms the window wall's corner. The broad hearth includes a firewood bin, and there's plenty of room for more logs on the deck outside.

The plan's ground floor includes storage, a two-car garage, the entry, a bedroom, and bath. Isolating the bedrooms at top and bottom of the house maximizes privacy.

Level two substitutes steel support posts for load-bearing partitions, letting the living, dining, and deck areas flow together into one free-form open space. Wide doorways open up the roomy



kitchen that features a U-shaped work area and a counter-style pass-through that opens into the living/dining room.

At the top of the house, the master suite, left, looks out onto its own private, protected balcony. The upper level's hallway (see plan) overlooks the living room and shares in its stunning two-story view.

Some things never change...

except for the better.

Plate No. 298

Nearly two hundred years later, nothing much has changed in the kitchen of this sturdy old farmhouse. Except the floor. Before, it was good, old-fashioned hardwood.

Now it's Briarwood. The newest color of Primitive ceramic tile from American Olean. Very beautiful, very durable, very practical. Easy to keep clean.

Why Briarwood? This old house will probably still be around for the nation's tricentennial! It deserves only the best. The soft, earthy look of new Briarwood makes it a natural for all kinds of rooms—kitchens, baths, dens, dining rooms, foyers. For walls as well as floors. And accented with other Primitive colors, like the Aspen countertop, above.

To see more Primitive colors, shapes and sizes, and the latest tile decorating ideas, send in the coupon. Or visit your tile contractor or nearest American Olean Color Center listed in the Yellow Pages.

There's a room in your house that deserves Primitive tile.

American Olean Tile Company
2124 Cannon Avenue, Lansdale, Pa. 19446

Here's my 25¢. Please send your new Decorating Ideas brochure.
☐ We're building. ☐ We're remodeling.

Name_____

Address_____

City_____

State_____

Zip_____

CERAMIC TILE
American Olean
A Division of National Gypsum Company

Oh, the tales that are spun around the Cracker Barrel.

The outdoor life is even friendlier when you've brought along the Cracker Barrel Brand Cheddar. Its robust character seems to spark the conversation at picnics, campsites and on patios. Because Cracker Barrel is aged to just the right time. Aged to the very peak of its taste and texture. That's why Cracker Barrel is a truly fine natural cheddar. Judge for yourself.

KRAFT Division of **Kraftco Corporation**

Personal accents

Sometimes, even when money and taste are lavished on a room, it just doesn't have it—something seems to be missing. Perhaps what it lacks is personality—those extra little touches and accents that stamp a room spec and unique. Below are two grou ings that demonstrate how transcend the ordinary throu the use of imagination and t unexpected.

Photograph: Hedrich-Blessing

The extra "something" in this scene is an old icebox that's been carefully refinished and used to display an assortment of accessories. While any table or ches could have been used, it's the ice box that draws your attention t the grouping.

Photograph: Martha Rosman, Designer: John Sevison

Decorative accents don't have to be expensive to be eye-catching. To step up the impact of this grouping, an old ladder was antiqued white, then used as a climber for ivy. Grouped around the ladder is an assortment of seashells, mineral specimens, pottery fragments, and a carved wooden bird from Guatemala.

Chevrolet announces a new small car.

Monza Towne Coupe

There have always been dressy big Chevrolets. We thought it was time for a dressy small one. The Monza Towne Coupe has bucket front seats, deep and contoured. The standard upholstery is a choice of rich vinyl or luxurious pattern cloth. Even real leather's available. Each door has a handy map pocket. Thick cut-pile carpeting is complete.
It's a very nice place to be.

The Towne Coupe's instruments are set in simulated bird's-eye maple. You can order from a wide selection of additional instruments and equipment, of course: Air conditioning, AM/FM/stereo, adjustable driver's seat back, even a "headlights on" signal that sounds off when you remove the ignition key. The formal vinyl roof is standard, in your choice of nine colors.
Small doesn't have to mean less.

Chevrolet

Chevrolet makes sense for America

A new 5-speed transmission is yours for the ordering. Equipped with its available 5-speed, 2.3-litre 2-barrel engine and 3:42 axle, the Monza Towne Coupe has been rated by the EPA as follows: 21 miles to the gallon in the city test, 34 miles to the gallon in the highway test. The new Monza Towne Coupe is not only a very sensibly priced car to start with, it can be a very sensible car to stay with.
Only your Chevy dealer has it.

Dressy. Fun to Drive. Sensibly Priced.

A staid colonial goes contemporary

Thanks to a complete restyling, inside and out, what was a sleepy colonial now looks for all the world like a spanking new contemporary. And, though not apparent from the street, a roomy new dormer on the back side turned the attic into 700 square feet of additional living space.

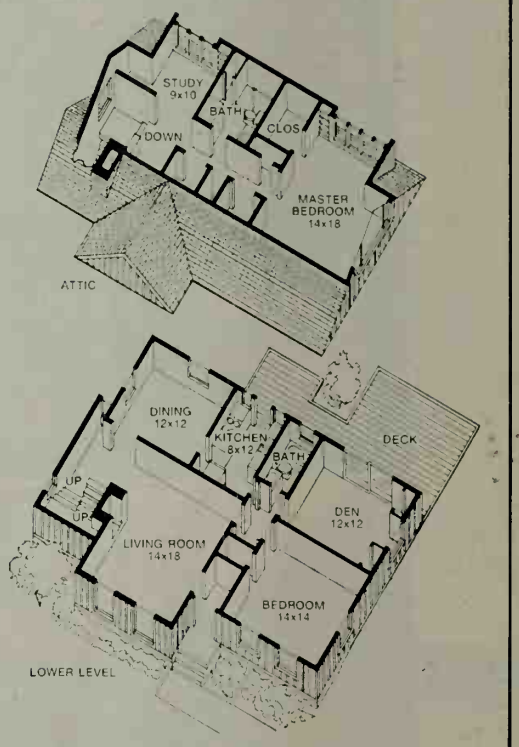
Gray cypress board-and-batten siding not only gives the exterior a fresh new look, but also sharply reduces maintenance chores. Note how the protruding ornamentation on the front gable was handled (top two photos). The entire face was furred out roughly 18 inches to produce an even surface with smartly recessed windows.

The original floor plan was a typical two-bedroom layout, with nothing more than a tiny 6x14-foot den for informal family activities. Now, a 12x12 den perches in space vacated by a former downstairs bedroom, and a new 9x10 study upstairs serves as a separate retreat for quieter activities. Of equal importance to the homeowners is their new ultra-private master suite, surrounded by loads of storage space. The 14x18 master bedroom (center photo) features an unusually shaped window in the gable and four nearly floor-to-ceiling units overlooking the new backyard deck area (bottom right photo). The deck, extending almost the entire length of the house, opens off the first-level den via sliding glass doors.

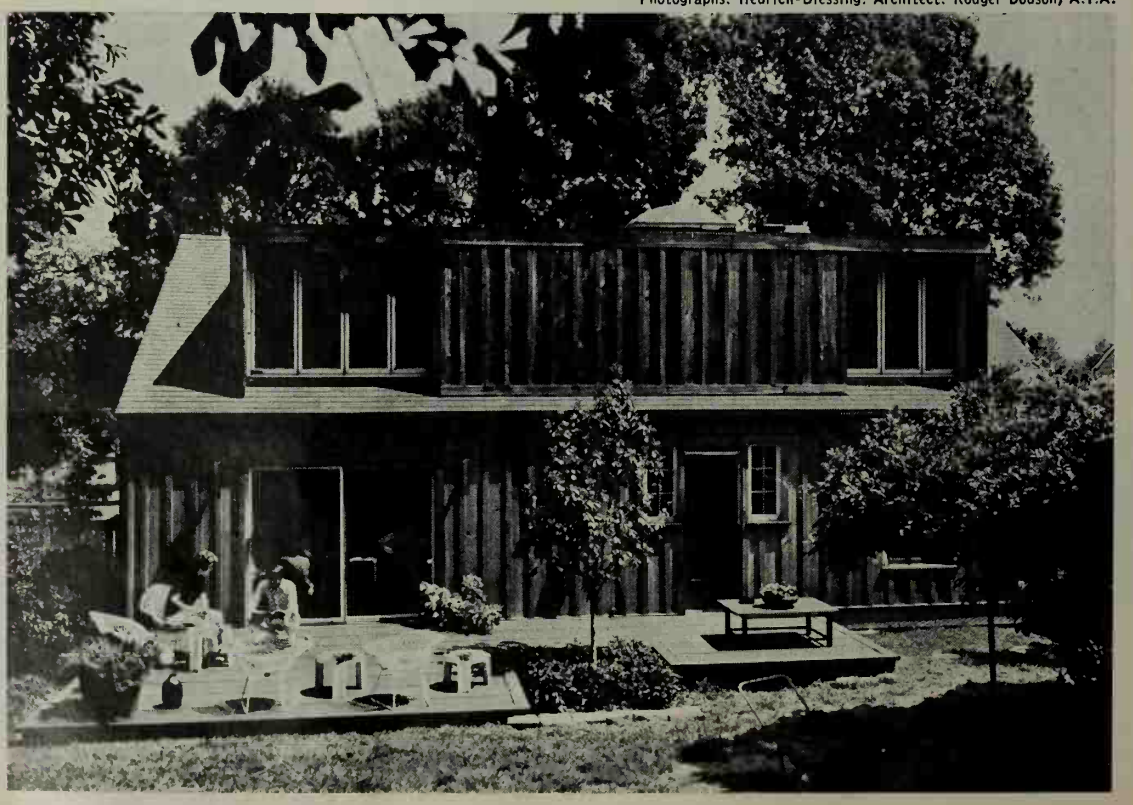
A new stairway to the second level fits neatly where the old den used to be (bottom left photo). Windows in the gable end at the top of the stairway and in the dormer peak overhead brighten the staircase and living room below.

BEFORE

AFTER



Photographs: Hedrich-Blessing. Architect: Rodger Dodson, A.I.A.



Now the Sunbeam Mixmaster Mixer makes bread as easy as pie.

(Or cake, or cookies, or frosting, or doughnuts, or biscuits, or dressings, or scrambled eggs, or whipped cream, or brownies, or fudge.)

Improved, governor-controlled motor. Even handles heavy bread dough.

12-speed Mix-Finder dial.

Bowl-shift lever. Positions bowl just right.

Bowl-fit beaters. Mix thoroughly, blend evenly.

Also available in white, avocado, or harvest gold with glass bowls.

These Dough Hooks do all bread mixing and kneading.

Sunbeam Mixmaster Mixer

Built with integrity Backed by service

Sunbeam Appliance Company, a division of Sunbeam Corporation.
© 1975. Sunbeam Corporation. ® Sunbeam Mixmaster, Mix-Finder.

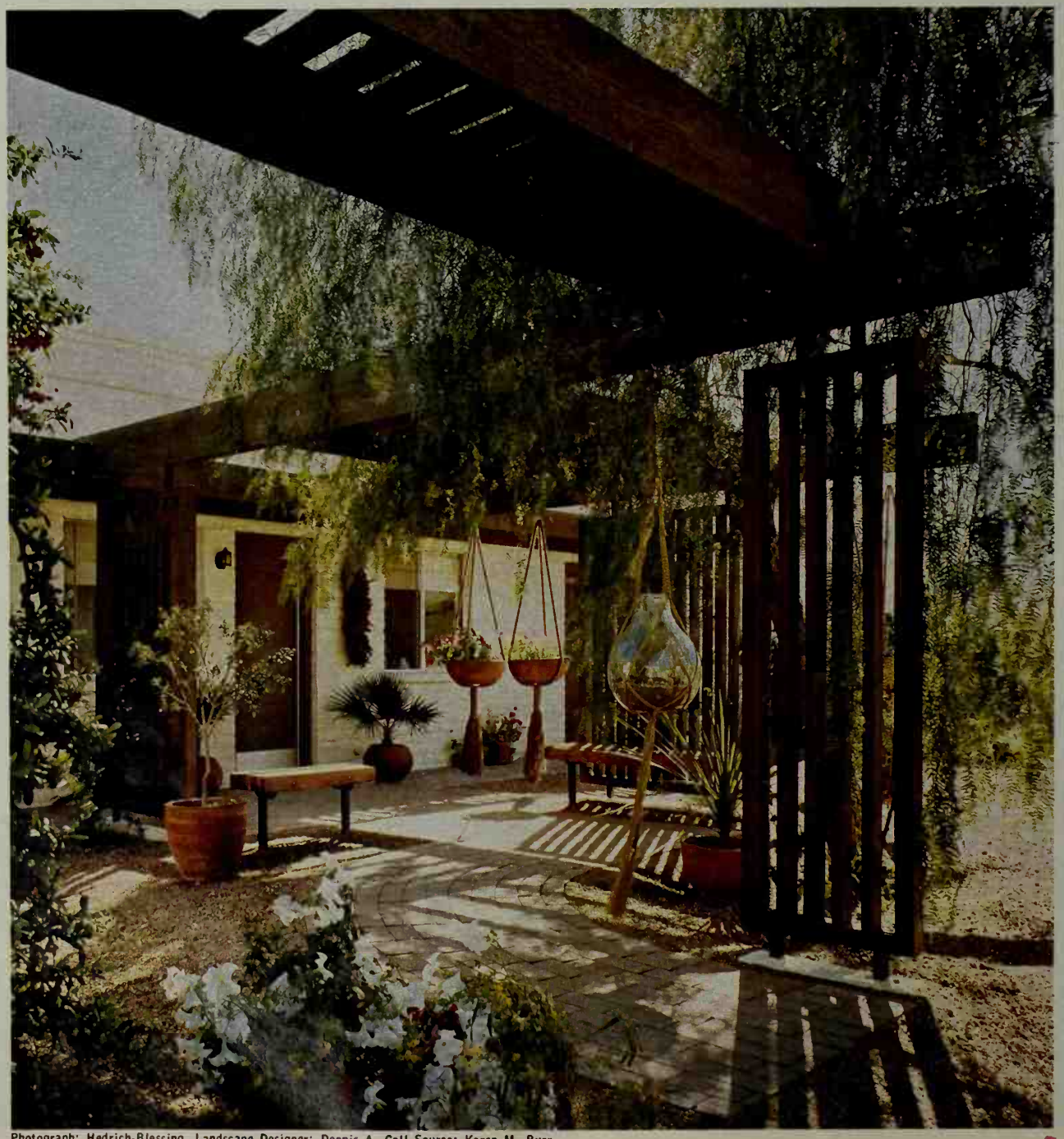
DO-IT-YOURSELF SPECIAL

Sun 'n fun projects for summer living

By David Haupert and Stephen Mead

If you haven't made the move yet, now's the time to get into those outdoor projects you thought about all winter. And if you need any last-minute inspiration, here's a collection of 16 ideas to get you started. The projects run the gamut from backyard shaper-uppers to fun-time play areas. Most of the designs can be expanded, cut down, or otherwise adapted to solve special problems. So, get out the sketch pad, collect your family, and let your imagination take it from there. Let's all enjoy that good fresh air while it lasts.

If you've been wanting to spruce up a plain entry, here's a project that's as much at home in the front yard as in the rear. And you can change the angles and elements to make any shape or size you want. The main beam perpendicular to the house is a 4x12; other large members are 2x10s. Note how square metal tubing is used at the top and bottom of the vertical screen units to "float" the elements and to hide threaded-rod fasteners. (Set base rods in concrete.) Design your own walkway treatment and add furniture or build permanent benches like those pictured.



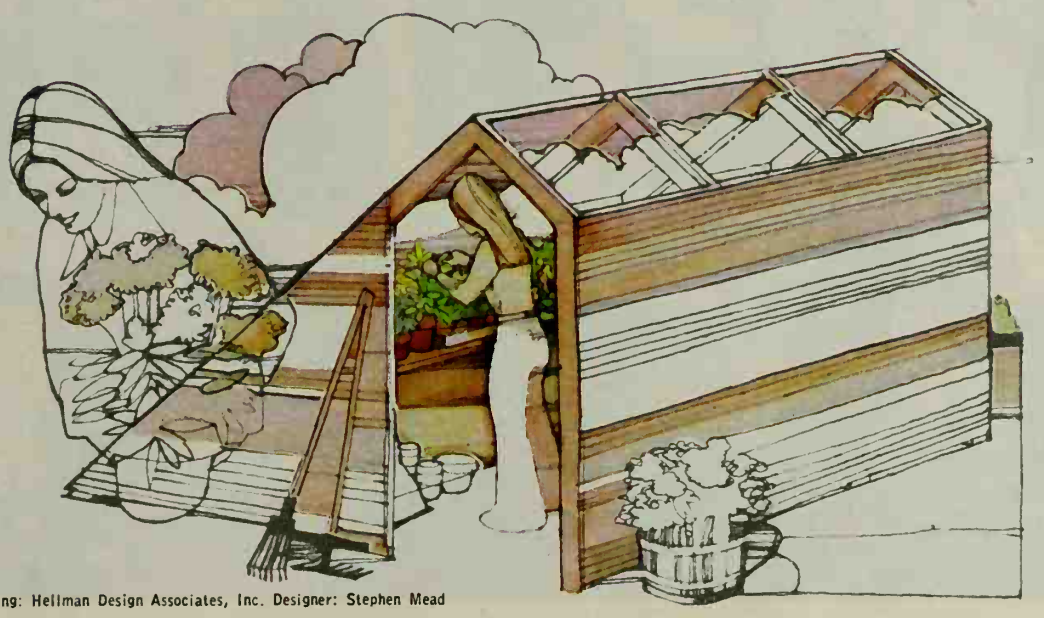
Photograph: Hedrich-Blessing. Landscape Designer: Dennis A. Call Source: Karen M. Burr

This lattice-look furniture is lightweight, colorful, and just the ticket for any sheltered patio area. Design your own shapes or try the ones pictured here—a two-piece potting cabinet, bench, end table, and coffee table with four seating cubes. Most of the framing is 2x2s, and the "skins" are lath or lattice. Use plywood in the bottoms of the four cubes, so they can hold potted plants.

Photographs: George de Gennaro. Designer: B. J. Casselman. Source: Pauline Graves

When you need the cubes for seats, just remove the plants and flip the cubes over. Use the cabinet most of the time as a garden center, with display shelves in the top, bulk-supply storage below, and a fold-up potting table on one side. Whenever you need facilities for an outdoor party, just whisk away the plants, clean the shelves, and—presto—a food center, complete with serving bar.

Close it in and call it a storage hut, add a loft and let the kids take over, or use it the way it's pictured—as a potting lean-to. In our version, 4x4 posts form the structure for the front wall; 2x8 rafters carry the roof and continue down the shed wall. Choose whatever siding you prefer. This design makes use of lath, separated slightly to allow air movement for the house-plants being treated to a summer fling. Acrylic sheets are held between the rafters by 1x2-inch stops. To reduce sun, use lath on the roof, too.



Drawing: Hellman Design Associates, Inc. Designer: Stephen Mead

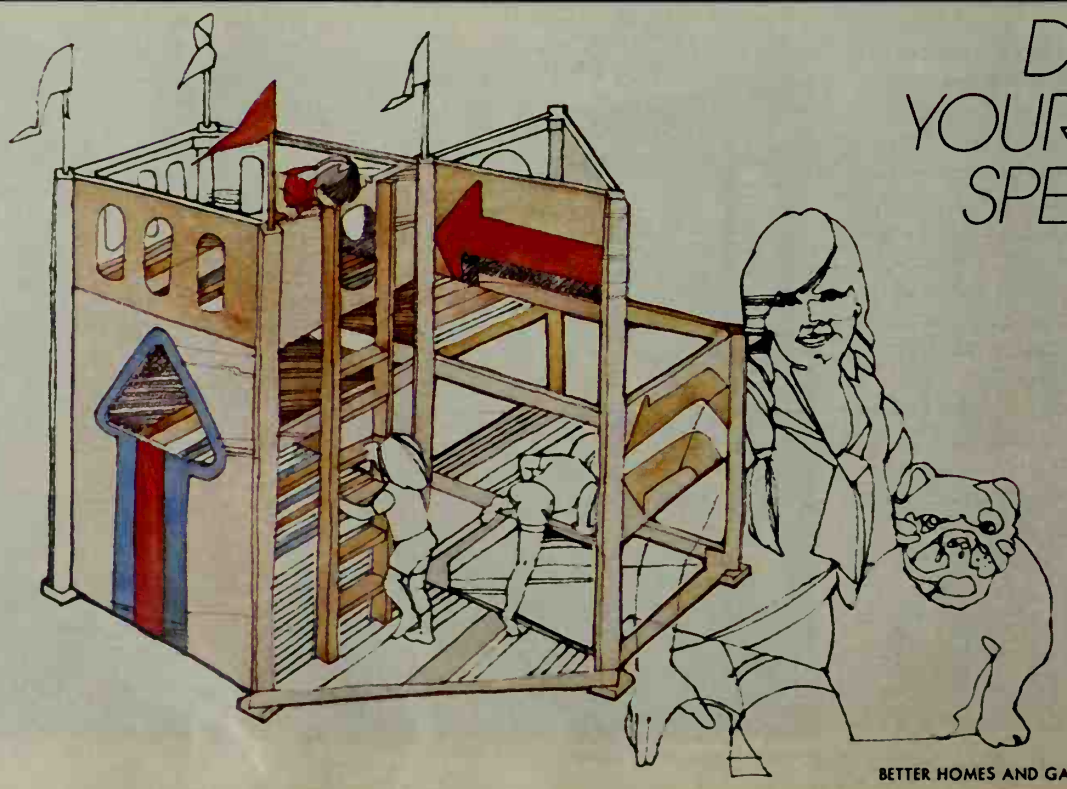
When a new deck annexes valuable garden space, consider this compromise: a cluster of planter boxes in a corner or two. But before you jump into the project, make sure the deck itself can handle the added weight. Prepare for possible moisture problems, too: If the decking isn't redwood or cedar, liberally soak it with a preservative. Make the boxes out of 1x6 cedar, held together by vertical 1x2s in the corners. Leave spaces between the 1x6s for drainage, and put false bottoms in the deeper boxes.

Photograph: Irene Yates. Designer: Stephen Mead

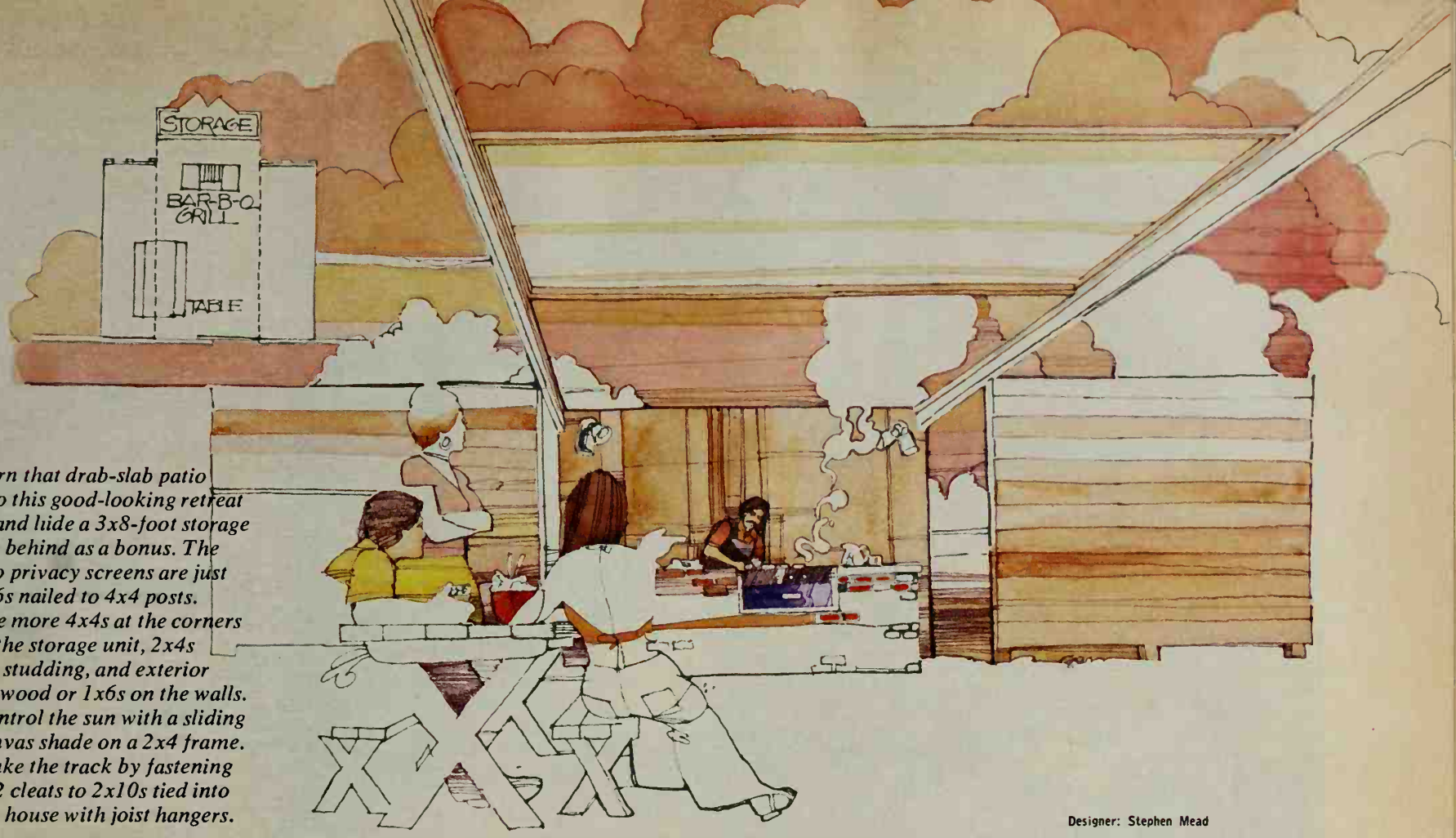
Photographs: Hedrich-Blessing. Designer: Richard Sullivan, A.I.A.

DO-IT-YOURSELF SPECIAL

Besides being a real treat for the kids, this play unit can go with you when you move. It's made from five basic components that you build beforehand, then assemble with lag bolts. (The structure in the photo went up in about six hours.) The sketch at right shows one of the many shapes you can make from the basic modules. All platforms (four-foot squares) are ⅝-inch plywood over 2x4 framing. Posts are 4x4s resting on concrete piers.

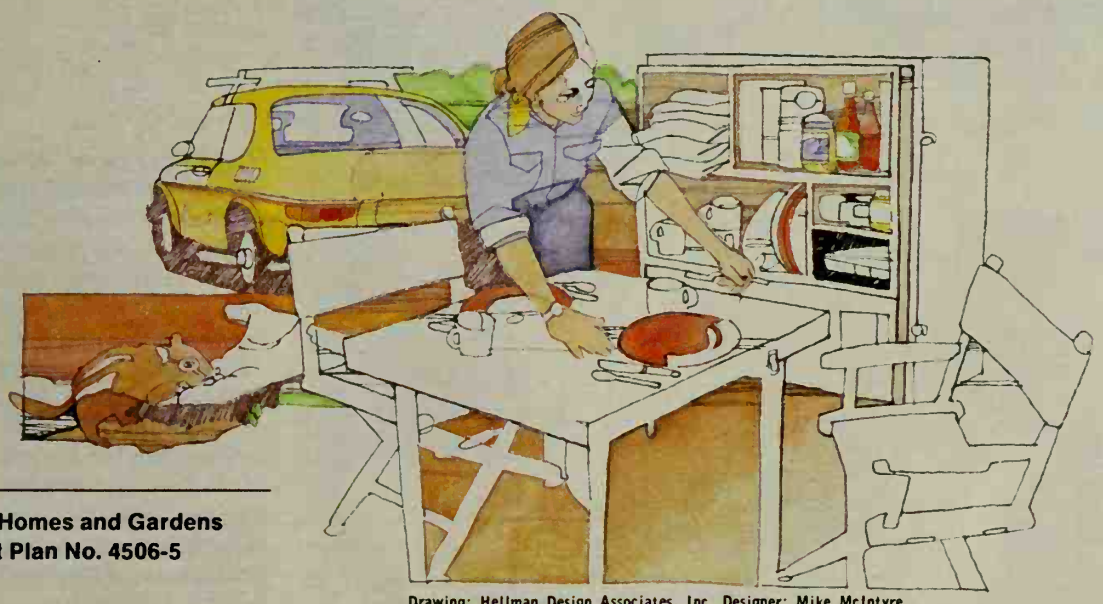


Better Homes and Gardens
Project Plan No. 4506-4
To order see page 28

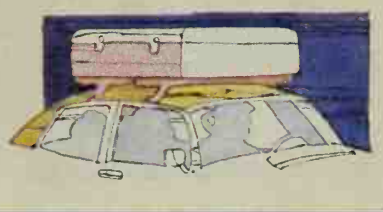


Turn that drab-slab patio into this good-looking retreat —and hide a 3x8-foot storage bin behind as a bonus. The two privacy screens are just 1x6s nailed to 4x4 posts. Use more 4x4s at the corners of the storage unit, 2x4s for studding, and exterior plywood or 1x6s on the walls. Control the sun with a sliding canvas shade on a 2x4 frame. Make the track by fastening 2x2 cleats to 2x10s tied into the house with joist hangers.

Designer: Stephen Mead



If you're a car-topper by nature, this unit is for you. It not only stows plenty of gear, but also converts to a camping table and shelf unit, if needed. Slide-out shelves and removable legs lie flat in the bottom while in transit, and the whole unit anchors to a luggage rack with wing nuts. Buy screw-on legs or make your own as shown in the plans.



Better Homes and Gardens Project Plan No. 4506-5

Drawing: Hellman Design Associates, Inc. Designer: Mike McIntyre

Perk up your backyard with a low-cost pool. This 3x5-foot oval is only seven inches deep, but it still serves as a wading/sailing pond for the kids, a drinking bowl for the animals, and a reflecting pool for all to enjoy. Just dig an irregular hole, line it with five inches of sand, and trowel on a four-inch layer of sacked concrete mix. Finish it off with a clear concrete sealer or give it a colorful coat of epoxy concrete enamel.

Photograph: George de Gennaro. Source: Dorothy Campbell

Designer: John I. Matthias

Hinge this unit to the wall, where it's protected from weather by the eaves, then swing it out for parties. Or use it to store sports gear, toys, craft goodies, garden supplies, even extra chairs. The boxed-in portion fastened to the house is a good spot for a lighting grid or a built-in speaker system. Make both sections out of plywood, and use heavy-duty casters on the swing-out unit. Provide a smooth, solid surface under the casters.

DO-IT-YOURSELF SPECIAL

Build a low-cost sun-control system for your overheated patio by using this sliding-canvas technique. The heft of the framing members will depend on how much area you have to span. (Our 21x22 expanse dictated 6x12 support beams and 3x10 crosspieces; the posts are 6x6s.) Suspend the beams from the house with joist hangers, and rest the opposite ends on posts. Use metal rods as dowels to join beams and posts, cross-pieces and beams. Rig the canvas like Roman shades.

Photograph: George de Gennaro. Designer: Peter Edwards, A.I.A. Source: Dorothy Campbell

Photographs: Hedrich-Blessing. Designer: Gerald Garner, A.S.L.A. Source: Mable Hoffman

Give more flair—and comfort —to your outdoor meals with a flashy, weatherproof eating area like this one. To make the top, nail a 1x2 border to a piece of ¾-inch plywood and cover all surfaces with laminated plastic. Use two 8x8 posts for legs. Paint new or used tractor seats and fasten them to 6x6 legs. If possible, set the table/chair legs firmly in the ground with concrete; otherwise, use lag bolts and special post anchors.

Drawing: Hellman Design Associates, Inc. Designer: Stephen Mead

Here's a multipurpose patio project that gives you a work surface, serving bar, storage shed, and privacy screen—all in a 10x10-foot area. Use 2x8s for the main framing members, and cover the walls and shed roof with materials that complement the house. (Our wing wall is Texture 1-11 plywood with a 2x4 cap.) Add perforated hardboard and small shelves in the work nook to handle extra supplies. For more privacy, install a door in the archway, extend the wing wall, or add a third side.

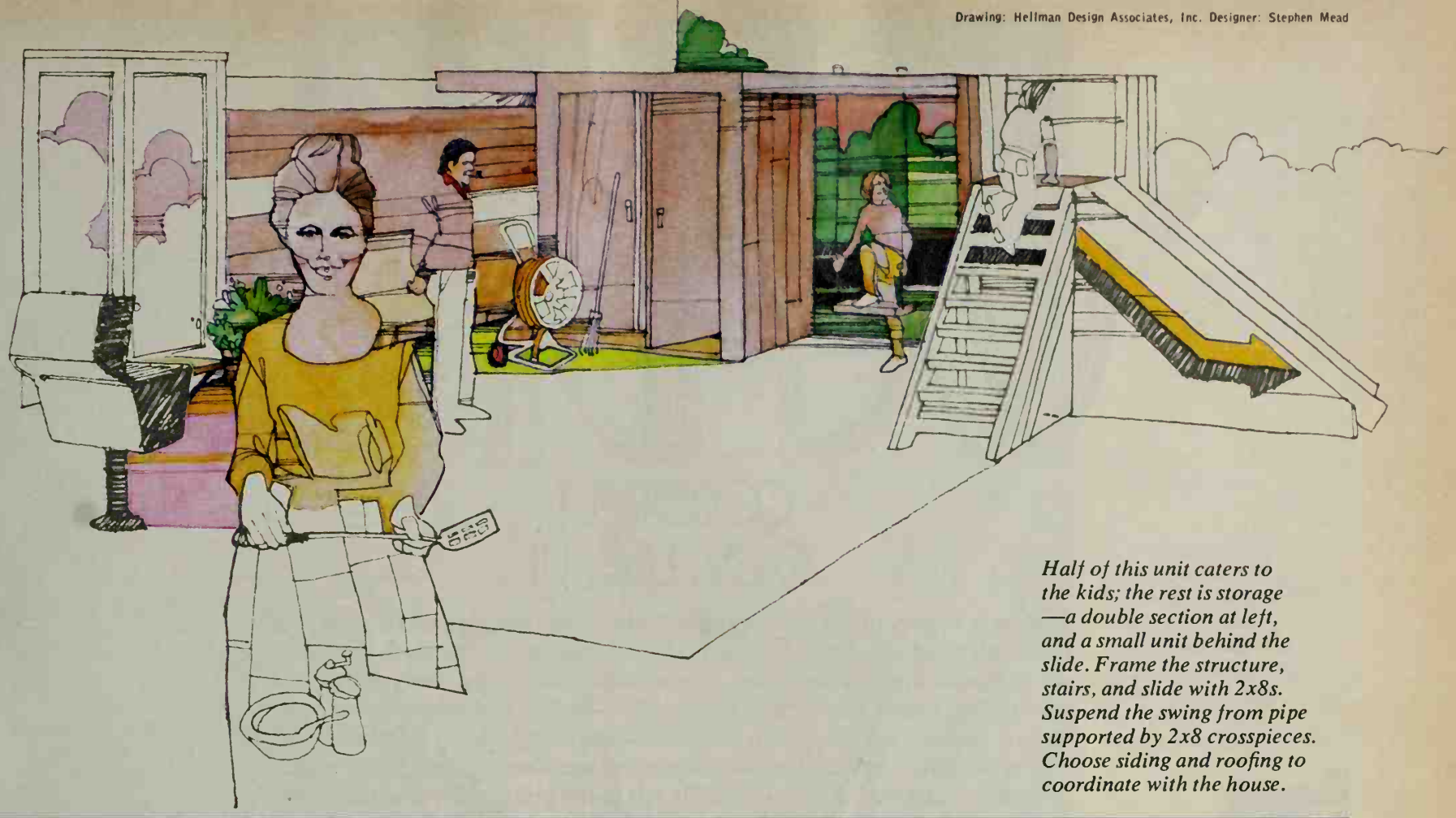
Photograph: Bill Helms. Designer: Ralph F. Jones, A.I.A. Source: Bonnie Maharam

DO-IT-YOURSELF SPECIAL

Add a bubbling fountain to your patio or backyard, and have fun doing it. Make the base by building a box and coating the inside with fiber-glass cloth and liquid polyester resin. Drill center holes in the saucers with a masonry bit, then use epoxy to assemble the column. Insert a brass stem and join it to a submersible pump.

Photograph: George de Gennaro. Designer: Dunkley Murray, A.S.L.A. Source: Dorothy Campbell

Drawing: Hellman Design Associates, Inc. Designer: Stephen Mead



Half of this unit caters to the kids; the rest is storage —a double section at left, and a small unit behind the slide. Frame the structure, stairs, and slide with 2x8s. Suspend the swing from pipe supported by 2x8 crosspieces. Choose siding and roofing to coordinate with the house.

Pour your own "flagstones," and get this free-form patio at a fraction of what you'd pay for the real thing. Mix the cement in small batches. (Formula: three parts plaster sand, one part Portland cement, one-half part lime. Experiment with colors, if you wish.) Dump the mix into piles and trowel them into shape, maintaining a two-inch depth. Form typical sandstone markings on the surface and keep the edges square. Leave three inches between "stones" for low-level plantings or grass.

Spruce up even the nicest of decks by adding built-in seating and structural relief. Make the benches from 2x4s on edge; use quarter-inch spacers between the boards, and bolt together the whole works with threaded rods. The legs are simple rectangles, fastened to seat and deck by lag bolts. Two pairs of 2x8s, tied to the house and bolted to 4x4 posts, give a hint of a roofline. Add 2x10 cross-pieces and 2x2s to soften the lines of the 2x8 extensions.

Photograph: Fred Lyon. Designer: A. C. Still. Source: Barbara Cathcart

PUNJABI WEAVING

COLORFUL, EASY, USEFUL

By Elizabeth D. Craster

Believe it or not, the exotic furniture with the exquisitely woven seats and backs pictured on these spreads is strictly salvage! In fact, it's furniture we gathered from garage sales, secondhand shops, and dusty attics and refurbished with a very practical old craft—Indian bed weaving. No mysterious Indian rope tricks are involved—just easy-to-learn handweaving! The technique is basically a combination of weaving and crochet. Punjabi or Indian bed weaving is traditionally left in the bed frame when the weaving's completed. And this is exactly what we've done—but instead of using the bed frame, we've used the furniture frame as the loom. That means you don't have to invest in cumbersome equipment. Besides the furniture and cord, all you need is a fork and two crochet hooks.

1. Tie strand of cord to back left-hand corner. Take cord over and under the frame. Bring up a loop to the left side of the strand running across the top. Put in the crochet hook to hold in place.

4. Hold fork loosely in hand about five inches from weaving and push cords into place with repeated flicks of the wrist.

2. Weave double loop of cord back and forth through the divided groups of the warping cords. This determines the design.

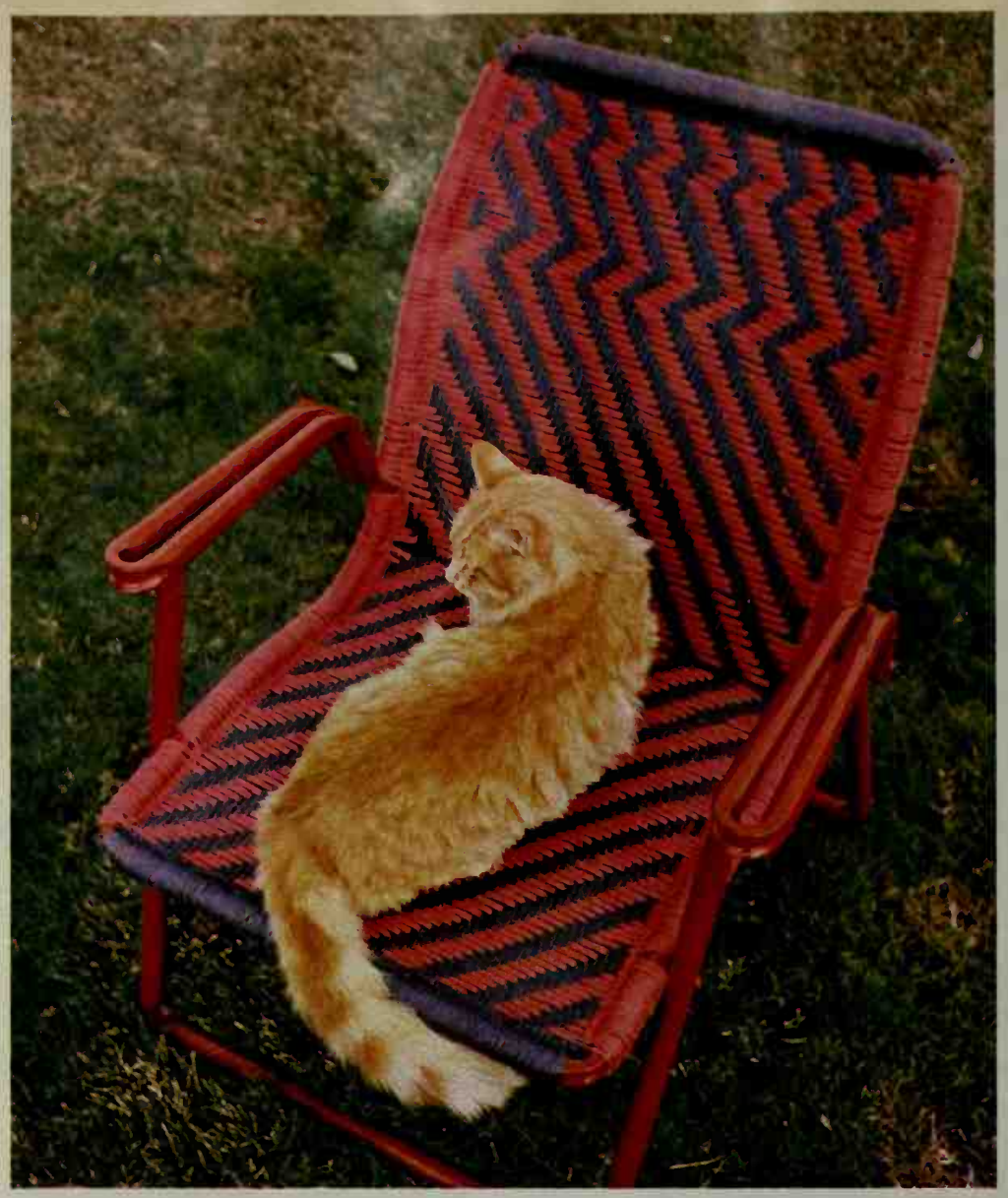
5. Leave ball of cord on your side of weaving. Pull double strand from ball and weave through bunches of cords. Leave crochet hooks in place at either end till finished.

For complete how-to see page 100

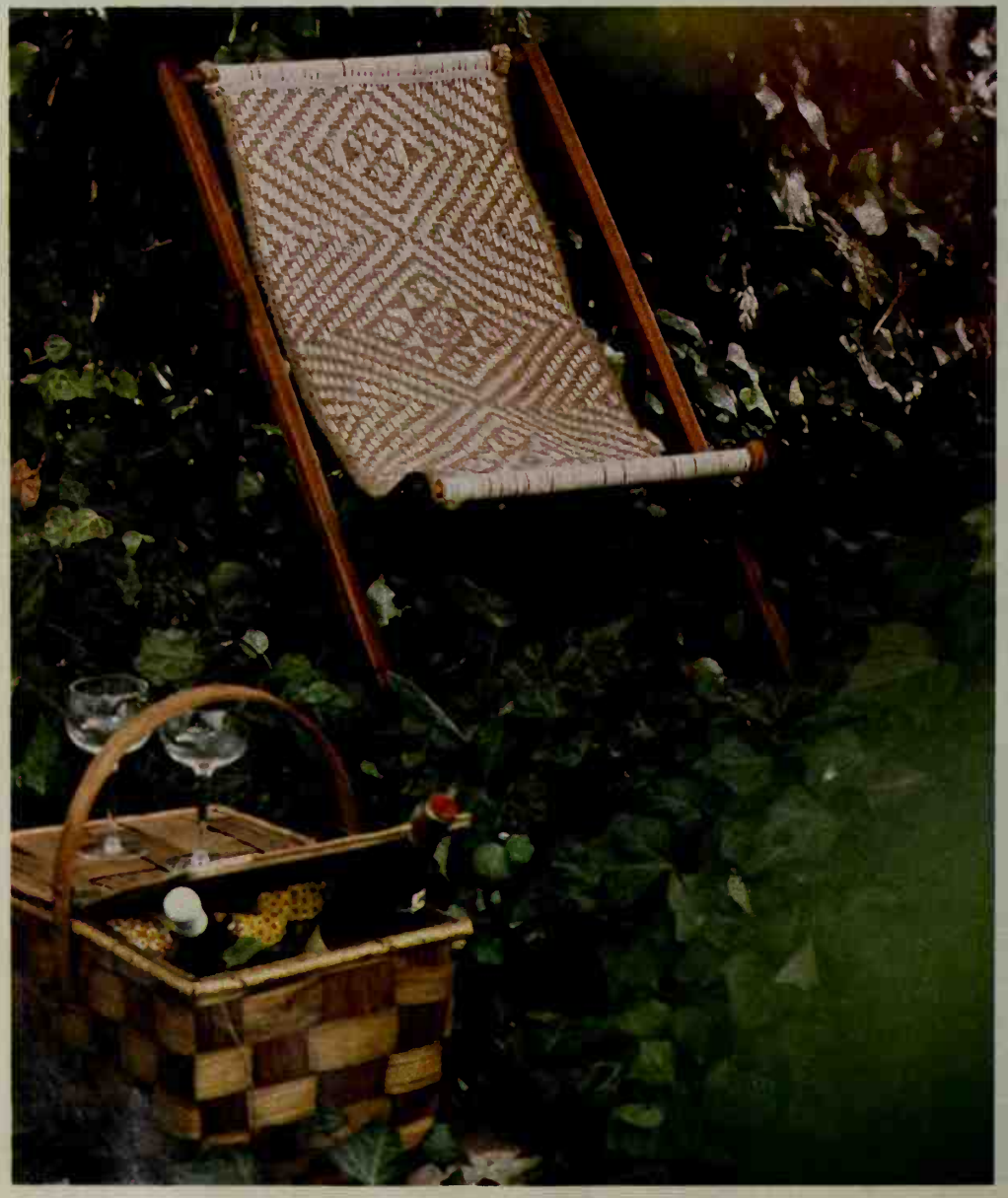
3. Loop the crochet hook through the last double strand woven, and leave the hook in this crochet stitch. This makes edging on the weaving.

Photographs: Fred Lyon, Hopkins

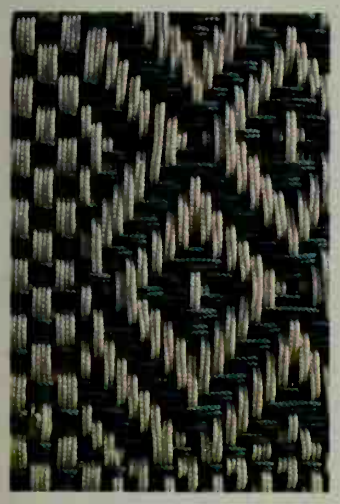
A gazebo houses a wicker rocker and a footstool refurbished with the brilliant colors and designs of Punjabi weaving. The rocker has a design inspired by a well-known Bargello pattern.



This stunning purple and pink pull-up chair has come a long way from its humble origins—an aluminum-tube lawn piece purchased for a pittance from a garden shop. After frame was lacquered, back and sides were woven with a traditional Indian pattern, "Waves." Rejuvenated chairs make charming accents indoors as well as outdoors.



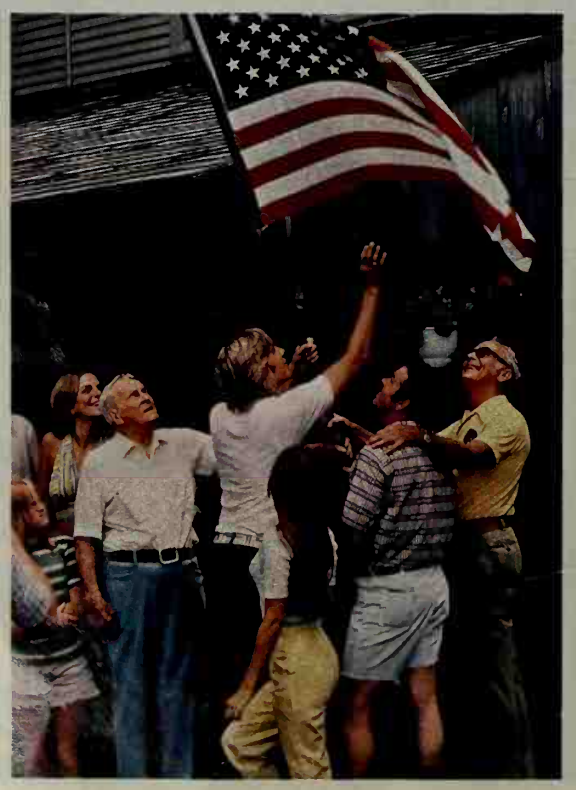
Remember the old sling chairs? Unlike the other furniture we show, this chair doesn't have four sides to weave on—but that's no problem. You can manufacture two "non-firm" sides by folding frame flat and running two cords from top to bottom of upper and lower slats. The cords serve as sides of the loom.



Our colorful camper's cot features a laced portion at one end, so weaving can be tightened should it sag. Painted turquoise frame is woven with silky macrame cord to match. For cluster of pillow tops, use a different technique. Substitute frames of stretchers for furniture-frame "looms." After weaving is completed, cut cloth off frame and stitch crocheted edge on a machine.

We started with a really rustic chair. Although back and seat were bashed in, the frame was sturdy—a good point to consider when buying salvage furniture for projects like this. To effect the transformation weave coarse natural and vermilion jute in a checkerboard pattern on the back and seat.

SUMMER GET-TOGETHERS—OLD-FASHIONED TO UPBEAT



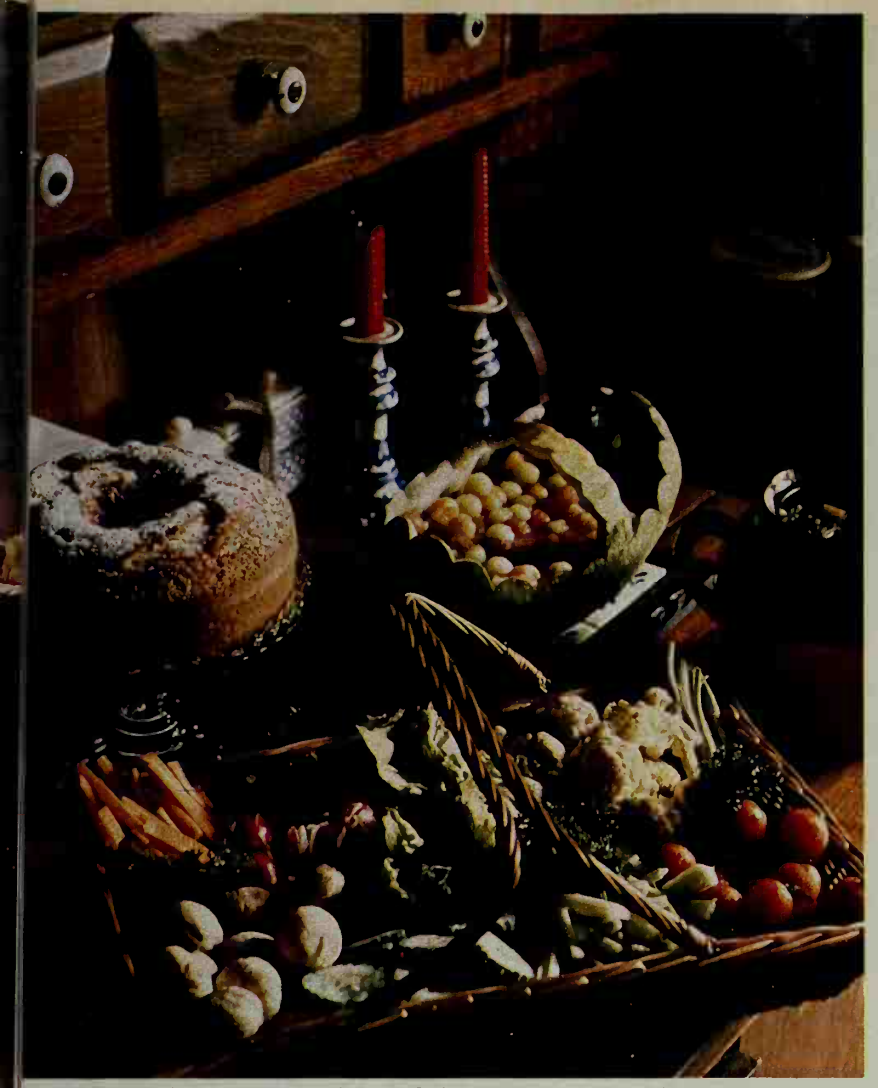
Fourth of July picnic

By Doris Eby and Nancy Byal

No matter what you're celebrating, it's more fun when you do it with family and friends. Since everyone lends a hand, nobody's saddled with all the work, and the whole gang can join in the festivities. Here are six memorable summer happenings that affirm what good fun—and good food—can result when kindred spirits gather together.

Top Photo: A flag cake decorated with strawberries, blueberries, and "stars and stripes" whipped topping highlights the tableful of July 4th foods.

For some 25 years, the Wehking family have celebrated Independence Day with good old-fashioned family fun in addition to flag-raising patriotism. Now four generations strong, the family have gathered for the last few years to honor 91-year-old Grandpa Wehking. He's the "founding father," and he's as energetic, optimistic, and enthusiastic as any of his great-grandchildren. (In fact,



n back of relishes: **Black Walnut Cake, Melon Basket, Parmesan Beans.**

Grandpa Wehking generously sugars his **Fresh Apple Fritters.**

Grandpa Wehking's morning kickoff on "pre-nion" day was to prepare several batches of his special fried apple fritters for the entire Wehking family.)

To the Wehkings, the day's celebration is as much a cooking fest as a fun fest. The picnic *pièce de résistance* is a mound of sliced baked ham with pineapple and dark sweet cherries, flanked by a mouth-watering assortment of salads, vegetables, breads, and desserts. Judy's baked beans, Mom's potato salad, and Auntie Rie's walnut cake are always there since it just isn't the Fourth of July without them. Everyone else brings something to help round out the picnic—the latest family favorite or a new recipe he wants to try. Family members who must travel some distance tote foods that are easy to make ahead and easy to transport. All are displayed on tables patriotically dressed in red, white, and blue.

Afternoon is relaxation time. For some, that means a round of golf, a swim, a pony or bike ride; for others, some badminton, bridge, or visiting on the old brick porch. No matter how absorbing the activity, however, everyone seems to have a timeclock on his stomach so toward dusk, the crowd converges again. This time, it's for grill work—two barbecue grills full of food, expertly monitored by several of the family chefs. There's also a recap of all those goodies that somehow missed being nabbed on the first go-round. After some rest and a dazzling fireworks display, everyone heads for home, tired, but happily filled with an assortment of good food and family stories.

Recipes begin on page 74

Apricot preserves, Russian salad dressing, and onion soup mix season **Barbecued Hawaiian Chicken.**

Beef ribs are specially cut for **Wined Short Ribs.**

An abundance of favorite foods lines the churchyard table.

All-day singing with dinner on the grounds

There was a time when the social life of most families revolved around the church. There were box-lunch socials and Sunday school picnics and family suppers and potlucks. In the country churches of the South, and much of the Midwest as well, there was a very special summertime event called an "All-Day Singing with Dinner on the Grounds," or in some places, a "Singing Convention."

A Singing always began early—as all things do in the country—and by midmorning the church grounds would be filled with mule-drawn wagons and pickup trucks and yellow school buses. Everybody came ready to sing, and sing they did—not only as a congregation but in solos, duets, trios, quartets, and on up. The singing was punctuated by an occasional prayer.

This special kind of worship service provided not only an opportunity for the renewal of friendships but also an outlet for talent. Many of today's successful gospel singers and country and western artists began their careers at an All-Day Singing.

The singing was great, of course, but for almost everyone, especially the youngsters, the high point of the day was "dinner on the grounds." (One look at all the food, and you can understand why Southerners call it dinner instead of lunch.) Shortly before noon, the ladies would begin to leave the church and gather outside. Each would have brought a full meal—main course, salad, vegetable, dessert, and drink. (Therein lies an important difference between a potluck and dinner on the grounds. For a potluck, you simply bring one or two dishes.) By noon, picnic tables were laden with what seemed to be all the food in the world—crisp fried chicken, salt-cured country ham, sausage and hot biscuits, corn bread, big wet banana cakes, apple pies, puddings, cookies of all kinds, and oceans of iced tea.

It was a glorious, unforgettable occasion, and one that deserves to endure. Fortunately, the church still serves as a focal point for the social activities of many families, and some of these traditional events have been preserved.

For the people of Pine Grove Baptist Church, nestled in the piney hills near Holly Springs, Mississippi, things have not changed that much. The church is air-conditioned now, and the men wear coats and ties instead of overalls, and the women dress in polyesters rather than gingham, and there are no mule-drawn wagons, but the occasion is much the same: a lot of good singing, a lot of friendship, and a spread of magnificent food.

We visited Pine Grove last fall during a service and singing which honored the retirement of its minister of 34 years. Even our photographer broke into song—and of course it was an especially good time for us to select favorite recipes to share with your family. Try them all; they'll make *you* want to sing, too.

Recipes begin on page 74

Desserts include **Banana Split Dessert** (front), **Mississippi Mud Cake** and **Apple Stack Pie** (middle), **Uncle Elond's Pineapple Cake** (back).

More taste-tempters for the singers of Pine Grove: **Banana Cake** (front), **Saucepan Oatmeal Cookies,** (right), **Ham and Egg Pie** and **Sweet Sandwiches** (back).

At noon, **Picnic Pizza Loaf** gets a special assist from Mother's helpers.

Photograph: Helms

Baked Egg Cups (front), **Mava's Caramel** and **Orange Rolls** (center), fresh fruit, and **Camper's Hot Chocolate Mix** (in jar) are some of the breakfast features.

Cousin Camp-out

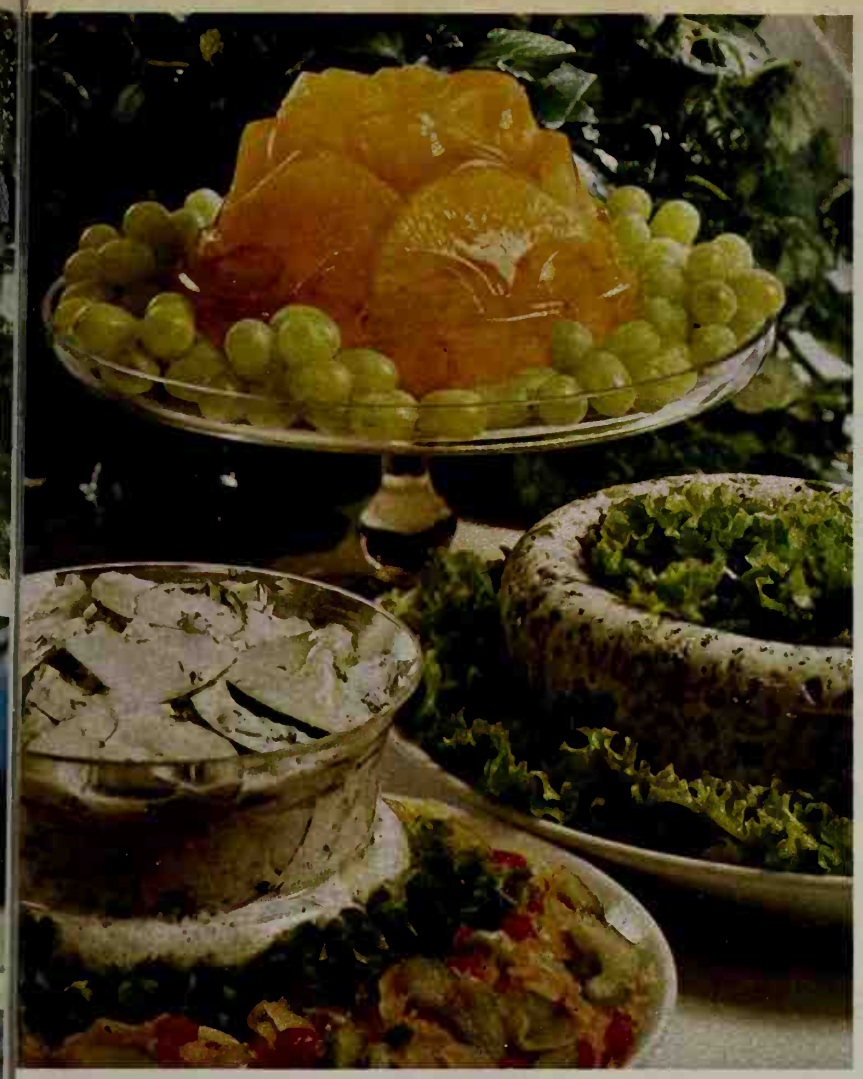
Like so many families, the McCutcheons felt they were becoming victims of our mobile society. As various family members relocated to outlying corners of Iowa and adjacent states, family gatherings dwindled in frequency and attendance. The McCutcheons decided to do something about it. Three years ago, they turned a single-family camping outing into a three-day reunion campout. Now it's an annual activity sponsored by all the cousins, with aunts and uncles as the honored guests.

Tents begin popping up and campers start rolling in on Friday afternoon. By Saturday night, most everyone is on hand for a wiener roast followed by s'mores, popcorn, and some fireside reminiscing. And when more than two McCutcheon heads get together, there can even be some secret plotting to move a camper and its occupants in the middle of the night.

A few early risers get the campfire and campstoves revved up for Sunday breakfast potluck. Aunt Grace's doughnuts renew a continuing "feud" over who gets the circles and who gets the holes. But with eggs, bacon, sausage, rolls, and pancakes, no one goes hungry.

Following an outdoor worship service and some invigorating hikes and bike rides, everyone is ravenous again. Sustenance is in sight: a picnic table laden with meats, casseroles, salads, breads, and desserts. A late-afternoon plunge in a nearby swimming hole satisfies the youngsters' uncontrollable urge to cool off on a sizzling day. But a call for ice cream crankers lures them to shore for a share in making and eating ice cream, a refreshing finale to a great weekend.

Recipes begin on page 74
Buying information, page 101



our of the outstanding salads: **Bean Sprout Kraut Salad** and **Scandinavian Cucumbers** (front), **Broccoli Ring** (center), and **Sauterne Fruit Mold** (back).

Chunks of crab meat are saved for **Peggy's Crab Cakes.**

Reunion along the Eastern Shore

In Maryland, the Carroll-Adams family are noted for their outstanding get-togethers. Thanks to two dedicated sisters, Carrie Bast and Grace McNeil, the families maintain a closeness that few of that size (there are several hundred relatives) can boast. Twenty-four years ago, Carrie and Grace organized the first picnic—now it draws over 200 relatives every year to the Eastern Shore of Maryland. There's also a small "archives" building to house the seven-generation family tree, a coat of arms for each family, and a collection of historical family papers.

Some relatives come a day ahead to share in a favorite Maryland pastime—steaming crabs. The crabs, freshly harvested from Chesapeake Bay, are liberally coated with seafood seasoning, then steamed in a large kettle with vinegar. Dump them onto a newspaper-covered picnic table, and they're ready to be cracked and picked with mallets, crackers, and knives. Once everyone's had his fill, the remaining crabs are adeptly shelled and chunks of crab meat are removed for making crab cakes, one of the must foods for the reunion-day picnic.

Rambling branches of a stately walnut tree shelter the reunion activity center. Food tables are lined end to end for the feast. Each family furnishes one—and sometimes two or three—particularly favored dishes. All of the traditional picnic foods such as fried chicken, potato salad, deviled eggs, cakes, and pies are represented. You'll also see a generous assortment of some not-so-traditionals. A convivial sing-along followed by an update on family happenings, a game or two for the kids, and a family heritage photo session wind up another memorable Carroll-Adams' reunion.

Recipes begin on page 74
Buying information, page 101

Apple Butter Boil

Linenbringer-Burch Apple Butter is at its best atop hot buttered biscuits.

Indian summer means more to the Missouri-based Linenbringer-Burch family than simply gold and sienna landscapes. For over a century, it's been a time for making old-fashioned-style apple butter to replenish family larders and rekindle family ties.

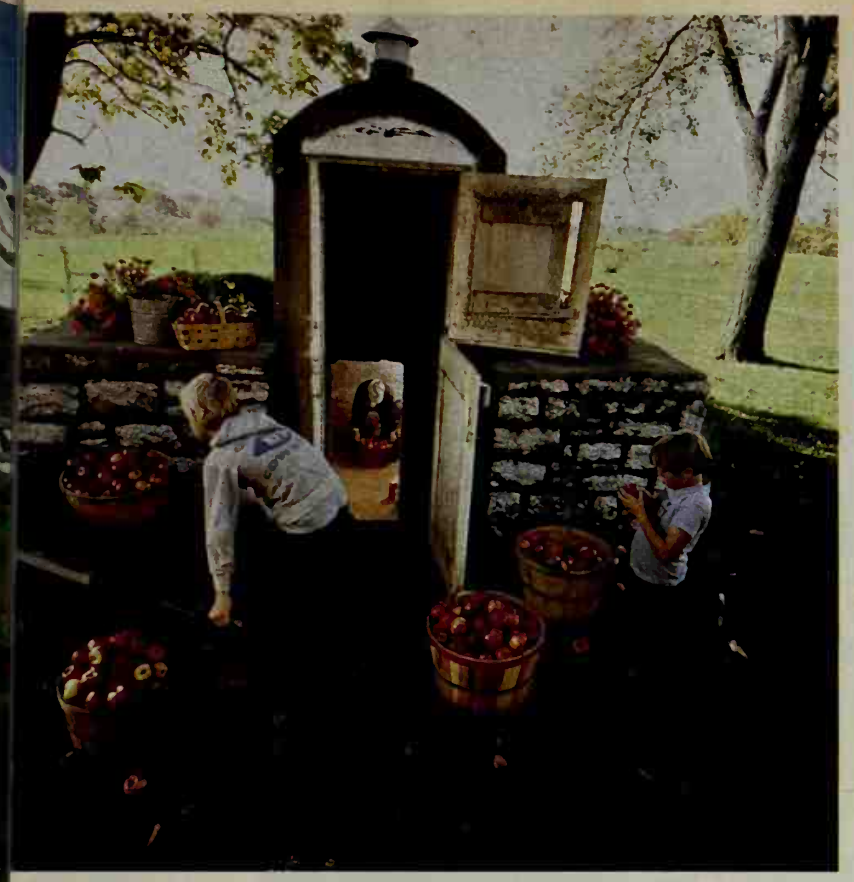
The two-day project entails a hefty measure of work for everyone. Uncle Bill and Pete pull the venerable 40-gallon copper kettle out of storage and make sure there's a full day's supply of firewood on hand. Both men emphasize that oak and mulberry make the best kindling and give this apple butter its unique subtle smoke flavor. Some of the younger recruits wheel apples to the preparation site, while the women take charge of peeling, coring, and slicing the fruit. The bubbling cauldron demands 12 to 14 hours of constant attention, so everyone takes his rightful turn at kettle watching and stirring.

Before the event is over, more than 11 bushels of apples will have been cut, cooked, and carefully watched over. Even with the assist of a handy table-mounted apple peeler, it takes all of the first day to get the apples ready.

To save some cooking time, each family takes a bushel of the prepared fruit home to simmer down to "sauce" consistency before adding it to the common pot. Then it's early-to-rise the next morning for the all-day butter boil. We've scaled the Linenbringer-Burch recipe down to kitchen size, but the resulting apple butter is the same—thick, lightly spiced, and flavorsome—perfect as a bread spread or as a recipe ingredient.

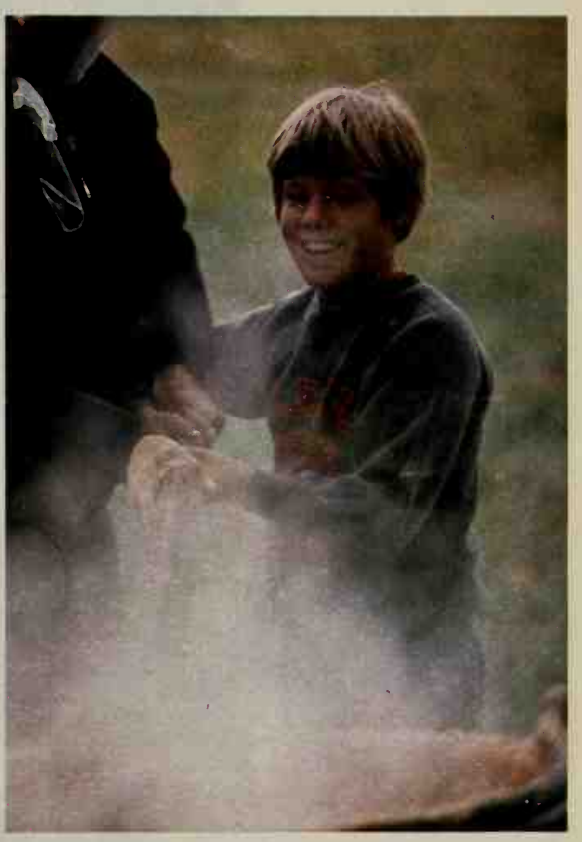
Although work dominates the scene, fun is part and parcel of this get-together. The kids take turns climbing into the haymow and riding a mule-driven buckboard. And with apple butter jars all filled and capped, the adults set aside a little time for some allemande-lefts and do-si-dos to the tune of banjos and the rhythm of the family square dance caller.

Recipes begin on page 74
Buying information, page 101



Apple Butter Swirl Pie and **Apple Berry Fondue** are refreshing desserts.

Chunky **Spiced Doughnuts** feature apple butter in doughnuts and frosting.



It's time out for **Frosty Apple Butter Bars.**

Photographs: Maselli

Harvard Terrace Block Party

Five years ago, Harvard Terrace residents in Evanston, Illinois, felt like a neighborhood of strangers. To bridge the neighbor gap, they initiated a summer block party (so-called because the streets are literally blocked off by permission of the city). Now residents work together the year round on the annual event. To represent the neighborhood's diverse ethnic backgrounds, the all-day party has taken on international overtones.

Each year a new group gets a turn at putting their ideas into action. A small "core" of volunteers chair the various committees—foods, games, decorations, cleanup, etc. Just one week after the block party, the new planning committee gets together to discuss the previous successes and failures and to set some initial schedules. As the year progresses, several more brainstorming sessions are held, and flyers are sent to activate neighborhood interest and involvement. Each family is asked to bring an eight-serving-size salad, main dish, or dessert from their ethnic repertoire. In addition, a nominal fee is charged on a per-person basis to cover the cost of tableware, beverages, and incidentals.

The resulting party is colorful, fun, and creative. Each family decorates their house and/or yard to represent their ethnic heritage. The children get in on the act by decorating their bicycles in preparation for the annual parade. Entertainment involves all ages—candy count, scavenger hunt, volleyball, and pet show. Bingo "floats" from one end of the block to the other so that some elderly residents can participate, too. White elephant salables serve a

Stuffed Grape Leaves hold a lamb-rice stuffing.

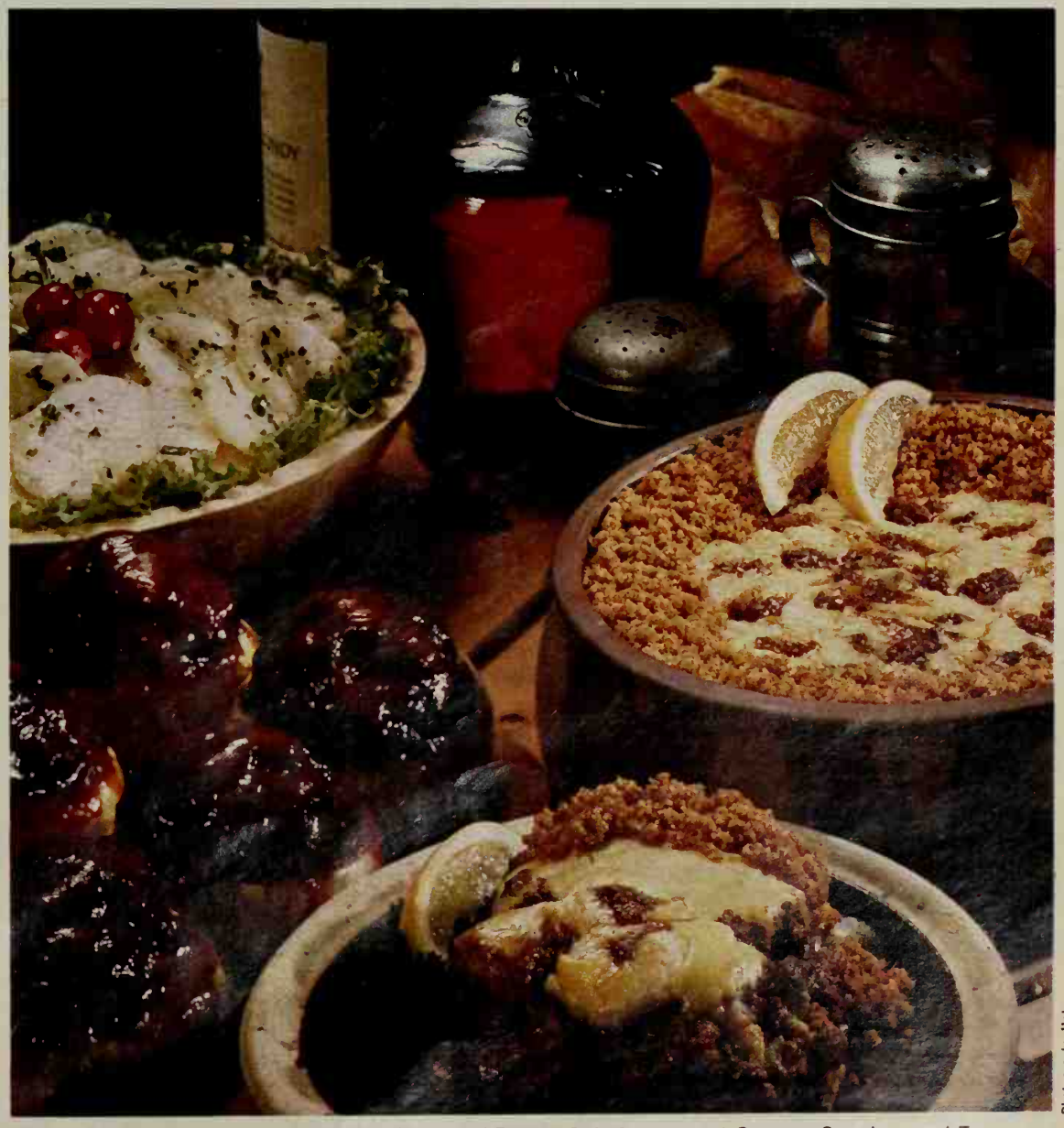
Strudel Pastries are rolled up jelly-roll fashion.

twofold purpose: they put money into the party kitty and redistribute household castaways.

The early evening potluck is always a highlight of the event. Written recipes, submitted ahead, are assembled and sold in cook book form. By the time the food arrives, menu placards and fresh flower centerpieces (gathered from one lady's garden) are in place. Greek, Jewish, Swedish, French, Polish, and Italian foods are but a few of the international array. This is one time the kids happily bypass hot dogs in favor of more exotic fare.

An after-dinner sing-along, a late movie, and it's time for the neighbors to start thinking about next year's party. Why not plan a similar one on your block, too?

Recipes begin on page 74
Buying information, page 101



Moussaka (front and right), **Stuffed Onions,** and **Potato Salad** represent Greece, Sweden, and France.

Photograph: Helms

Vegetables are chosen with great care from Chinatown.

It takes practice to handle a cleaver with skill like this.

Constant stirring keeps vegetables tender-crisp.

Harry spreads the batter th for delicate egg roll "skin

Beaten egg, brushed across th top edge, seals the fold.

Egg rolls come out of the wo hot, crispy, and irresistible.

HE COOKS: ORIENTAL DISHES WITH A TWIST

ORIENTAL 做菜

A "consuming" interest in Chinese food combined with a bent for experimentation led to Harry Santare's own "test kitchen." Harry takes a creative approach to the intriguing array of Oriental ingredients and cooking techniques. When he thinks he's come up with a winner, he invites a "taste panel" of adventuresome friends for dinner. The six savory recipes he shared with us resulted from successful "trial runs."

Harry's two most indispensable kitchen tools are standard equipment in the Chinese kitchen: the wood-handled cleaver (Oriental version of the French knife) and the flared wok. With the cleaver, he can cut, chop, dice, slice, or mince with the sharp edge, pound with the blunt edge, and crush or even scoop up with the flat portion of the blade. The wok is equally useful. Because of its sloping sides and round bottom, the wok heats evenly and can be used for many cooking methods. Since it's easy to toss food from the sides of the wok, Harry finds it particularly well suited for stir-frying—the increasingly popular but age-old method of stirring constantly while fast frying. The fresh taste and crisp textures that result are demonstrated by Harry's **Rainbow Beef, Red Pork with Vermicelli,** and **Chinese Curried Lamb.**

But his innovations are not limited to stir-fried foods. His **Three-way Wontons** are closely patterned after the classic version. "If I use all three fillings," Harry wrote, "I use three different shapes so each can easily be identified for serving." For **Duck a la Peking,** Harry uses the ingredients from classic Peking Duck (minus the pancakes) but roasts the duck Western fashion instead of the more time-consuming but traditional way. Harry has also combined two cooking traditions for ever-popular egg rolls. He makes the "skins" for **Crepe Egg Rolls** in a skillet just as French crepes are made. Then he fills, rolls, and fries them egg-roll style.

Recipes and additional pictures begin on page 18 .

Next mealtime, head for the seashore. Campbell's Seashore Soups.

Spoon into Campbell's Manhattan Style or New England Clam Chowder made with sweet, minced clams. Or Cream of Shrimp Soup with pieces of shrimp and a touch of sauterne wine. Or Oyster Stew with succulent, whole oysters.

Look for the Campbell's Soups now with the life preserver on the label. And head for the seashore. Campbell's Seashore Soups.

M'm! M'm! Good!

FAMILY FOOD IDEAS

begins on page 62

Summer get-togethers

BLACK WALNUT CAKE
A pound cake-like texture—
2 cups sifted powdered sugar
1 cup butter or margarine
1 teaspoon vanilla
4 egg yolks
3 cups sifted cake flour
3 teaspoons baking powder
⅛ teaspoon salt
1⅓ cups milk
1 cup chopped black walnuts
4 egg whites

In mixer bowl, beat together sugar, butter or margarine, and vanilla till light and fluffy. Add e y at a time, beating we a addition. Sift together powder, and salt; add creamed mixture with well after each addition Beat egg whites till stif (tips stand straight); fol Pour into greased and inch tube pan. Bake i for 1 hour or till cake Cool in pan 10 minut from pan; cool on rack. dust with additional po ar, if desired.

MELON BASKET
Garnish with fresh mint
1 medium watermelon
2 medium cantaloupes
1 medium honeydew
2 6-ounce cans frozen limea concentrate, thawed
4 juice cans water (3 cups)
½ cup white creme de menthe

Lay watermelon length thin slice off bottom to m flat. On top third of mel score scalloped design f across center using sharp tablespoon as pattern; re lops horizontally around Cut through scoring; re pieces. Scoop out waterm melon baller. Drain melo wrap in plastic wrap. R basket. Halve remaining scoop out melon balls. Co melon balls in bowl; c chill. To serve: Combine concentrate, water, and c menthe. Place half the me into melon basket; pour limeade mixture over fru at once. Refill melon ba needed with remaining mel and syrup. Makes 15 serving

PARMESAN BEANS
¼ cup salad oil
¼ cup tarragon vinegar
⅓ cup grated parmesan cheese
½ teaspoon sugar
½ teaspoon salt
2 10-ounce packages frozen French-style green beans, cooked and drained

In screw-top jar, combine oi gar, cheese, sugar, and salt; and shake. Pour over bean toss. Cover; chill overnight, s occasionally. Makes 8 servin

FRESH APPLE FRITTERS
Taste best served warm—
1 cup all-purpose flour
2 tablespoons sugar
1 teaspoon baking powder
Dash salt
2 slightly beaten eggs
⅔ cup milk
1 teaspoon cooking oil
4 to 6 tart cooking apples, pared, cored, and sliced crosswis
Fat for frying
Granulated sugar

Stir together flour, the 2 tablesp sugar, the baking powder, and Combine eggs, milk, and the 1 spoon cooking oil. Add to dry ture; beat smooth. Dip apple sl one at a time, in batter to coat Fry in shallow hot fat (375°) ab 2½ to 3 minutes, or till brown edges are crispy, turning o Drain on paper toweling. Sprin with granulated sugar. Makes to 2 dozen fritters.

BARBECUED HAWAIIAN CHICKEN
1 12-ounce jar (1 cup) apricot preserv
1 8-ounce bottle (1 cup) Russian sala dressing with honey

continued on page

Admiral's 3-door refrigerator gives you all these conveniences.

21.7 cu. ft. of food keeping space in this slim-line design.

Third door for easy access to the frozen foods you use most often.

Automatic Ice Maker keeps you stocked up with ice.

Chilled Water Dispenser puts cold water at your fingertips.

Waist-high Frigid Meat Keeper keeps meat fresh and moist longer.

Large See-Through Vegetable Crisper keeps vegetables crispy fresh.

Adjustable tempered glass shelves end messy drip-through spills.

Pick-off Egg Trays save space and give you extra convenience.

All these conveniences plus one hidden benefit.

Saves electric energy, too.

Energy Saver

Now you can enjoy all the conveniences of a deluxe refrigerator and still enjoy low operating costs. Because compared to previous models, this '75 Admiral refrigerator uses up to 30% less electricity.

In one year that could add up to enough energy saved to light the average home for 8 months!* We've re-engineered the 3-door Admiral with a built-in Energy Saving System. There are no switches or buttons to remember. The Admiral Energy Saving System automatically lowers operating costs for you.

If you're looking for a refrigerator built for today's living and today's concern for energy, look at the 3-door Admiral. It's just one of our full line of quality-built refrigerators. Admiral quality . . . it deserves a closer look for your home.

Appliance Division, Admiral Group, Rockwell International.

*Admiral refrigerator Model #IND 2259 saves up to 900 kwh per year. (Average home uses 1300 kwh for lighting a year. Source: Better Light Better Sight Institute.)

Rockwell International

Strawberry hortcake our cover

de Gennaro. Food Stylist: Mable Hoffman

BERRY SHORTCAKE

ll-purpose flour
oons sugar
ons baking powder
on sall
ller or margarine
egg
hl cream
or margarine, softened
s sweelened, halved
erries
hipping cream

ng bowl, stir together flour, aking powder, and salt; cut ½ cup butter or margarine mixture resembles coarse Combine egg and light add all at once to flour mix- rring with fork just to moist- ead dough in greased 8x1½- und cake pan, building up lightly. Bake in 450° oven to 18 minutes or till done. e shortcake from pan; cool 5 minutes.

g a sharp knife, gently split ke horizontally into two lay- top off carefully. Spread a oftened butter over bottom n chilled bowl, whip cream peaks (tips curl over). Spoon f the strawberries and the d cream over first cake layer. ith second layer. Spoon re- g strawberries and whipped over top. Serve while cake is Makes 6 to 8 servings.

're Listening

t's wrong with food prod- oday? What's right? Your ents can create changes. to:

amily Food Ideas
.O. Box 4553
es Moines, Iowa 50336

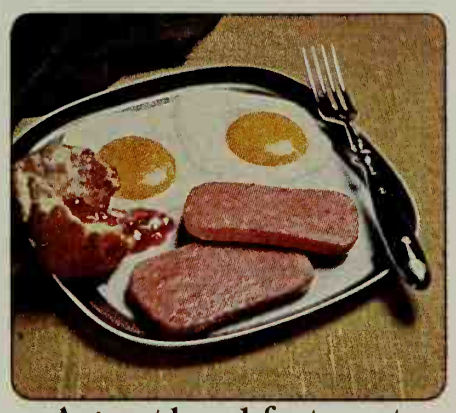
addressed to any of the fol- g Family Food Ideas adver- will be forwarded.

r Ham
Perrins Worcestershire ce
er's Frozen Prepared Dinners t
el Ham
chmer Wheat Germ
ann's/Best Foods Real yonnaise
bell Soup

e're Listening" question- s published in Better Homes iving food manufacturers val- input. The next question- will be in the July issue. e watch for it and plan to nd.

SPAM® GIVES YOU SEVEN MEATS FOR THE PRICE OF ONE.

This special blend of pork shoulder with ham is more than just a popular sandwich meat.



A great breakfast meat.

A great salad meat.

A great casserole meat.

A great cook-out meat.

A great pizza meat.

A great snack meat.

A great sandwich meat, too!

SPAM is a registered trademark for a pork product packed only by Hormel.

A lot of meat. But not a lot of money.

Hormel
FINE FOOD PRODUCTS

FAMILY FOOD IDEAS

When Natalie and Bob cook out, it's on an Arkla Gas Grill.

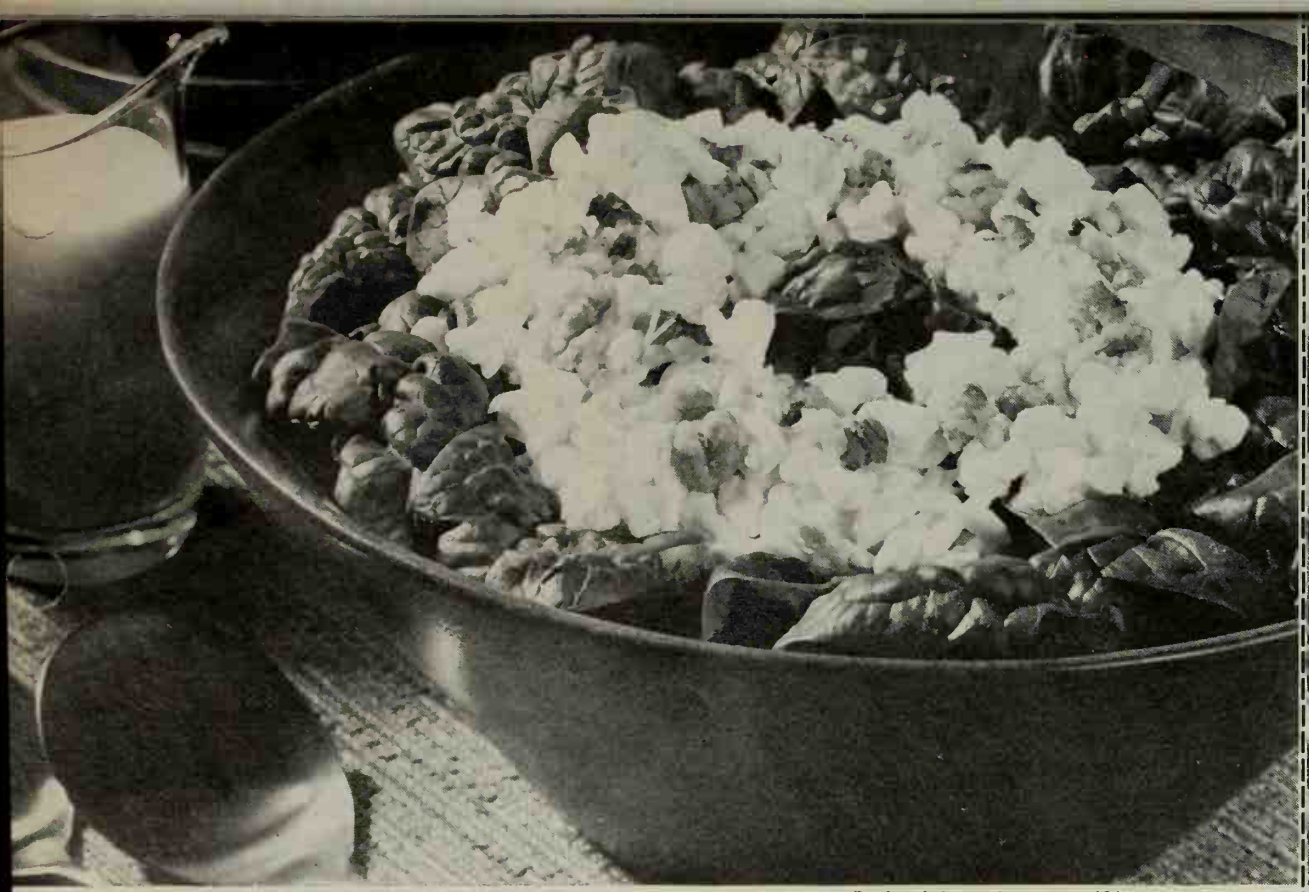
It's their alternate to indoor gas cooking.

The Wagners like outdoor cooking, and they like it to be easy. Their Arkla gas grill is like an alternate gas range. No lighter fluids, no mess, no waiting. Gas reaches cooking temperature fast, cooks full family dinners with that great outdoor flavor. See all the models at your Arkla dealer.

Use gas wisely. It's clean energy for today and tomorrow. AGA American Gas Association

Gasgrills BY ARKLA

Arkla Industries Inc.
400 East Capitol
Little Rock, Ark. 72203



Buying information, page 101

File under Salads and Salad Dressings

DAIRY SALADS

Cottage Cheese-Spinach Salad

A sour cream and horseradish dressing adds zip and interest to this nutritious prizewinning dairy salad—

½ cup dairy sour cream
2 tablespoons sugar
1 tablespoon prepared horseradish
½ teaspoon dry mustard
¼ teaspoon salt
3 tablespoons herb-flavored vinegar
7 cups (10 ounces) fresh spinach, torn
1½ cups (12 ounces) cream-style cottage cheese
½ cup chopped walnuts

Stir together sour cream, sugar, prepared horseradish, dry mustard, and salt. Gradually blend in vinegar. Cover; chill. Arrange spinach in salad bowl; top with cottage cheese and walnuts. Pour on dressing; toss lightly to coat spinach leaves. Makes 6 to 8 servings.

Mrs. Jean Preuit, Arlington, Va.

Cut along dotted line

Buying information, page 101

Photographs: Dieter

File under Barbecues

BARBECUE ACCOMPANIMENTS

Outdoor Vegetable Skillet

Let this first-place winner share the grill with your favorite barbecued ribs or chicken at your next cookout—

2 8-ounce packages frozen Brussels sprouts, thawed
2 medium tomatoes, peeled and chopped (1¼ cups)
1 cup frozen small whole onions, thawed
½ cup creamy French salad dressing
¼ teaspoon salt

Cut large Brussels sprouts in half. In shallow dish combine sprouts, tomatoes, and onions; pour salad dressing over all. Sprinkle with salt. Cover; let stand at room temperature 2 hours, stirring mixture occasionally. Turn into heavy 10-inch skillet. Place over hot coals; cover and simmer for 10 minutes. Uncover; simmer 5 minutes more or till vegetables are done, stirring occasionally. Makes 6 servings.

Mrs. Gerald H. Murray, Tampa, Fla.

PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $7.95 +75c postage to Better Homes and Gardens.

Fruit 'n Roll Kabobs

Grill alongside ham slices for a special brunch treat—

1 package refrigerated orange Danish rolls with icing (8 rolls)
1 13¼-ounce can pineapple chunks
1 large banana, cut in 6 chunks
6 melon cubes
6 maraschino cherries
¼ teaspoon ground cinnamon

Bake rolls according to package directions; set orange icing aside. Cut *four* of the rolls into thirds (12 pieces). Drain pineapple, reserving ⅓ cup syrup. On each of six 8-inch skewers, thread 1 piece of roll, a banana chunk, pineapple chunk, melon cube, cherry, and a second piece of roll. (Use remaining rolls and pineapple as desired.) Combine reserved pineapple syrup and cinnamon. Place kabobs on grill over very low coals for 12 to 15 minutes or till hot, turning frequently and brushing fruit with pineapple mixture. Combine orange icing and 1 teaspoon of the basting syrup; drizzle over warm kabobs. Makes 6 kabobs.

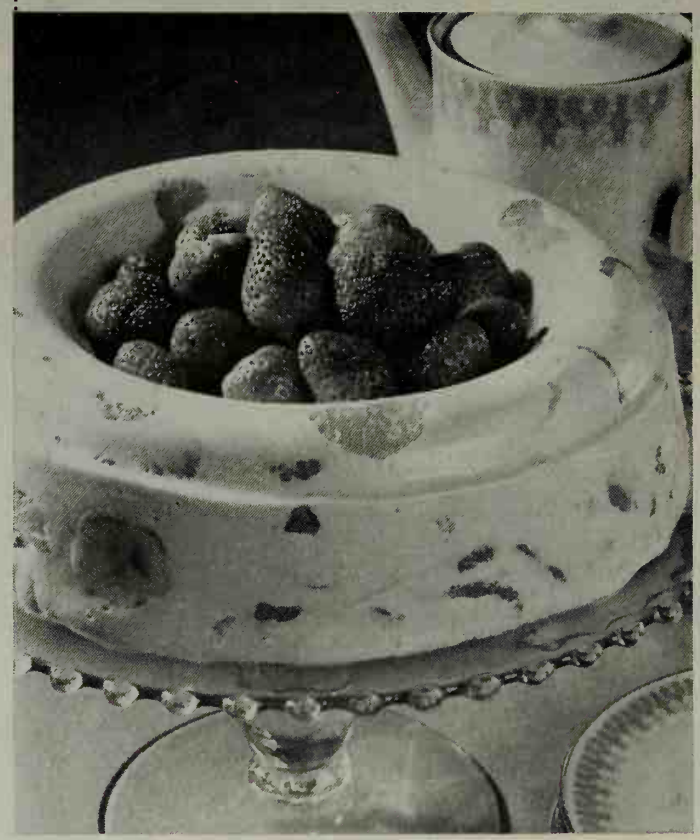
Reeda Peel, El Paso, Tex.

Grilled Stuffed Mushrooms

24 medium mushrooms (10 to 12 ounces)
¼ cup chopped green onion
1 tablespoon butter or margarine
2 teaspoons all-purpose flour
½ teaspoon dried marjoram, crushed
Dash pepper
¼ cup dry white wine
½ cup finely chopped cooked ham
1 tablespoon snipped parsley
2 tablespoons butter or margarine

Remove stems from mushrooms; reserve caps. Chop stems. In medium saucepan, cook the chopped stems and onion in the 1 tablespoon butter or margarine just till tender. Blend in flour, marjoram, and pepper; add wine. Cook and stir till thickened and bubbly. Stir in ham and parsley. Stuff mushroom caps with ham mixture. Place mushrooms on a 20x12-inch piece of foil; dot with the remaining butter. Fold foil to seal edges; grill over medium coals 15 to 20 minutes or till mushrooms are tender. Makes 24 appetizers.

Mrs. Barbara Lambrecht, Billings, Mont.

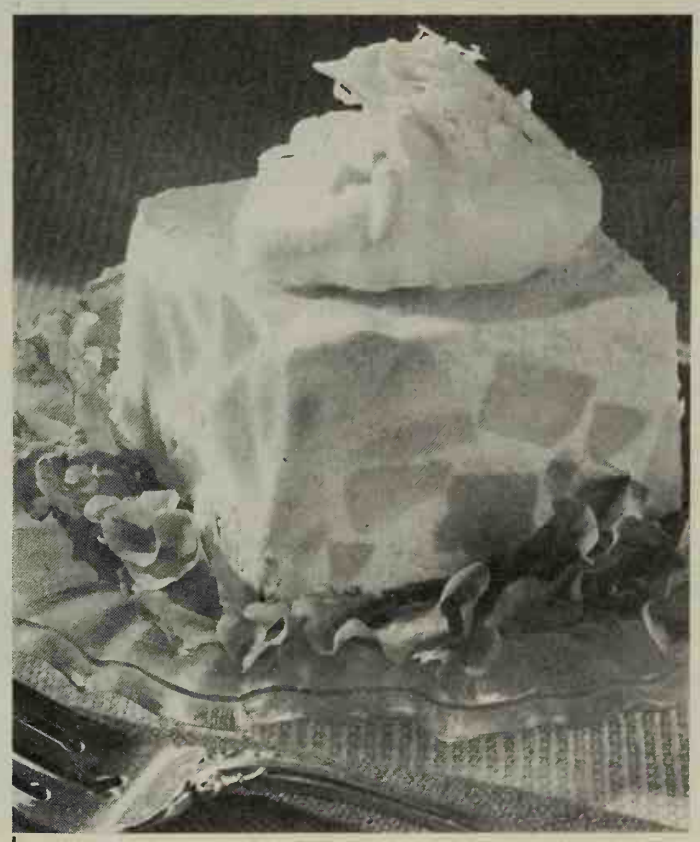


Fluffy Fruit 'n Cream Salad

1 11-ounce can mandarin orange sections
½ cup sugar
1 envelope unflavored gelatin
½ cup orange juice
¼ cup lemon juice
2 beaten eggs
1 cup dairy sour cream
1 3-ounce package cream cheese, cubed and softened
1 medium banana, sliced
⅓ cup chopped walnuts
Whole strawberries

Drain orange sections, reserving syrup. Add water to syrup to make ¾ cup liquid. In saucepan, combine sugar and gelatin; add syrup mixture, orange and lemon juices. Heat till gelatin is dissolved. Gradually stir about half of the hot mixture into eggs; return all to saucepan. Cook and stir 2 minutes more. Remove from heat. Add sour cream and cream cheese; beat with rotary beater till smooth. Chill till partially set. Fold in orange sections, banana, and nuts. Turn into 5½-cup ring mold. Chill overnight. Unmold; serve with berries. Makes 8 servings.

Mrs. Peggy Rice, Delaplaine, Ark.



Frosty Pear Squares

1 4-ounce container whipped cream cheese
½ cup dairy sour cream
½ of 6-ounce can (⅓ cup) frozen limeade concentrate, thawed
2 tablespoons sugar
Few drops green food coloring
½ cup whipping cream
1 29-ounce can pear halves, drained and diced
½ cup flaked coconut
Leaf lettuce

Blend together cream cheese, sour cream, limeade concentrate, sugar and food coloring. Whip cream; fold into cream cheese mixture along with pears and coconut. Spread in 8x8x2-inch pan. Cover and freeze several hours or overnight. Remove from freezer 10 to 15 minutes before serving. Cut in squares; serve on lettuce. Garnish with additional whipped cream and coconut, if desired. Makes 9 servings.

Miss Carley Lindsay, Bonaparte, Ia.

Armour makes a case for not turning on the oven.

Serving Armour Star Canned Ham doesn't have to be a big production, unless you want it to be. After all, Armour Star Ham is fully cooked, boneless and ready to slice and eat. And it's delicious that way.

If you're entertaining this summer, we think you should know there are many ways to serve Armour Star Ham without using a lot of energy. Yours or your oven's. So we consulted the following authorities to help make our case:

WOMAN'S DAY ENCYCLOPEDIA OF COOKERY

Glazed Cold Ham
Cover a canned ham with this golden glaze flavored with mustard and cloves.

FANNIE FARMER COOKBOOK

Ham in Aspic
Serving slices of fully cooked ham arranged on aspic in a mold.

GOOD HOUSEKEEPING COOKBOOK

Ham and Egg Sandwich Loaf
A whole loaf of bread sliced lengthwise and filled with a layer of ham-horseradish filling and one of curry-egg filling.

JAMES BEARD'S AMERICAN COOKERY

Cold Decorated Ham for a Buffet
Create your own design with a little imagination and everything from fresh tarragon leaves to hard-cooked eggs, and carrot strips, red or green peppers, pimiento, sprigs of parsley or dill.

GOURMET COOKBOOK

Ham in Cider Buffet Mold
Raisins and julienne strips of ham molded in cider and garnished with such things as finely shredded red cabbage, gherkin fans, asparagus tips, radish roses, olives or bunches of watercress. You can even decorate with tinted mayonnaise pressed through a pastry tube.

But if that's too elaborate, we suggest you explore the whole delicious subject of ham salads.

BETTER HOMES AND GARDENS MEALS IN MINUTES

Ham and Orange Salad
Ham and mandarin oranges in a mustard-mayonnaise dressing.

Chef Salad Bowl
Ham, avocado and cheese star in this recipe.

THE GOOD HOUSEKEEPING COOKBOOK

Ham and Cheese Salad
Ham and cheese with celery, peas and onions on lettuce.

Ham and Chicken Salad
Two old favorites together.

SUNSET SALAD BOOK

Pineapple and Ham Salad
Diced ham with pineapple chunks, green peppers and sweet pickles.

Ham and Turkey Salad
Beautiful combination that includes red-skinned apples, grapes and almonds.

BETTER HOMES AND GARDENS COOKBOOK

Rice and Ham Salad
A colorful medley of cauliflower, peas, ham, green onions, celery and radishes tossed with rice and served on rings of casaba melon.

WOMAN'S DAY ENCYCLOPEDIA

Ham Fruit Salad
Scrumptious blend of ham, oranges, apples, pineapples and bananas.

Ham Salad Boats
This traditional ham salad piled on hot dog buns is sure to please the kids.

We hope you try a new ham recipe soon. We'll even send you some of ours free. Write to: "Magic Can Recipe Booklet," Armour and Company, P.O. Box 4354, Dept. B, Chicago, Illinois 60680.

FAMILY FOOD IDEAS

Look for the Armour Star outside. You'll find Armour quality inside.

Great budget desserts from

Cool Whip, Dream Whip and Jell-O are registered trademarks of General Foods Corporation.

Now you can spoil your family with
spoiling your budget. With a dozen really
special desserts from the money-saving Gr
Dessert Team—Jell-O® Brand Gelatin, Jell-
Brand Puddings, Cool Whip® Non-Dairy
Whipped Topping and Dream Whip®
Whipped Topping Mix. Team them up anc
you've got some exciting combinations.

And here's 21¢ worth of coupons to

GENERAL FOODS

© General Foods Corporation 1975.

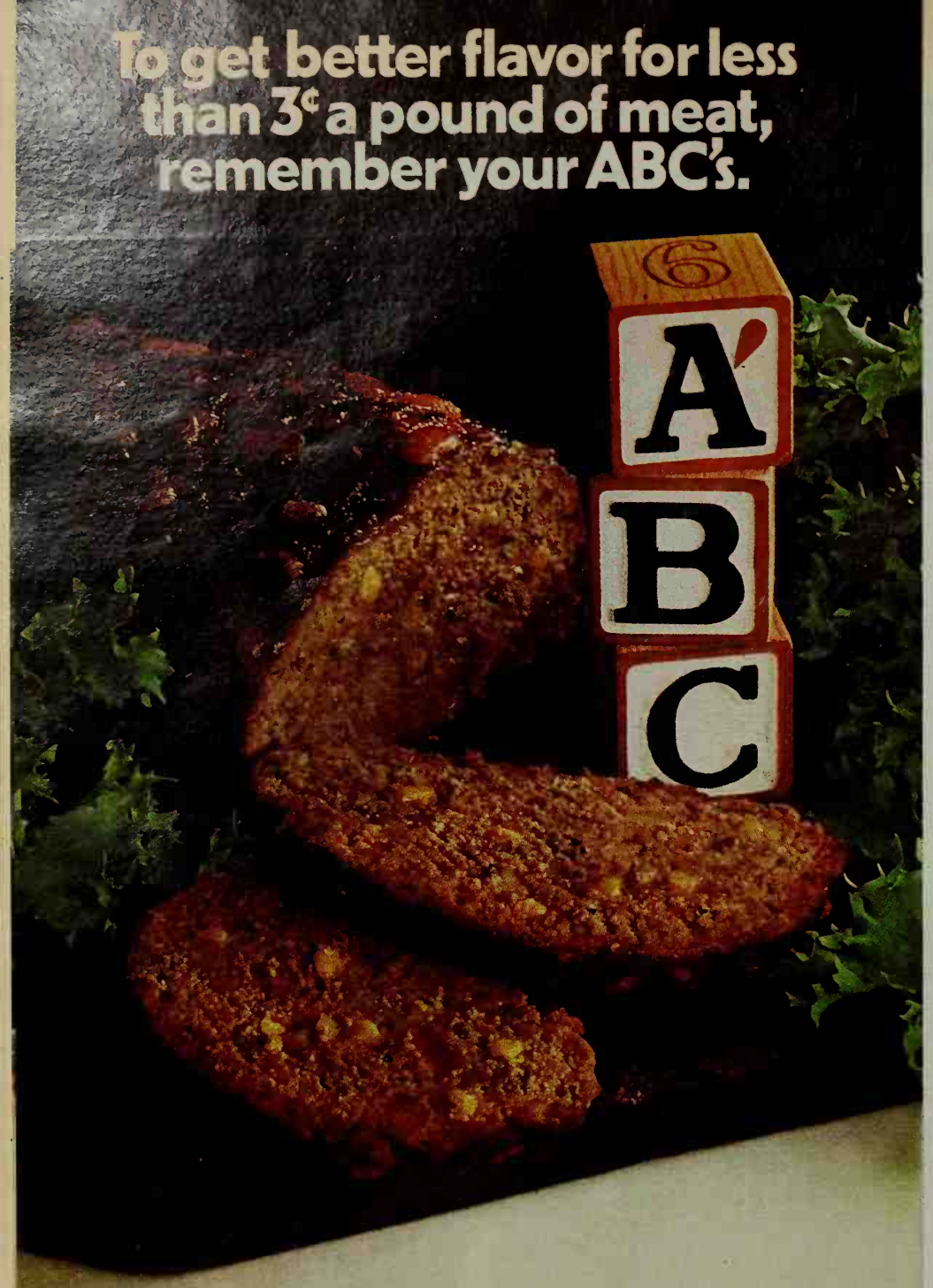
ne Great Dessert Team.

e you extra money on them.

You'll find all the recipes and all the pons in the tear-out booklet between these pages. (If somebody's already torn it out, just te General Foods Corporation, The Great ssert Team, P.O. Box 3157, Kankakee, Illinois 01, and we'll be happy to send you another.)

Go ahead. Spoil your family. With great dget desserts from the Great Dessert Team.

The Great Dessert Team.



ABC stands for Accent® Before Cooking. Accent Flavor Enhancer unlocks the good, natural flavor trapped in foods. And that's important today when you're trying to do your best with economy cuts of meat and pre-packaged and frozen foods. So to get the flavor you pay for, remember your ABC's. Accent Flavor Enhancer Before Cooking. It's a lesson in flavor, as you'll discover with this recipe.

World's Greatest Meat Loaf

2 teaspoons Accent Flavor Enhancer
1 egg
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon dry leaf basil
½ teaspoon dry leaf thyme
¼ cup ketchup
2 teaspoons prepared mustard
1½ cups soft bread crumbs
2 beef boullion cubes
1 cup boiling water
½ cup finely chopped celery
½ cup finely chopped onion
1 cup shredded cheddar or Swiss cheese
2 lbs. ground beef chuck

Beat egg lightly in medium bowl, add Accent Flavor Enhancer, salt, pepper, basil, thyme, ketchup, mustard and bread crumbs. Dissolve boullion cubes in boiling water, add to bowl and mix well until all ingredients are very well blended. Mix in celery, onion and cheese. Break up ground beef and add to bowl, mix lightly but thoroughly with fork. In a shallow baking pan, shape mixture into a 12" x 5" oval loaf, or press meat mixture lightly into a 9x5x3-inch loaf pan. Bake uncovered in 375°F oven 1 hour to 1 hour and 10 minutes. 8 servings.

Accent® Before Cooking

FAMILY FOOD IDEAS

continued from page 74

Summer get-togethers

1 envelope dry onion soup mix
3 2½- to 3-pound broiler-fryers, cut up

Combine preserves, salad dressing, and soup mix. Cook chicken over medium coals about 45 minutes or till nearly tender, turning occasionally. Brush with sauce; cook 15 minutes more, basting occasionally. Makes 12 servings.

WINED SHORT RIBS

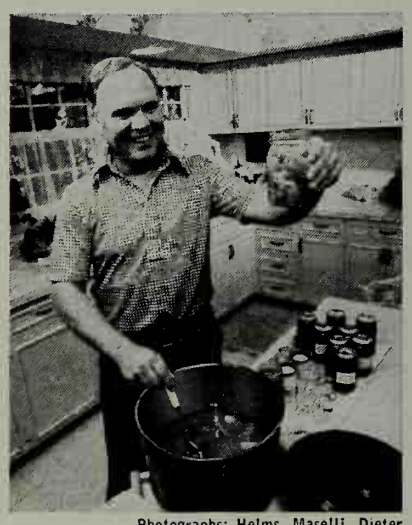
Have your meatman cut a strip of beef ribs in 6x1-inch pieces—

½ cup dry red wine
½ cup water
1 teaspoon dried thyme, crushed
½ teaspoon garlic salt
½ teaspoon lemon pepper
2 pounds beef short ribs

In large Dutch oven, combine wine, water, thyme, garlic salt, and lemon pepper; add ribs. Cover and simmer 1¼ to 1½ hours or just till tender. Drain, reserving liquid. Grill ribs over low coals till browned, 15 to 20 minutes, turning occasionally and brushing with wine mixture. Makes 4 servings.

BOB'S DIFFICULT BUT DELICIOUS GREEN TOMATO PICKLES

The only "difficulty" is getting someone to slice the onions—



Photographs: Helms, Maselli, Dieter

4 pounds green tomatoes
4 medium onions, sliced
1 large green pepper, chopped (1 cup)
2 quarts white vinegar
5 cups sugar
¼ cup mustard seed
1 tablespoon celery seed
1 teaspoon ground turmeric

Wash and core tomatoes; slice ¼ inch thick (should have 4 quarts). Combine tomatoes, onions, and green pepper; pack into clean, hot pint jars, leaving ½-inch headspace. In saucepan, combine remaining ingredients and bring to boiling. Pour boiling liquid over tomatoes, leaving ½-inch headspace. Adjust lids. Process in boiling water bath 15 minutes (count time when water returns to boiling). Makes 8 pints.

BANANA SPLIT DESSERT

½ cup butter or margarine, melted
2 cups graham cracker crumbs
2 eggs
2 cups sifted powdered sugar
¾ cup butter or margarine, softened
1 teaspoon vanilla
1 20-ounce can crushed pineapple, well drained
4 medium bananas, sliced (about 3 cups)
1 9-ounce carton frozen whipped dessert topping, thawed
½ cup coarsely chopped pecans
1 4-ounce jar maraschino cherries drained (⅓ cup)

Combine melted butter or m[argarine] and cracker crumbs. Pat i[n bo]ttom of 13x9x2-inch pan. Bea[t] on high speed of electric mix[er] light, about 4 minutes. Add o[f] dered sugar, softened butter [or] vanilla. Beat 5 minutes. Spread [over] crumbs. Chill 30 minutes. S[pread] pineapple over creamed mi[xture]. Arrange bananas over pine[apple]. Cover with whipped topping. S[prin]kle with pecans. Cover; refrig[erate] 6 hours or overnight. Garnish [with] cherries. Makes 12 servings.

MISSISSIPPI MUD CAKE

Garnish this brownie-like cake [with] an additional mound of marsh[mal]low creme, if desired—

⅔ cup sugar
½ cup butter or margarine
1 teaspoon vanilla
2 eggs
¾ cup self-rising flour
3 tablespoons cocoa powder
⅓ cup chopped pecans
½ of 7-ounce jar marshmallow creme
1 recipe Cocoa Icing

Cream sugar, butter or margar[ine] and vanilla till light and fluffy. [Add] in eggs just till blended. Stir tog[ether] flour and cocoa; add to crea[m] mixture. Mix well. Stir in pec[ans]. Spread in greased and flou[red] 8x8x2-inch baking dish. Bake [at] 325° oven for 30 to 35 minu[tes]. Cool. Spread marshmallow cr[eme] over cake. Frost top with *Co[coa] Icing:* In small mixer bowl, bea[t] *tablespoons butter or margarine* [till] light and fluffy. Gradually add *[2] cups sifted powdered sugar* an[d] *tablespoons cocoa powder*, blend well. Beat in *1 tablespoon milk* a[nd] *¾ teaspoon vanilla.* Gradua[lly] blend in an additional *1¼ c[ups] sifted powdered sugar.* Add enou[gh] *milk* (about 2 tablespoons) to ma[ke] of spreading consistency.

APPLE STACK PIE

To serve, cut each layer of the [pie] in wedges as illustrated—

4 cups all-purpose flour
1½ teaspoons baking powder
1½ teaspoons baking soda
Dash salt
1 cup shortening
¼ cup bacon drippings, chilled
1 cup buttermilk

• • •

5 pounds tart apples, pared, cored and sliced (13 cups sliced)
¼ cup water
1½ cups sugar
½ teaspoon ground cinnamon

Stir together flour, baking powder, baking soda, and salt. Cut in shortening and bacon drippings till mixture resembles small peas. Add buttermilk and stir just till mixture clings together. Divide mixture i[n]

continued

The hour of decision.

Unlike other things in life, the more you plan meals the harder it gets. So, on the days when you're fresh out of ideas, let Stouffer's give you some.

We've got plenty.

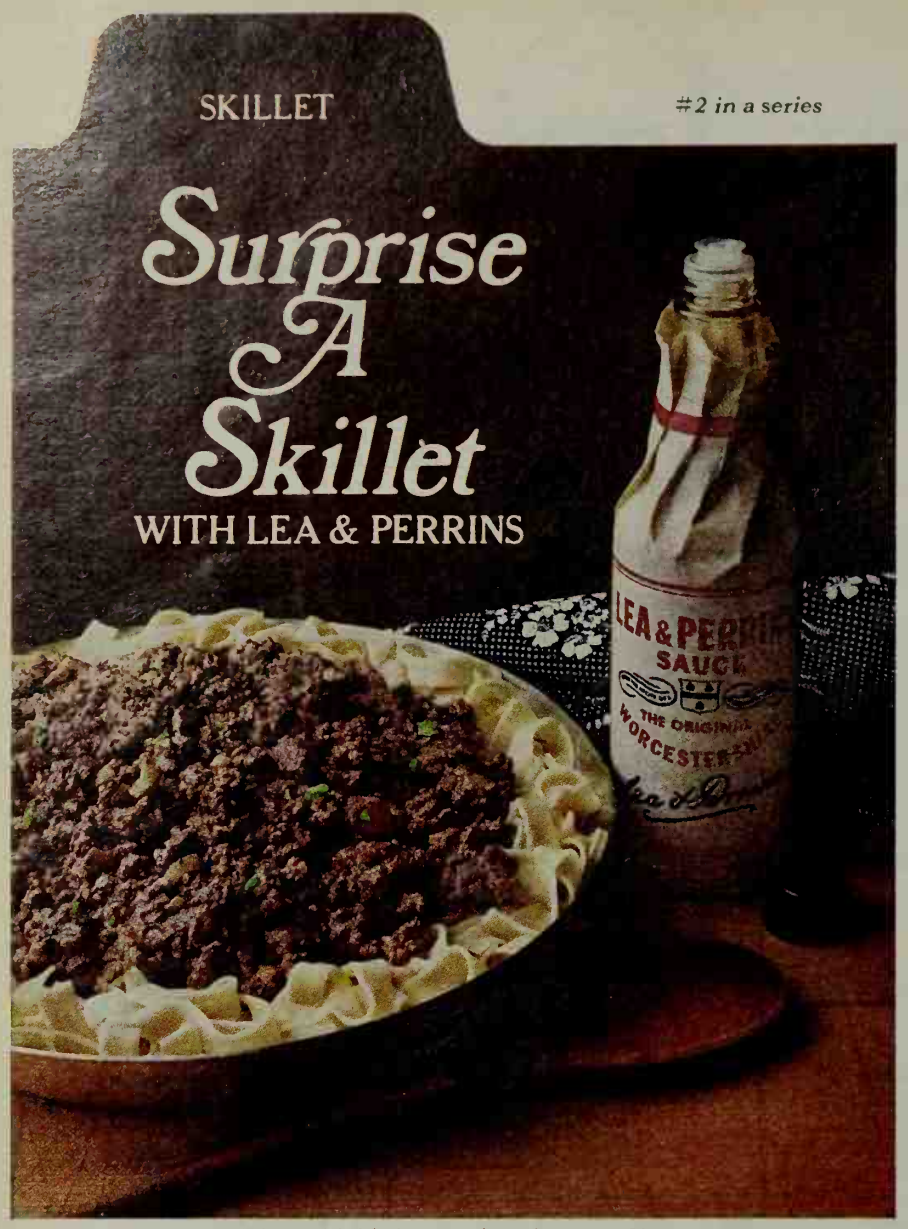
All the dishes you see here. Plus 38 other delicious main dishes and side dishes.

Like eight different chicken dishes, 11 dishes with beef, even 11 you can have in 15 minutes, just by boiling water.

So keep some Stouffer's waiting in your freezer.

And make your next hour of decision an effortless one.

It's a good day for Stouffer's.



Clip and fold these recipes for your files.

No matter how good a skillet meal is, Lea & Perrins Worcestershire Sauce can make it surprisingly better. One reason is that its century-old recipe uses only natural ingredients. What else would you expect from the original Worcestershire.

Ground Beef Skillet Paprikash

1 cup chopped onions
½ cup chopped celery with leaves
2 Tbsp. oil
1½ lb. ground lean beef
1 can (8 oz.) tomato sauce
4 tsp. Lea & Perrins Worcestershire Sauce
1 tsp. salt
1¼ cups dairy sour cream
4 tsp. paprika

Saute onions and celery in oil 5 minutes. Add beef; cook and stir until browned. Drain off excess fat. Add next 3 ingredients. Cook and stir 5 minutes. Stir in remaining ingredients. Heat. Serve over cooked noodles, if desired. Yield: 6 portions.

Panned Fish and Rice

1 pkg. (8 oz.) chicken-flavored rice and vermicelli mix
4 tsp. Lea & Perrins Worcestershire Sauce
1 lb. frozen fish fillets, cut into 1-inch pieces
1 pkg. (10 oz.) frozen mixed vegetables

Prepare rice mix according to package directions, adding remaining ingredients along with the water. Simmer, covered, 15 to 20 minutes. Yield: 4 portions.

Sweet and Sour Chicken

2½ lb. chicken, cut into eighths
¼ cup all-purpose flour
1 tsp. salt
¼ cup oil
1 can (1 lb.) tomatoes, broken up
1 Tbsp. brown sugar
1 Tbsp. Lea & Perrins Worcestershire Sauce
1½ tsp. lemon juice

Dredge chicken with flour and salt. Heat oil in skillet. Brown chicken; remove. Add remaining ingredients. Return chicken to skillet. Simmer, covered, 45 minutes. Yield: 4 portions.

Lea & Perrins. The people who know their sauces.
For your free Worcestershire recipe book, write Lea & Perrins, Dept. BS, Fair Lawn, N.J. 07410.

continued

Summer get-togethers

10 balls. Wrap each ball in waxed paper and chill. Meanwhile, in 5-quart Dutch oven, combine apples and water. Cover and cook till apples are very tender, about 20 minutes; mash. Cook, uncovered, to consistency of apple butter, about 20 minutes. Stir in sugar and cinnamon; continue cooking, uncovered, 10 minutes more, stirring frequently. Cool.

On lightly floured surface, roll one ball of pastry to a 9-inch circle (trim, using bottom of 9-inch round cake pan as a guide). Place circle on baking sheet; spread with ½ cup apple filling to within ¾ inch of edge. Roll another ball of dough to 9-inch circle as before. Moisten edges of apple filling-topped circle; top with second pastry circle. Flute edges to seal. Repeat with remaining dough, using ½ cup filling in each pie. Making five "pies" in all; reserve remaining apple filling. Bake "pies" in 350° oven for 25 to 30 minutes or till crust is golden. Cool, then stack, spreading remaining apple filling between layers. Let stand overnight at room temperature before serving.

UNCLE ELOND'S PINEAPPLE CAKE

A moist cake with pronounced pineapple flavor—

2 cups sugar
1 cup shortening
1 teaspoon vanilla
4 egg yolks
3 cups self-rising flour
1½ cups milk
4 stiff-beaten egg whites
3 20-ounce cans crushed pineapple
2 cups sugar
4 tablespoons butter or margarine
Pineapple slices

Cream the first 2 cups sugar, the shortening, and vanilla till light and fluffy. Add egg yolks, one at a time, beating well after each addition. Add flour alternately with milk, mixing till just combined; beat 2 minutes at medium speed. Fold in beaten egg whites. Pour batter into three greased and floured 9-inch round cake pans. Bake in 350° oven for 25 minutes or till done. Cool in pans 10 minutes. Remove from pans; cool on racks with waxed paper underneath.

Meanwhile, drain pineapple well, reserving 2½ cups of the syrup. In large saucepan, combine the reserved syrup, the remaining sugar, and butter or margarine. Cook and stir till sugar dissolves. Bring to boiling; remove from heat. Prick tops of cake layers with fork. Carefully spoon *1 cup* of the syrup over *each* cake layer. Add drained pineapple to remaining syrup; return to heat. Simmer, uncovered, for 15 minutes. Cool.

To serve, stack cake layers, spreading ½ cup of the pineapple mixture between each layer. Spread about 1 cup pineapple mixture over top of cake. Press remaining pineapple mixture onto sides. Spoon any remaining syrup over cake. Chill till served. Garnish with pineapple slices, if desired, securing on with wooden picks.

BANANA CAKE

Treat banana slices with lemon or ascorbic acid color keeper to vent them from darkening—

1¼ cups sugar
¾ cup butter or margarine
2 eggs
1 teaspoon vanilla
½ teaspoon banana flavoring
2 cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon salt
¾ cup milk

• • •

1 cup sugar
1 cup water
1 teaspoon vanilla
1 recipe Vanilla Frosting
4 medium bananas, thinly sliced (3 c

In mixer bowl, cream the 1¼ sugar and butter or margarine light and fluffy. Add eggs, first 1 teaspoon vanilla, and banana flavoring; beat till fl Sift together flour, baking pow and salt. Add to creamed mix alternately with milk, blending after each addition. Spread in greased and floured 8-inch ro cake pans. Bake in 375° oven 20 to 25 minutes or till done. C in pans 10 minutes. Remove f pans; cool on rack with wa paper underneath.

In saucepan, combine the 1 sugar and water; bring to boil stirring to dissolve sugar. Bo minutes. Remove from heat; sti the remaining vanilla. With fo liberally prick top of cakes. Slo spoon hot syrup over cake, all ing syrup to soak in. Cool.

To assemble cake, place one c layer, flat side up, on cake pl spread with 1 cup of the Van Frosting. Cover with about a th of the banana slices. Place sec cake layer, flat side down, on t Frost top and sides of cake with maining Vanilla Frosting. Co top and sides with remaining nana slices.

To make Vanilla Frosting: saucepan, combine *½ cup sugar* a *¼ cup all-purpose flour;* blend *1½ cups milk.* Cook and stir thickened and bubbly. Gradua stir half the hot mixture into *2 w beaten eggs;* return all to saucep Cook 2 minutes more, stirring co stantly. Stir in *2 tablespoons but or margarine* and *1 teaspoon l nana flavoring.* Cover surface w plastic wrap or waxed paper. Ch without stirring. Makes 3 cups.

SAUCEPAN OATMEAL COOKIE

2 cups sugar
¼ cup cocoa powder
½ cup milk
½ cup butter or margarine
2 cups quick-cooking rolled oats
¼ cup peanut butter
1 tablespoon light corn syrup

In heavy saucepan, combine sug and cocoa; stir in milk. Add butt or margarine. Bring to boiling; bo vigorously 3 minutes. Stir in rolle oats and peanut butter. Return boil. Remove from heat; stir ti slightly thickened. Immediate drop by teaspoonfuls onto waxe paper. Cool. Makes about 3 doze cookies.

HAM AND EGG PIE

Additional hard-cooked egg slic can decorate the top—

¼ cup sliced green onion
4 tablespoons butter or margarine

urpose flour
n salt
n pepper
k
oked eggs, sliced
ounces) chopped cooked ham
aucepan, cook green onion
or margarine till tender
rown. Blend in flour, salt,
per; add milk all at once.
d stir till thickened and
In bottom of 8x1½-inch
king dish, arrange a third
g slices; top with a third of
Repeat layers. Pour sauce
Bake, uncovered, in 350°
30 minutes or till heated
and lightly browned on
es 4 to 6 servings.

SANDWICHES

g thickens as it chills—

aisins, finely chopped
nd
opped walnuts
aporated milk
white sandwich bread

e raisins, nuts, and milk.
hill till thickened, at least
Trim crusts from bread, if
Spread raisin mixture on
bread slices; top with re-
bread. Cut into quarters.
4 tea sandwiches.

PIZZA LOAVES

also heat loaves in a 350°
25 to 30 minutes—

ground beef
opped onion
e can (1 cup) pizza sauce
on salt
on dried oregano, crushed
ench bread, halved lengthwise
ounces) muenster or
rella cheese, shredded
iced pimiento-stuffed green

dium skillet, cook ground
d onion till beef is browned
ion is tender. Stir in pizza
alt, and oregano. Place each
lf, crust side down, on sep-
ieces of foil large enough to
andwiches. Spread ½ meat
e over each loaf. Sprinkle
ith cheese and olives. Wrap
in foil, folding to seal top
ges. Heat over low coals 15
s or till heated through.
2 loaves.

EGG CUPS

y to cut this recipe in half or
to fit your family's needs—

s bacon
crushed cheese-flavored
ound crackers (48 crackers)
spoons butter or margarine,
ed

er

acon till done but not crisp.
ously grease bottoms of
popover pan cups or twelve
ch muffin cups. Line sides of
up with one slice of bacon.
ine cracker crumbs and melt-
ter or margarine. Place 1 ta-
on crumbs in bottom of each
cup. Carefully break egg
rumbs. Season with salt and
r. Sprinkle about 2 table-
s of the remaining crumbs
ach egg. Bake in 350° oven
minutes. Makes 12 servings.

'S CAMP-OUT BUNS

kinds from one recipe—

12 cups all-purpose flour
instant mashed potato flakes
kages active dry yeast
s water

continued

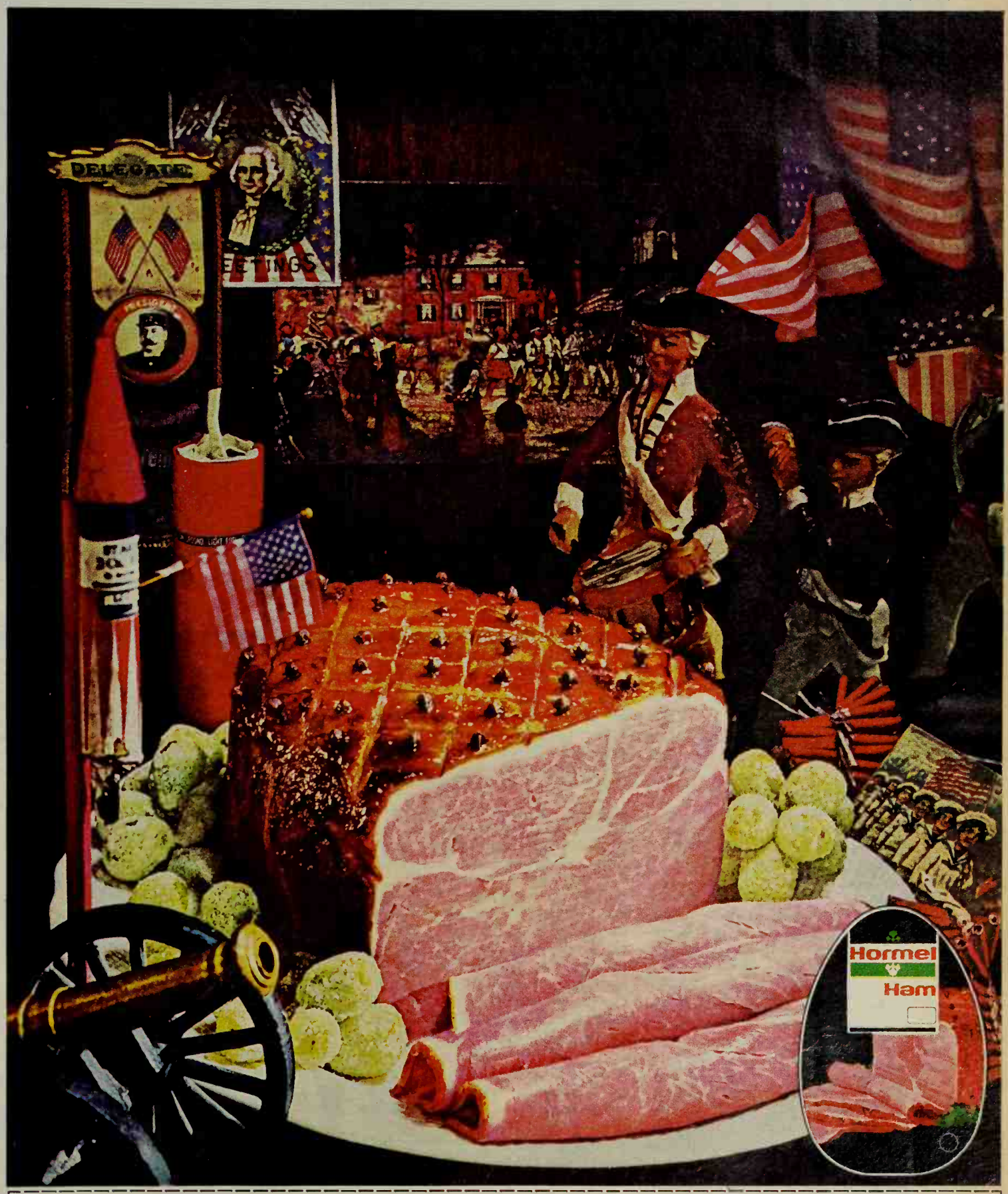
This is the way the great day comes:
With flutter of flags and rumbling drums,
With a brave brass choir in the village square,
And a night alight from the rockets' glare.

With the kids and kin in their ranks arrayed
At a picnic bench in the sheltering shade,
And the great, rich ham on proud display,
To crown the joys of the holiday.

Hormel Ham an AMERICAN TRADITION

In many a family this ham harks back for generations. A holiday tradition. For this was America's first ham in a can—the famous Hormel Ham, shaped, boned and trimmed, then baked in its own savory juices to rich full flavor. ● And now, from Hormel comes the great new Holiday Glaze Ham, with a unique, flame-browned flavor!

Geo. A. Hormel & Co., Austin, Minn.



TRADITIONAL HOLIDAY GLAZE

FAMILY FOOD IDEAS

½ cup pineapple juice
1 cup brown sugar
4 tsp. prepared mustard
2 to 3 tbsp. lemon juice
1 box whole cloves

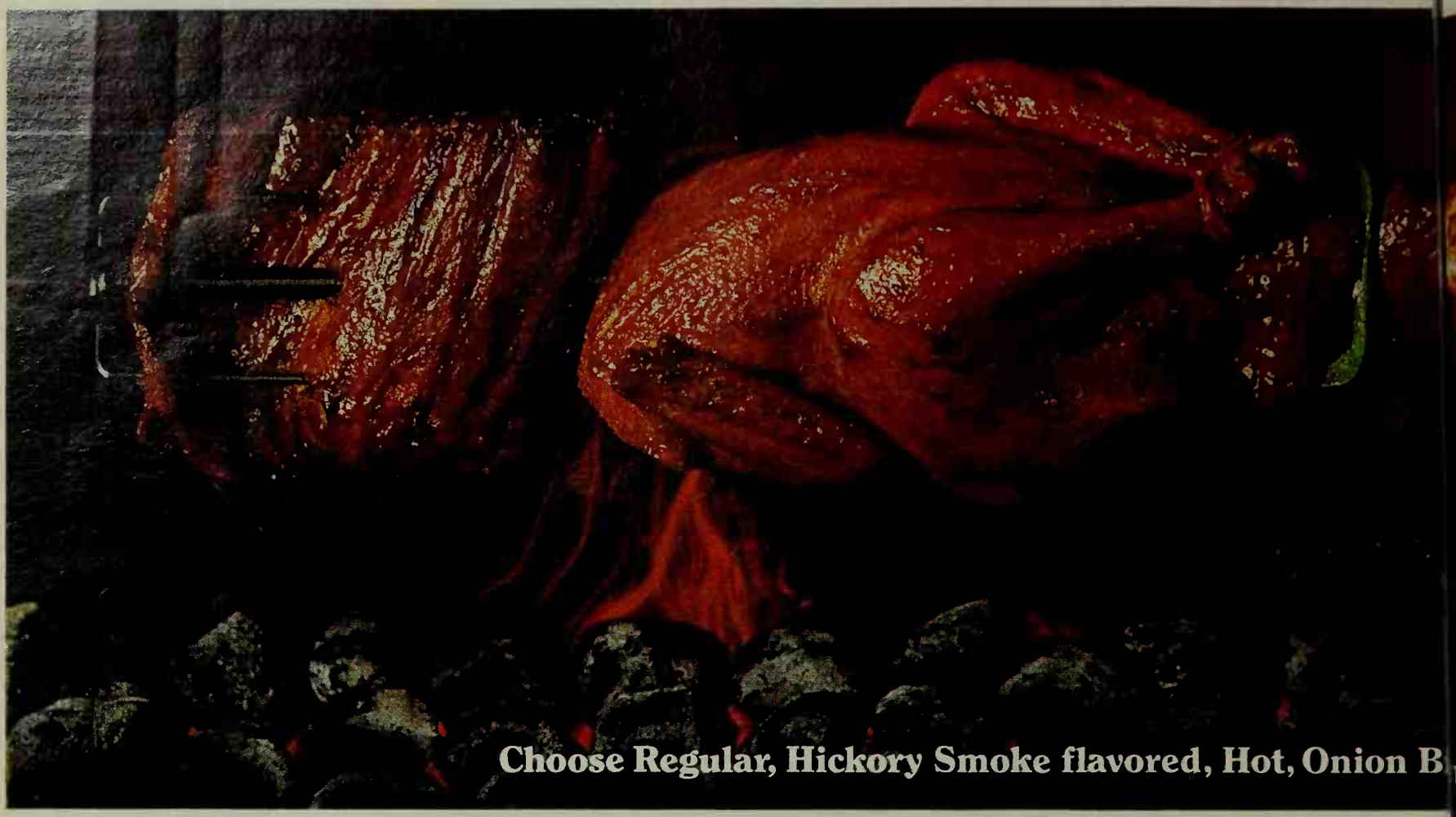
Bake ham according to directions on can. Half an hour before ham is done, remove from oven. Pour off drippings.

Score the top of the ham about ⅛" deep into crisscrossed diagonals as pictured above. Insert a whole clove into each section.

Blend together pineapple juice, brown sugar, mustard and lemon juice, then spoon the mixture over the ham.

Return to oven for last half-hour of baking, basting frequently.

Kraft simmers real cookout flavo



continued

Summer get-togethers

¼ cup sugar
¼ cup lard or shortening
4 teaspoons salt
2 tablespoons milk

In large mixer bowl, stir together 4 cups of the flour, the potato flakes, and yeast. In saucepan, heat water, sugar, lard, and salt just till warm (115° to 120°), stirring constantly till lard almost melts. Add to dry ingredients in mixer bowl; beat at low speed of electric mixer ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth and elastic, 8 to 10 minutes. Place dough in very large greased bowl, turning once to grease surface. Let rise till double, about 1½ hours. Punch dough down. Divide dough into thirds; let rest 10 minutes. Use a third of the dough for Burger Buns, a third for Caramel Rolls, and remaining third for Orange Rolls.

BURGER BUNS

⅓ recipe Mava's Camp-out Buns

On lightly floured surface, roll dough to ½-inch thickness. Cut with 3-inch floured cutter. Place buns about 2 inches apart on greased baking sheet. Cover; let rise till double, about 1 hour. Brush tops with milk. Bake in 375° oven for 20 to 25 minutes or till done. Makes 12 hamburger buns.

CARAMEL ROLLS

¾ cup packed brown sugar
4 tablespoons butter or margarine, melted
2 tablespoons water
2 tablespoons light corn syrup
⅓ recipe Mava's Camp-out Buns
½ cup packed brown sugar
1 teaspoon ground cinnamon

In saucepan, combine the ¾ cup brown sugar, 2 tablespoons of the melted butter or margarine, the water, and corn syrup. Heat and stir till sugar is dissolved. Spread in bottom of 13x9x2-inch baking pan. On floured surface, roll dough to 12-inch square. Spread dough with the remaining butter; sprinkle with the remaining brown sugar and cinnamon. Roll up jelly-roll fashion; pinch edges to seal. Slice 1 inch thick. Place rolls, cut side down, in prepared pan. Cover; let rise till double, about 1 hour. Bake in 350° oven for 30 to 35 minutes. Let stand in pan 5 minutes. Invert onto rack with waxed paper underneath. Makes 12 rolls.

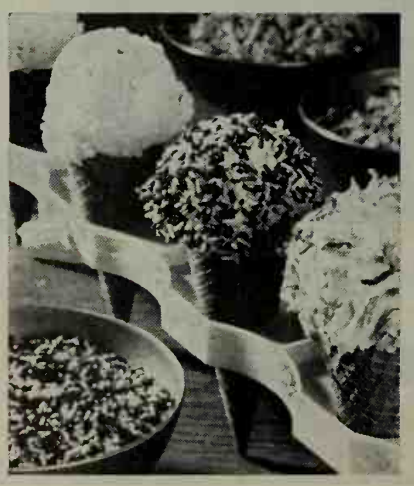
ORANGE ROLLS

1 cup granulated sugar
4 tablespoons butter or margarine, melted
½ cup shredded coconut, toasted
3 tablespoons frozen orange juice concentrate, thawed
2 tablespoons light corn syrup
⅓ recipe Mava's Camp-out Buns
½ cup granulated sugar

In a 13x9x2-inch baking pan, combine the 1 cup sugar, 2 tablespoons of the butter or margarine, coconut, orange juice concentrate, and corn syrup. Spread out evenly; set aside. On floured surface, roll dough to 12-inch square. Brush dough with the remaining melted butter; sprinkle with the ½ cup sugar. Roll up jellyroll fashion; pinch edges to seal. Slice 1 inch thick. Place rolls, cut side down, in baking pan. Cover; let rise till double, about 1 hour. Bake in 350° oven for 35 minutes; let stand in pan 5 minutes. Invert onto rack with waxed paper underneath. Makes 12 rolls.

EASY VANILLA ICE CREAM

Let the kids sprinkle on nuts, toasted coconut, and candies—

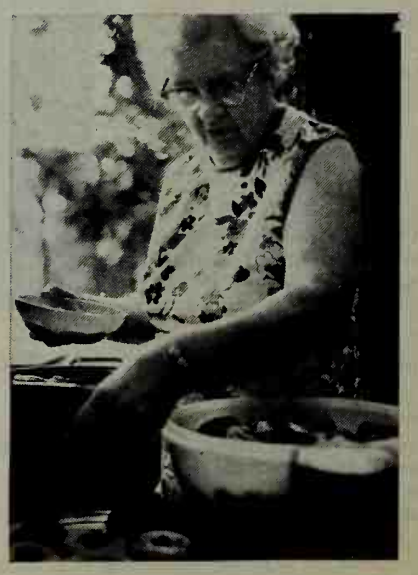


2 cups sugar
4 beaten eggs
4 cups milk
2 13-ounce cans (3⅓ cups) evaporated milk
2 cups light cream
4 teaspoons vanilla
½ teaspoon salt

Gradually beat sugar into eggs; stir in remaining ingredients. Freeze in 4-quart ice cream freezer according to manufacturer's directions. If desired, scoop into ice cream cones. Makes 3½ quarts.

AUNT GRACE'S DOUGHNUTS

To make sour milk, add enough milk to 1 tablespoon vinegar to make 1 cup—



ıto all kinds of meat.

ion Bits Hickory Smoke flavored or Garlic flavored.

KRAFT
Division of Kraftco Corporation

4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground nutmeg
½ teaspoon cream of tartar
¾ cup sugar
¼ cup shortening
3 eggs
1 cup sour milk
Granulated sugar

Stir together flour, baking soda, salt, nutmeg, and cream of tartar. In large mixer bowl, cream the ¾ cup sugar and the shortening; beat in eggs. Add flour mixture alternately with sour milk, beating till just blended. Cover and chill at least 2 hours. On floured surface, roll dough ⅜ inch thick. Cut with floured doughnut cutter. Fry in deep hot fat (375°) till golden brown, about 2 to 3 minutes, turning once. Drain on paper toweling. Roll in sugar. Makes 2 dozen doughnuts and 2 dozen holes.

CAMPER'S HOT CHOCOLATE MIX

Keep this on hand all year round—

1 8-quart box (25.6 ounces) nonfat dry milk powder
1 6-ounce jar powdered non-dairy coffee creamer
1 pound powdered sugar, sifted (4¾ cups)
1 16-ounce can pre-sweetened cocoa powder

Combine all ingredients thoroughly. Store in tightly covered container. For each serving, combine ¾ cup hot water and ¼ cup hot chocolate mix; stir. Top with marshmallow, if desired. Makes 15 cups chocolate mix.

CAMPER'S PANCAKE MIX

12 cups all-purpose flour
4 cups instant nonfat dry milk powder
¾ cup baking powder
¾ cup sugar
2 tablespoons salt

Mix all ingredients together well. Store in tightly covered container.

To make pancakes: In mixing bowl, combine *1½ cups Camper's Pancake Mix, 1 cup water, 1 egg,* and *2 tablespoons cooking oil;* beat smooth with rotary beater. Using ¼ cup batter for each pancake, bake on hot lightly greased griddle, turning once. Makes eight 4-inch pancakes.

BEAN SPROUT KRAUT SALAD

1 16-ounce can sauerkraut, drained
2 cups fresh bean sprouts or 1 16-ounce can bean sprouts, rinsed and drained
½ cup sliced celery
¼ cup chopped onion
2 tablespoons finely chopped green pepper
1 2-ounce jar pimiento, drained and chopped
½ cup sugar
½ cup vinegar
¼ cup salad oil

Combine vegetables. In screw-top jar combine sugar, vinegar, and oil; cover and shake to dissolve sugar. Pour over vegetables, tossing to coat. Cover; refrigerate overnight. Serve on lettuce-lined plate, if desired. Makes 6 to 8 servings.

SCANDINAVIAN CUCUMBERS

½ cup dairy sour cream
1 tablespoon sugar
2 tablespoons snipped parsley
2 tablespoons tarragon vinegar
1 tablespoon finely chopped onion
¼ teaspoon dried dillweed
3 small unpared cucumbers, thinly sliced (3 cups)

Stir together sour cream, sugar, parsley, vinegar, onion, and dill. Gently fold in cucumbers. Cover and chill 2 hours. Makes 6 servings.

BROCCOLI RING

1 10-ounce package frozen chopped broccoli
1 envelope unflavored gelatin
½ cup water
1 can condensed chicken broth
⅔ cup mayonnaise or salad dressing
⅓ cup dairy sour cream
1 tablespoon lemon juice
1 tablespoon minced onion
3 hard-cooked eggs
Leaf lettuce

Cook broccoli according to package directions; drain well. Chop broccoli fine. Meanwhile, in medium saucepan, soften gelatin in water; add chicken broth. Heat and stir till gelatin is dissolved. Add mayonnaise, sour cream, lemon juice, and onion; beat smooth with rotary beater. Chill till partially set (mixture resembles consistency of unbeaten egg whites). Chop eggs; fold into gelatin along with broccoli. Turn into 4-cup mold. Chill till firm, 4 hours or overnight. Unmold onto serving plate. Garnish with lettuce. Makes 8 servings.

SAUTERNE FRUIT MOLD

To serve, surround the mold with clusters of green grapes—

1 16-ounce can grapefruit sections
2 envelopes unflavored gelatin
⅔ cup sugar
¼ teaspoon salt
1 cup sauterne
2 tablespoons lemon juice
Several drops yellow food coloring
1 cup seedless green grapes, halved

Drain grapefruit, reserving syrup; add enough water to syrup to make 2½ cups liquid. In medium saucepan, combine gelatin, sugar, and salt; stir in syrup mixture. Cook and stir till gelatin is dissolved. Stir in sauterne, lemon juice, and food coloring. Chill till partially set (mixture resembles consistency of unbeaten egg whites). Fold in grapefruit sections and grapes. Turn into a 6-cup mold. Chill till firm, several hours or overnight.

continued

Only $7.95

Why this is America's No.1 Cook Book

The Better Homes and Gardens New Cook Book contains more than 1,500 kitchen-tested recipes and 20 alphabetically-tabbed chapter dividers make them easy to find. In addition, 156 full-color photos show you what the finished dishes will look like. It's ringbound, so it lies flat on the counter and the rugged cover wipes clean in case of spills. Choose the Better Homes and Gardens New Cook Book . . . used by more homemakers than any other. Only $7.95. Wherever books are sold.

Ideas that make a difference

Better Homes and Gardens® Books

WHEREVER BOOKS ARE SOLD

From Ball to you: Four secrets of successful home canning

1. Exclusive Dome Lid sounds off—signals you with an audible snap that says, "Jar's sealed!"

2. Famous Red Sealing Ring locks air *out*—color and flavor *in*—protects food's natural wholesomeness.

3. Clean white enamel lining says "stop" to acid, "stop" to rust. Food never touches metal!

4. Ounce, cup and metric markings on Ball jar eliminate guesswork—makes measuring precise *and* convenient.

Use Ball's positive, time-tested method for correct vacuum seal

© 1975 Ball Corporation

Ball Corporation
Box 2022—Dept. BH-A • Muncie, IN 47302

Please send my copy of the 29th edition Ball Blue Book of Home Canning, containing how-to instructions, hundreds of recipes, charts and tables. I enclose $1.00 (check or money order) to cover book, handling and mailing.

Name _____ (Please Print Plainly)

Street Address _____

City _____ State _____ Zip Code _____

(Allow four weeks for delivery)

continued

Summer get-togethers

Unmold onto serving plate. Makes 8 to 10 servings.

PEGGY'S CRAB CAKES

Serve with lemon wedges—

- 1 pound fresh or frozen crab meat, flaked (about 2⅔ cups)
- 2 slightly beaten eggs
- 2 tablespoons mayonnaise or salad dressing
- 1 teaspoon prepared mustard
- 1 teaspoon seafood seasoning
- 1 teaspoon parsley flakes
- 3 cups soft bread crumbs (4 slices bread)
- Cooking oil for frying

Thaw crab, if frozen. Combine egg, mayonnaise, mustard, seafood seasoning, and parsley; stir in bread crumbs and crab. Shape into 6 to 8 patties. In skillet, brown patties in a little hot oil over medium heat, 3 to 4 minutes, turning once. Serve hot. Makes 6 to 8 patties.

LINENBRINGER-BURCH APPLE BUTTER

Jonathans are the traditional apple variety used by the family—

- 10 pounds tart apples
- 5 cups water or apple cider
- 4 cups sugar
- 1 cup dark corn syrup
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground cloves

Core and thickly slice the apples (should have 30 cups sliced). Place in 10-quart Dutch oven; add water or cider. Bring to boiling; reduce heat. Cover and cook till apples are soft, about 30 minutes, stirring occasionally. Press through food mill or sieve; return to Dutch oven. Boil mixture gently, uncovered, 30 minutes, stirring occasionally. Stir in sugar and corn syrup. Boil gently, stirring frequently with long-handled spoon, till mixture is of desired thickness, about 1¾ hours. Stir in spices; cook and stir 15 minutes more. Pour into 11 or 12 hot half-pint jars; adjust lids and process in boiling water bath 10 minutes (start counting time after water returns to boil). Makes 11 to 12 half-pints.

APPLE BUTTER SWIRL PIE

- ¼ cup sugar
- 1 envelope unflavored gelatin
- ¼ teaspoon salt
- 1⅓ cups milk
- 1 cup tiny marshmallows
- 2 beaten egg yolks
- ½ teaspoon shredded lemon peel
- 2 teaspoons lemon juice
- 2 egg whites
- 2 tablespoons sugar
- ½ cup whipping cream
- 1 cup apple butter
- 1 9-inch pastry shell, baked and cooled

In saucepan, combine the ¼ cup sugar, the gelatin, and salt. Blend in milk; add marshmallows. Cook and stir over low heat till gelatin dissolves and marshmallows melt. Blend about half the hot mixt into beaten egg yolks; return to mixture. Cook and stir 2 to 3 m utes more. Cool slightly. Stir lemon peel and juice. Chill till tially set (consistency of unbea egg whites). Beat egg whites to peaks (tips curl over); gradu add sugar, beating till stiff pe form (tips stand straight). W cream. Fold egg whites whipped cream into gelatin m ture. If necessary, chill again till mixture mounds when dropp from a spoon. Spoon apple but over gelatin mixture; gently fold just till marbled. Spoon into pas shell. Chill till set, several hours overnight.

APPLE BERRY FONDUE

- 2 teaspoons cornstarch
- 1 10-ounce package frozen raspberries, thawed
- 1 cup apple butter
- 1 tablespoon red cinnamon candies
- Apple wedges
- Pineapple wedges
- Banana chunks
- Pear wedges

In small dish, blend cornstarch w 1 tablespoon of the syrup from t berries; set aside. Sieve raspberr into saucepan; discard seeds. S apple butter and candies into siev raspberries. Heat and stir candies dissolve. Stir in cornsta mixture. Cook and stir till thi ened and bubbly. Serve in fond pot with fresh fruit dippers. Mak about 1⅔ cups sauce.

SPICED DOUGHNUTS

Start with packaged biscuit mix—

- 2 cups packaged biscuit mix
- 2 tablespoons granulated sugar
- 1 beaten egg
- ½ cup apple butter
- 1 teaspoon vanilla
- Fat for deep-fat frying

• • •

- 3 cups sifted powdered sugar
- ¼ cup milk
- 3 tablespoons apple butter
- ¾ cup chopped pecans

In mixing bowl, combine biscu mix and the granulated suga Combine egg, the ½ cup apple bu ter, and the vanilla. Add to dry i gredients; mix till smooth. Cove chill 1 to 2 hours. On lightly floure surface, knead dough 8 to 10 time Roll dough to ½-inch thickness Cut with floured doughnut cutte Fry in deep hot fat (375°) abou ½ minute on each side or till gol en brown. Dip warm doughnuts Glaze and then in pecans. Make 12 doughnuts and 12 holes.

To make Glaze: Combine th powdered sugar, milk and the re maining apple butter; mix well.

FROSTY APPLE BUTTER BARS

For an adult version, coarsel crumble cookies, layer with pud ding in parfait glasses, and freeze—

- 1½ cups buttermilk
- 1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix
- ¾ cup apple butter
- 1 cup frozen whipped dessert topping, thawed
- 1 dozen (2 packages) soft-style fruit and honey cookies

Using the 1½ cups buttermilk i place of the milk, prepare puddin mix according to package direc tions. Let stand 5 minutes. Stir i apple butter; fold in whipped top ping. Place 6 of the cookies, fla side up, in bottom of 11x7x1½ inch pan. Spread pudding mixtur

okies. Top with remaining
flat side down, using same
as first layer. Freeze about
or overnight. Cut between
; cut each in half. Wrap in
lear plastic wrap, label, and
Makes 12 sandwiches.

ED GRAPE LEAVES

n buy jars of grape leaves at
t food stores—

ng-grain rice
onion, finely chopped
hipped parsley
hipped fresh mint leaves
egg
oon salt
freshly ground pepper
l ground lamb
leaves
water
poons butter or margarine
oon salt
Egg Lemon Sauce

he rice, onion, parsley, mint,
e ¾ teaspoon salt, and the
Add lamb; mix well. Place
led teaspoon meat mixture in
of each grape leaf. Fold in
nd roll up. Place in 3-quart
n, side by side and in layers.
ter, butter or margarine, and
easpoon salt. Press with heat-
plate that fits inside the
n. Cover and simmer 45
s. Drain stuffed leaves, re-
1 cup broth. Place leaves on
keep warm. *To make Egg*
Sauce: Beat *2 egg whites* to
aks (tips stand straight). Beat
olks till light and lemon-col-
about 4 minutes. Fold egg
into yolks. Slowly stir in *3*
oons lemon juice. Gradually
served broth to egg mixture.
and stir over low heat till
thickened and smooth,
5 minutes. Season to taste
alt and pepper. Pass Egg
Sauce with stuffed grape
Garnish with cherry toma-
nd additional grape leaves, if
l. Makes 48 stuffed leaves.

DEL PASTRIES

pastry the night before—

utter or margarine
ll-purpose flour
tly beaten egg yolks
oon grated lemon peel
spoons lemon juice

• • •

whites
ugar
es pecans, ground (1⅓ cups)

er bowl, cut butter or mar-
into flour with pastry blend-
mixture resembles small peas.
egg yolks, lemon peel and
Mix lightly with fork till all
s moistened. Cover and chill
l hours or overnight. Beat
hites to soft peaks (tips curl
gradually add sugar, beating
iff peaks form (tips stand
t). Fold in ground nuts. Us-
tablespoon dough for each
make 24 balls. Roll one ball
ured pastry cloth to 4-inch
Spread a tablespoon of nut
e gently over circle. Roll as
ly roll. Place on ungreased
sheet. Repeat with the re-
g dough and filling. Bake in
ven 15 minutes or till golden.
24 pastries.

SAKA

lemon wedges alongside—

um eggplants (1½ to 2 pounds)

d lean ground beef

continued on page 105

Brighten every room with flowers and plants.

A living room comes to life with colorful arrangements of fresh flowers and lush, tropical foliage.

A kitchen blooming with flowering plants takes on yet another delicious fragrance.

And a bedroom with plants says "Good Morning" naturally.

Flowers and plants. They automatically turn the place you live into a very liveable place. And your florist can help. Stop by or call.

AMERICAN FLORISTS MARKETING COUNCIL, Society of American Florists, 901 N. Washington St., Alexandria, Va. 22314

begins on page 2

Sports injuries

vessels traversing the joint may be stretched or even severed by the dislocation, shutting off or reducing the blood flow to the lower leg. Quick action, however, can restore blood flow.

Some of the most significant advances with knee injuries have been in diagnostic technique. Once doctors were handicapped in assessing knee damage because neither ligament nor cartilage registers on X ray. Now a dye can be injected which makes these tissues stand out in contrast so the injury can be seen.

Even more dramatic, a lighted magnifying scope the diameter of a pencil point can be inserted and the doctor can see with his own eyes how the knee has been hurt. For more routine cases, a tap of the knee's fluid is taken. Clear fluid demonstrates that no ligaments are torn: the presence of blood in the fluid shows a ligament injury, and fat in the fluid indicates a fracture.

A minor knee injury, like a strain, usually heals with a few days' rest and an elastic bandage for support. But a partially torn ligament must be immobilized by strapping or by encasing the knee in a plaster cast for up to six weeks, with the victim on crutches. A rupture of one or more ligaments—or the O'Donoghue triad—requires a surgeon's attention—and the sooner the better. Within a few days after the injury, according to Dr. Stauffer, the ligaments begin to shrivel and cannot be rejoined properly.

Yet now even the most serious knee injuries can be helped surgically. The surgeon sews and stitches the torn ligaments together and may even take a "tuck" in them to tighten the joint. The damaged knee can even be reconstructed, using sections of tendon from elsewhere in the body to substitute for and augment the injured ligaments. Most of these operations call for total immobilization in a hip-to-foot cast for six to 12 weeks, but the knee is restored to nearly full use in most cases.

Torn cartilage removal is a common, but still controversial, operation. Advocates maintain that it can restore almost complete function in the knee. ("Namath may not run very fast, but he's certainly mobile," Dr. Lucas says.) Some studies have shown that persons whose cartilage has been removed are more likely to develop degenerative arthritis. (Proponents respond that the disease may result from the injury, not the operation.) In any case, Dr. Stauffer says, removal of shattered cartilage is often mandatory if the knee is to be usable at all.

Unlike other surgery, cartilage removal does not call for a full cast and a lengthy period of immobility. A padded bandage is worn for a few weeks, usually followed by several months of exercise to regain muscular control of the knee.

ANKLE INJURIES, ESPECIALLY SPRAINS, ARE THE MOST COMMON JOINT INJURIES, BUT THEY'RE AMONG THE LEAST SERIOUS

Although the ankle, like the knee, is weight-bearing, its "engineering" is better, and it has fewer forces and better support.

Actually, the ankle is not one joint but two, forming a "universal joint" which permits simultaneous movement in several directions. The topmost, or ankle, joint transmits force from leg to foot and governs the foot's up-and-down motion. Beneath it another joint controls lateral motion, allowing the foot to adapt to walking on uneven surfaces. As in the knee, the ankle joints are supported by a complex arrangement of ligaments.

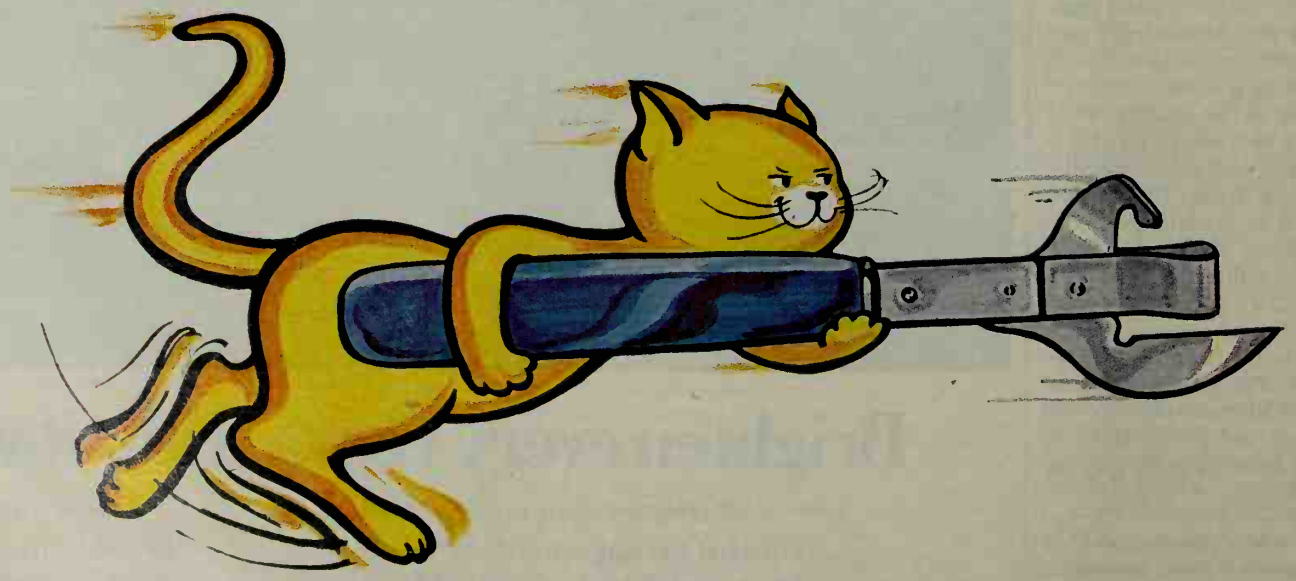
The ankle is usually injured when the foot rolls to one side, bringing the unsupported weight of the body down heavily on it and stretching or even tearing a ligament. The unmistakable signs of an outward turn are swelling and pain just below the ankle bone, both of which usually subside within a few days. More severe sprains, however, may require strapping, bandaging, and even crutches.

But turning the ankle inward may produce more lasting damage. The ligaments joining the small leg bone (fibula) and foot may be stretched or torn; even after healing, the joint may be unstable. To tighten or replace the ligaments, surgery is needed.

The ankle is usually *fractured* when the foot is rotated outward until the tibia snaps just above the joint. A spiral oblique fracture of this bone is—or was—the typical skier's injury, produced when the inner edge of the ski caught and the skier fell forward, turning the foot almost 180 degrees. (Orthopedists say stiff, high-topped boots have almost

Purina knows what cats love mosta

Show a cat our little blue can and watch him charge! That's because every little blue can of Purina Variety Menu is 95% tuna, 95% chicken, 95% liver—95% whatever—plus 5% special Purina nutrients that make it all the better.



©Ralston Purina Company, 1975

eliminated this injury, but unfortunately have transferred the rotational forces to the knee.) The injured ankle normally is immobilized in a cast for six weeks, or strapped and bandaged, and the victim is put on crutches. If ligaments have also been torn, it may be necessary to reattach the ligaments.

THE WRIST IS THE SECOND MOST COMMONLY INJURED JOINT

A sprained wrist, where ligaments are pulled across the joint, results in swelling and sometimes pain but it's rarely serious. Usually a sprain results from a fall, when the victim throws out his hands to stop himself. Few sprains are serious enough to require more than a few days' bandaging or strapping.

Wrist fractures also can be caused by falling, when the impact on the hand compresses and breaks the bone just above the joint. After healing, the joint may have a slight curve—what Dr. Lucas calls "a silver-fork deformity." A wrist fracture heals in six weeks in a cast; more serious breaks may require surgery.

ELBOW INJURIES CAN BE VERY SERIOUS

Most elbow injuries, too, are caused by falls, but the consequences can be more serious. The two bones of the forearm may be impacted into the joint, damaging the joint or fracturing or compressing the bones themselves. If the injury is not immediately detected and treated, the elbow may become chronically stiff.

A dislocated elbow, like a dislocated knee, is an emergency. The danger lies in the fact that nerves and blood vessels around the joint may be damaged, causing loss of circulation or sensation in the arm and hand. An elbow dislocation must be corrected immediately; it may be necessary to keep the arm in a plaster cast for several weeks thereafter.

An elbow fracture may be even more serious in children, because of complications with blood circulation in the elbow. It usually means several weeks in a cast.

Tennis elbow isn't an injury within the joint, but an inflammation of the tendon on the outer side of the arm, at the point of origin of the extensor muscles. Sometimes the pain radiates down the entire forearm. Despite its name, tennis elbow is not limited to tennis players or even golfers; it may be caused by any activity that requires rotary motion of the forearm with a firm hand grip. Mild cases require only rest, but severe or chronic cases may call for treatments ranging from massage and diathermy to cortisone injections to immobilization in a sling or plaster cast. In rare cases, surgery is required.

SHOULDER SEPARATIONS ARE COMMON, TOO

Because the shoulder is a shallow joint, the top of the arm bone may be forced out of the socket either forward or backward by a sharp blow or an unusual twist. A dislocation usually damages the socket, too, so that future dislocations are likely.

Some persons become chronic dislocators, throwing the shoulder out of place each time the joint is violently rotated. Such people can even dislocate a shoulder when brushing their hair. Some learn to replace the shoulder themselves; afterward, it may be necessary to wear a sling for a few days. A chronic condition can be corrected surgically.

A shoulder separation is a common athletic injury, but athletes aren't the only victims. It can result from a severe fall or from being struck on the point of the shoulder by a heavy object. The force of the impact drives the shoulder downward and pulls the shoulder blade away from the collarbone, tearing the ligaments.

Usually the victim's arm is put in a sling, and the shoulder separation mends with rest. But because it may heal with the clavicle protruding, surgeons may fasten the joint together with wires or screws until the ligaments join. In severe cases the surgeon may replace or support the torn ligaments with a transplanted tendon.

What should you do if you seem to have injured any joint? Even for presumably minor injuries, it's wise to seek medical aid immediately. An X ray should be taken and the injury examined by a physician. Wrist and ankle injuries, in particular, may masquerade as slight sprains, and some of them can lead to trouble if not immediately corrected. Ten days after the injury is still not too late for successful treatment of a wrist or ankle injury. ■

(Written in cooperation with Edwin Kiester, Jr.)

For your pet's health . . .
see your veterinarian annually.

and it comes in a little blue can.

Purina Variety Menu is a trademark of the Ralston Purina Company.

Easy, Fun Crafts

from Better Homes and Gardens

Serenity Prayer Stitch this ageless thought and make it a permanent part of your home. It's easy to do—a simple cross-stitch—and very economical. Kit includes design stamped on rich textured linen, cotton embroidery floss, and complete instructions. Sampler fits our beautiful 14″x18″ walnut finished wood frame.

Weaving Loom Weaving is one of today's most satisfying and useful hobbies. It's fun and economical. You can create almost anything—blankets, belts, pillows, handbags, table covers, shawls, jackets, wall hangings, even your own family plaid design. This is a professional quality loom that will last for years. Crafted of hardwood, and finished like fine furniture, it's also a great decorator piece. Available in 2 sizes, 15″ and 20″ widths; each loom comes complete with all necessary hardware and full instructions for easy, fast assembly and use.

Please send me the following:

___ **No. 00302 Serenity Prayer Kit $2.49, 2/$4.49**
___ **No. 00098 Frame 14″x18″ $7.49 each**
___ **No. 00303 Kit and Frame $8.98, 2/$16.99**
___ **No. 11035 15″ Weaving Loom $17.99**
___ **No. 11036 20″ Weaving Loom $19.99**

Total of Merchandise $_____
Postage and Handling $_____
Residents of CA, IA, IL and NY, please include sales tax $_____
Total Enclosed $_____

Include postage and handling: For orders up to $5 add 60¢; For orders from $5.01 to $10 add $1.00; For orders from $10.01 to $15 add $1.35; For orders from $15.01 to $25 add $1.70; Over $25 add 2.00.

If you use your charge card, fill out boxes below:

master charge THE INTERBANK CARD
Expiration Date Month/Year
Master Charge Interbank No.

your BANKAMERICARD
Credit Card No.

Better Homes and Gardens, Dept. 2T5, Box 374, Des Moines, Iowa 50336

Name _____
Address _____
City _____ State _____ Zip _____

OUR GUARANTEE: Your satisfaction, or return your purchase in 10 days for a refund.

begins on page 58

Punjabi weaving

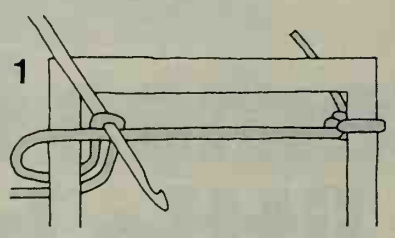
Punjabi weaving requires no special, elaborate equipment. You will need a frame to act as a loom for the weaving, two sturdy metal crochet hooks large enough to handle your cord (H, I, or J work well), and enough cord for your project.

To estimate the cord yardage for your project, first figure how many cords laid side by side there are in an inch. Then measure your frame both ways, allowing for a loop under the frame, and multiply by the first number. Large balls of cord work best because there will be fewer knots in your work. When tying in a new ball of cord, tie a loose overhand knot which can easily be undone later (be sure to leave tail ends long enough to weave in after weaving is completed). Choose tightly wrapped cords which will not fray. If you are using colors, be sure to purchase colorfast cord. Note: In a two-color pattern on a rectangular frame, the color wrapped along the long side of the frame will appear predominant.

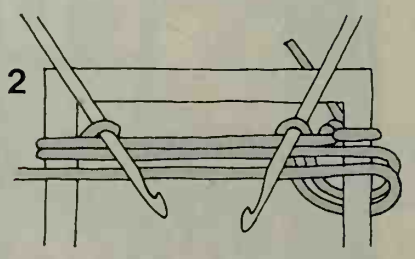
To begin

Place the frame and ball of cord in front of you. Take the strand of cord to the back left-hand corner and tie securely, leaving a tail on the knot. You have one strand running across the frame with the ball in front of you.

Take the cord under the front of frame and bring up a loop on the left side of the strand running across the top. Put the crochet hook through the loop to hold it.

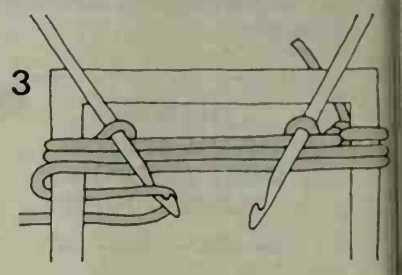


Bring the cord back under the frame and across the top. Carry a double strand of cord to the back of the frame. The ball remains in front of you. Take the double strand over the top of the frame and under, bringing up a loop to the left of the tied cord. Secure with the second

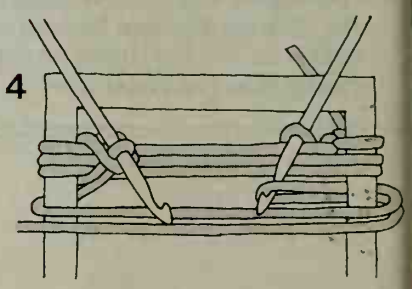


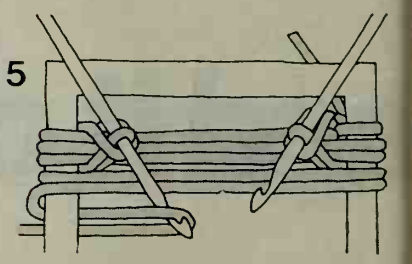
crochet hook. (You will notice that one side of the loop is tight because it is secured on the opposite side of the frame, while the side coming from the ball is loose. Pull against the tight side to make the left strand tight while pulling a loop through. The right strand will be pulled tight when making a front loop. The cords should always be firm and even in the frame.)

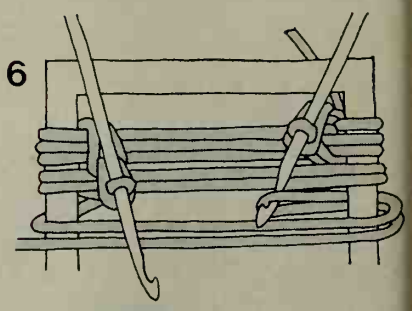
Bring the cord back over and under the front of frame. Catch a loop of cord with the crochet hook and bring it across the three strands of cord and through the loop already on the hook. Leave the crochet hook in the loop.

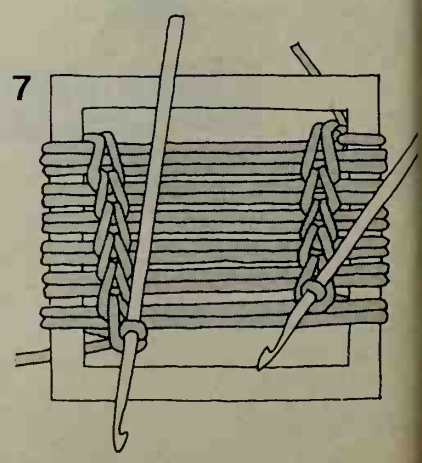


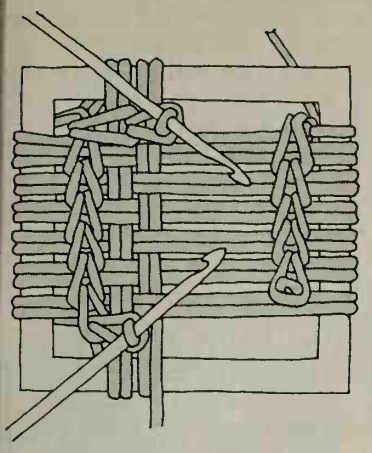
Bring the cord back over the top of the frame and take a double strand over and under the back frame. Pull up another loop and bring it across three strands and through the loop on the hook. Leave the hook in the loop. Continue in this manner, bringing a loop across two strands each subsequent time, until the frame is filled with cords. Watch to make sure the cords lie flat over the frame and do not twist across one another. Fasten off the back corner by pulling the cord through the loop and cutting, leaving a tail. Leave the hook in the lower right loop.











eaving in pattern

ie on the contrasting color to the ft, ball to left. If your pattern ould be centered, count to locate e middle. With your fingers sep- rating the cords, work a double rand over and under the number f cords that eorrespond to your ttern. (Think in groups of twos. there is an extra cord in your rst color, work a group of three at e edge.)

Pick up a loop on the right side d pull it through the loop already n the hook. Work a crochet hook to the first loop of the contrasting lor on the left and pull through a op of the new color.

Continue looping the cord over nd under the frame and crocheting e cord in place as before. Keep rands tight and keep crochet loops ose enough to get through easily. his is especially important on con- ured frames such as the metal wn chair.

To save wear and tear on your ngers, use a fork for pushing the ords in place against one another. he cords can be tightly packed or osely spaced to get the pattern to t your frame.

It is possible to correct a mistake ithout taking out a complete row, ven if you have worked several ows or more before you discover t. Unfasten the loop side of the roehet (the side opposite the ball), ull out the row or rows back to he mistake, and reweave.

When only a few inches of weav- ng are left, it is difficult to separate he cords with your fingers. Borrow crochet hook from one of the oops to get the cords through, or se a hairpin as a needle.

Fasten off one corner by pulling he cord through the loop and cut- ing it, leaving a tail. Pull the tail f the last loop of eontrasting color hrough the other loop to fasten. To inish, work all tails into the weav- ng with a croehet hook. Take care hat they do not show on the right ide of the weaving. Undo any knots nd weave in the ends. This will give our pieee a finished look and trengthen it.

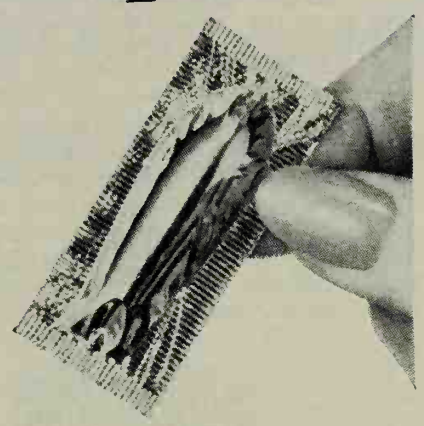
Cover the finished weaving with heavy eoating of protective fab- ic spray.

How-to directions for specific pieces

When selecting old furniture to re- weave, we tried to find pieces simi- lar to those you might want to re- furbish. Below are specific direc-

continued on page 102

A woman in her sexually active years needs help...



against odor.

From the time you be- come a woman, feminine odor can be a problem... can rob you of your personal attrac- tiveness.

Zonitors® are vaginal deodorant inserts that stop feminine odor where it starts, internally.

Just insert—Zonitors in- stantly begin releasing a powerful yet gentle deodorant no other suppository has. Zonitors protect against odor for hours. And unlike any douche, they're easy and safe to use – even daily. (Doctors recommend douching no more than twice a week.)

Discover freedom from odor—and worrying about odor—with Zonitors.

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

OUTDOOR FURNITURE YOU REALLY *CAN* LEAVE OUTDOORS
Page 36 (top): Furniture, "Driftwood"—A. Brandt Company Inc., P.O. Box 391, Ft. Worth, Tex. 76101. Ashtray—Bonniers, 605 Madison Ave., N.Y., N.Y. 10022. Glassware—Dansk International Design Ltd., Radio Circle Rd., Mt. Kisco, N.Y. 10549.
Page 37 (top): Furniture, "Terrace" redwood by Branco—A. Brandt Company, P.O. Box 391, Ft. Worth, Tex. 76101. (Bottom left): Wine cooler—Otagiri Mercantile Co. Inc., 225 Fifth Ave., N.Y., N.Y. 10010. Casserole—Stoneware Designs West, 3056 E. Bandini Blvd., Los Angeles, Calif. 90023. Plates—Mitteldorfer Straus Inc., 225 Fifth Ave., N.Y., N.Y. 10010. Flatware—Supreme Cutlery, 1214 Broadway, N.Y., N.Y. 10001. (Bottom right): Furniture—The McGuire Company, 1201 Bryant St., San Francisco, Calif. 94103. Bowl—Pier I Imports, 2520 W. Freeway, Ft. Worth, Tex. 76102.

FOLK ART TABLES
Page 40 (top): "Quakertown" Temperware plates and "Antique/Blue" goblets—Lenox, Inc., Prince & Meade Sts., Trenton, N.J. 08605. "American Colonial" flatware, the candleholders and mugs—Oneida Silversmiths, Oneida, N.Y. 13421. (Bottom): "Tangier" plate—Doulton & Co. Inc., 400 Paterson Plank Rd., Carlstadt, N.J. 07072. "Cape Ann" flatware and "King Charles" goblet—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Salt and pepper mill combination—Milnor Div. of Denby Ltd., 4688 Paddock Rd., Cincinnati, O. 45229.
Page 41: "Maypole" plate and "Cabaret" goblets—Franciscan Table Top Fashions, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. "Octette" flatware—Gorham, 333 Adelaide Ave., Providence, R.I. 02907.

SUN 'N FUN PROJECTS FOR SUMMER LIVING
Page 55: Gas barbecue—Charm-Glow Products, Antioch, Ill. 60002.

SUMMER GET-TOGETHERS—OLD-FASHIONED TO UPBEAT
Page 66 (bottom left): Popover pan—Griswold, Wagner Div. of General Housewares, Inc., Sidney, O. 45365.
Page 67 (top left): Two plates—H. E. Lauffer Company, Inc., Belmont Drive, Somerset, N.J. 08873.
Page 69 (top right): Saucepan—Fincl U.S.A. Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 71 (bottom right): Casserole—Stoneware Designs West, 3056 Bandini Blvd., Los Angeles, Calif. 90023. Platter—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

PRIZE TESTED RECIPES
Page 77 (left): Bowls—A. S. Kizner Imports, Inc., 1158 Broadway, N.Y., N.Y. 10001. (Right): Hot mitt—NOW! Designs San Francisco, 540 Hampshire St., San Francisco, Calif. 94110.
Page 78 (top left): Plate, "Gourmet Line"—Metlox Mfg. Co., Poppytrail Artware Div., 527 West Seventh St., Los Angeles, Calif. 90266. (Bottom left): Fork—Ekco Housewares Company, 9234 West Belmont Ave., Franklin Park, Ill. 60131. (Top right): Coffeepot, plates—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Bottom right): Fork—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907.

For a gift your friends will appreciate the year around, give a subscription to Better Homes & Gardens. *It's a gift of better living.*

IS YOUR DOG'S DIET CAUSING EXCESSIVE SHEDDING?

A lack of unsaturated fats in your dog's diet may cause him to shed. And whether you've been feeding your dog dry food or canned, you can't always be certain he's getting his minimum daily requirement of these essential fats. It makes sense to add Lambert Kay's Linatone,® Food Supplement for Skin and Coat to his diet.

All you have to do is add a small amount of Linatone daily to your dog's food and you will be certain he's receiving all the unsaturated fats he needs plus vitamins A, D and E. What's more, because dogs like the way Linatone tastes, it's excellent for finicky eaters as well as dogs with good appetites.

If you've been concerned about your dog's excessive shedding and you really want to make certain it's not due to a lack of unsaturated fats in his diet, give him Linatone. To be sure.

Write today for a 30-day supply of Linatone, (proper dosage for 20-lb. dog) and we'll include a free copy of "Dog Owner's Grooming Guide." Send $1.00 with your name and address to: Lambert Kay Dog Care, P. O. Box 11523, 2111 McGaw Avenue, Santa Ana, California 92711.

LINATONE FOOD SUPPLEMENT FOR SKIN AND COAT BY

LAMBERT KAY™

©Carter-Wallace, Inc., 1975

What Do Many Doctors Use When They Suffer Pain And Itch Of Hemorrhoidal Tissues?

Exclusive formula gives prompt, temporary relief from such pain and itch in many cases. Helps shrink swelling of hemorrhoidal tissues due to inflammation.

In a survey, doctors were asked what *they* use to relieve such painful symptoms. Many of the doctors reporting said they either use Preparation H themselves or in their office practice.

Preparation H gives prompt, temporary relief for hours in many cases from pain, itching in hemorrhoidal tissues. And it actually helps shrink painful swelling of such tissues when infected and inflamed. Try doctor-tested *Preparation H®*. Available at drug counters everywhere. In ointment or suppositories.

My-Ro SealA-Crack.

No-mess bathtub caulk in self-adhering vinyl strips. Six bath-coordinated colors, at hardware stores everywhere.

My-Ro Products, Inc.
Milwaukee, Wisconsin 53212

Fast relief from itch of
POISON IVY
poison oak • poison sumac
insect bites • sunburn

IVY-DRY is a proven safe and gentle application for fast relief from persistent itch of ivy or oak poisoning and other discomforts. Look for Ivy-Dry, lotion or cream, at leading drug and food stores.

A favorite home remedy for over 25 years

IVY-DRY

West Caldwell, N.J. 07006

FREE — 3 SEED AND NURSERY CATALOGS!

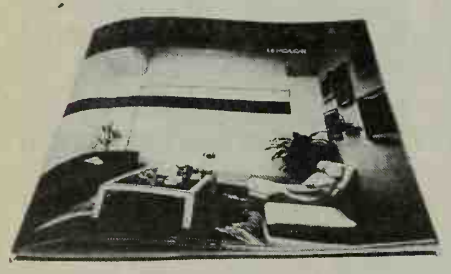
Get all 3 of these beautiful 1975 Catalogs from Spring Hill Nurseries, Park Seed, and Kelly Bros. Nurseries – FREE! Just send your name and address to:

Cooperative Mailing Service
P.O. Box 1001, Dept. 132
Marshfield, Wisconsin 54449

DO IT TODAY!

CRAFT IDEAS

Colorful booklet full of decal craft projects. Send only 25c to: The Meyercord Co., Dept. PBG 365 E. North Ave., Carol Stream, Il. 60187



How to make beautiful happen to your window treatments with Levolor Rivieras.

We have a brand new book for you—full of beautiful (and helpful) ideas on what to do with windows. Here are dozens of examples in full color from the files of top decorators. And you get a special section that tells all about measuring, laminating, painting, etc. From the people who bring you the spectacular tape-less Riviera blinds... unsuccessfully imitated the world over.

(SEND FOR YOUR COPY TODAY.)

Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030
Please send me a copy of your idea book, "Window Magic." I enclose 50¢ for handling and mailing.

Name_____

Address_____

City_____

State_____ Zip_____

Doctor-tested medication works fast for hours to help

Stop Feminine Itching

Brings prompt temporary relief from vaginal itching and burning.

If you suffer from external vaginal itching, there is now a creme medication specifically formulated to bring fast, temporary relief. Called Vagisil™, it's available without a prescription.

Doctor-tested, this easy-to-apply medication helps stop external vaginal itching almost instantly. Leaves a cooling, protective film to help check bacteria, soothe irritated membranes, speed natural healing.

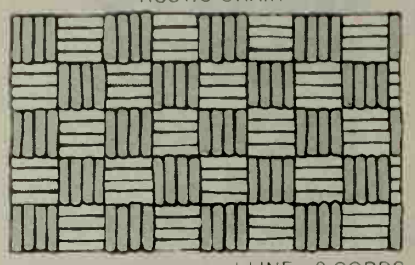
Vagisil is delicately scented, non-staining. At drug counters. Or for trial tube, send 25¢ to Vagisil, Box 328 GB, White Plains, N.Y. **Vagisil**

continued

Punjabi weaving

tions for each piece as well as a pattern for you to follow (on a grid), and a materials list.

RUSTIC CHAIR

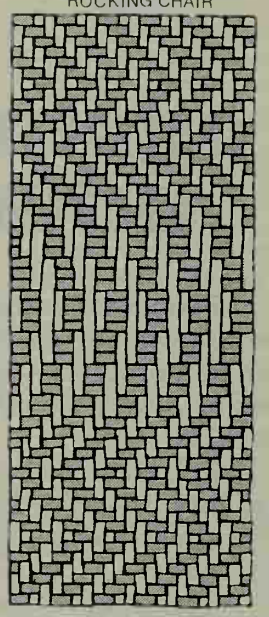


1 LINE = 2 CORDS

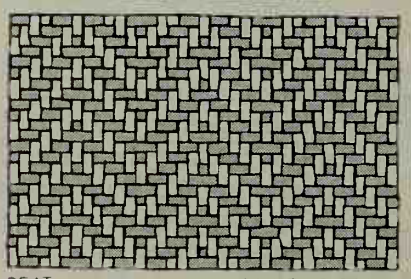
Rustic chair

Chair required 66 yards 7-ply red macrame jute, 66 yards 7-ply natural macrame jute. Remove the broken caned seat and back, remove protruding nails, and clean the frame. Be sure to choose a tightly wrapped jute. Follow the general directions for weaving and consult the drawing for the weaving pattern.

ROCKING CHAIR



BACK



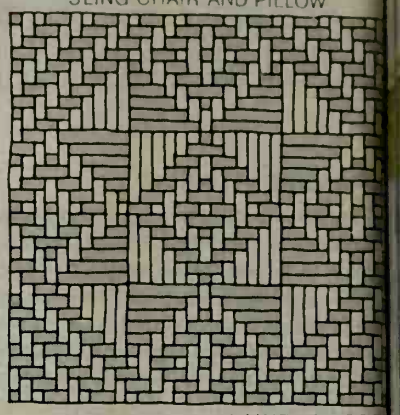
SEAT 1 LINE = 2 CORDS

Wicker rocking chair

This chair required 150 yards of No. 30 yellow cotton macrame cord, 150 yards red 3-ply macrame jute. Carefully remove wicker trim so that it can be used later. Remove seat and back and any nails. Carefully cut the wicker on the arms back to the first vertical support to make room for the weaving, and wrap and crochet the cut ends with red jute to finish. Clean the frame and cover with semigloss polyurethane to renew and protect finish.

Since the wide seat frame will make a broad, bare square in the corners, wrap the corners with cord to give a mitered effect before starting the weaving. Wrap and crochet the red jute from side to side, a weave the yellow from front back. This will make the points the waves run from front to bac reverse if you wish them to be their sides. Find the middle of yo piece and count so that the wa are balanced on each side. When weaving is completed, replace t wicker trim.

SLING CHAIR AND PILLOW



1 LINE = 2 CORD

Sling chair

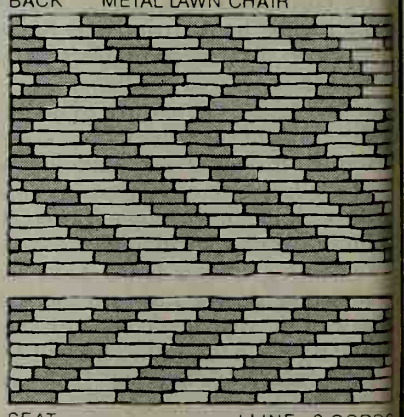
For this chair, we needed 150 yard white cotton seine twine, 150 yard natural 3-ply jute, and approximat ly 3 yards of rope.

Sand the frame and refinish wi stain and polyurethane. Fold th frame flat and tie rope securely b tween the top and bottom to for two more sides. Leave the rope least three inches longer than th folded frame because the weavin makes it tighter and shorter. Wra and crochet the seine cord from to to bottom of the wooden frame be tween the two rope sides. Keep th cords the same length as the side

Weave the pattern in jute, usin the ropes as the frame to croche around. It is helpful to make stretcher out of a board and tw nails spaced the width of your weav ing. Slip the stretcher into you weaving and it will keep it fron getting narrower as you work.

Our chair has two full-sized dia monds and one small diamond Make the small diamond by omit ting the central inner diamond i the large pattern.

BACK METAL LAWN CHAIR



SEAT 1 LINE = 2 CORDS

Metal lawn chair

For our chair, we used 165 yards of purple 3-ply jute, 165 yards of pink 3-ply jute, and one pint exterior paint. Remove old webbing, clean frame, and roughen it with steel wool. Paint the frame.

Many metal chairs have a brace

continued

"After what we spent for this house, we'd be foolish to pinch pennies on the paint."

—Stuart A. Cowan, Wilton, Connecticut.

"Our house is the best investment we've got," says Stuart Cowan. "So when it comes to buying some paint to protect that investment, it doesn't make sense to pinch pennies.

"This time we bought the good stuff. Du Pont Lucite®. Our house is worth it. Besides, Lucite lasts a long time, so we won't have to buy paint often."

For your nearest Lucite retailer, call this special number free anytime. 800-243-6100. Dial as you normally dial long distance. (In Connecticut call 1-800-882-6500).

Du Pont Paints. The good stuff.

WHY FEEL FIZZLED OUT, WHEN YOU CAN BE YOUR OLD SELF AGAIN.

The evening is just beginning. It's the part of the day you've been looking forward to. Yet for you, the day could just as well be over. You don't feel like doing a thing. You're just plain fizzled out. What you need is something to pick you up, so you can be your old self again.

What you need is Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin... because the best part of the day is still ahead of you.

Scientific Medication Works Quickly, for Hours.

Problem Itching Solved

Even Personal Membrane Itching

Now you can get fast, long-lasting relief from the tortures of itching, chafing, rashes, dry skin eczema, even embarrassing personal membrane itch (vaginal and rectal itching), with LANACANE Medicated Creme.

Thousands of people suffer the tortures of personal membrane itching, but now they are discovering the wonderful relief LANACANE brings.

You see, itching causes scratching, which causes *more* itching. That's the misery of what Doctors recognize as the "itch-scratch-itch cycle."

LANACANE works because it breaks the itch-scratch-itch cycle. LANACANE relieves itching fast, quiets the urge to scratch. Then LANACANE soothes irritated skin, checks bacteria growth, speeds healing. And it's so pleasant to use—it's greaseless, has no unpleasant odor.

Stop being tortured by vicious itching. Let LANACANE help solve your itching problems today. For big trial tube, send 25¢ to LANACANE, Box 328 BT, White Plains, N.Y. 10602. Also try new LANACANE SPRAY. At all drug counters.

continued

Punjabi weaving

running across the back of the seat. It is possible to weave both back and seat simultaneously by wrapping the cord around this brace. Or, the brace can be left exposed by running the cord from the front of the seat, under the brace, and on up to the top of the frame.

To wrap the brace, put the cord over and under it, then bring up a loop between the double strand. Continue to the top of the frame and crochet in place. Pull the attached side tight from the top, and the side running from the ball when you crochet on the front frame. If you wrap the cord the opposite way (under, over, and through), the wrapped brace will be visible when you look at the front of the chair.

Weave the pink jute from side to side, starting at front and working up the back. Work in free-form waves wherever desired. Be sure to give yourself enough slack to pull loops through easily where the frame is contoured.

STOOL AND PILLOW

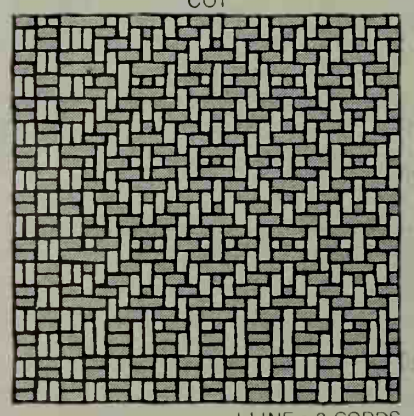
1 LINE = 2 CORDS

Stool

We used 55 yards yellow cotton macrame seine cord, 43 yards red cotton macrame seine cord, and 30 yards green 3-ply macrame jute.

Clean, sand, and paint the stool with two coats of exterior paint. Wrap and crochet the yellow cord lengthwise. Start the pattern in red, and when that portion is completed, tie on the green. Rather than cut the red, run the cord under the frame, tie it to the leg, and wrap the green cord over the red strand until you are ready to begin the next red sequence. Do the same with the green cord while completing the red pattern. To get the pattern to fit our stool we packed the cords tightly with a fork.

COT



1 LINE = 2 CORDS

Cot

Our cot features a laced portion which will enable you to tighten the weaving if it should begin to sag. The cot required eight 150-foot skeins *each* sky blue and white polypropylene macrame cord; and blue-green exterior paint.

Remove the old canvas and staples, sand the frame, and give it two coats of paint. Take one skein and loop the cord about ten inches from the end of the frame, tie it together. Rotate the cord around the frame until there are four strands loosely wrapped around it. Tie and cut off the extra cord, and save it for later. Take a short, sturdy stick, put it between the cords, and twist them until they are tight. Leave the stick in until the weaving is completed. Using the first skein, tie a cord to the frame and lace it snugly between the twisted cord and the frame. Tie at the opposite side and cut. Since this lacing is temporary it can be widely spaced.

Wrap and crochet the white cord lengthwise between the cot frame and the twisted cord, over the temporary lacing. Begin the pattern at the end opposite the lacing, following the chart. Two simple patterns have been put together to make this design. While they are simple to do separately, putting them together sometimes creates problems. The diamond pattern and squares do not always mesh, so you may have to improvise a little.

When you've completed the design, finish the lacing by unwinding the cord left in the original skein and doubling it. Determine the center of this double cord and rewind half of it (still doubled). Remove the stick and, starting at the middle, lace toward one edge. Pull the cord through the weaving with a crochet hook. You may lace back and forth or make a pattern as we did by looping the cord over its neighbor while bringing it back and forth. Tie off when you reach the edge. Remove the temporary lacing to the middle. Tighten the permanent lacing by pulling up the slack from the outer edge to the middle.

Now work from the middle to the outer edge, using the second half of the doubled cord. Remove the temporary lacing as you go. When finished, tighten the cords by pulling the slack for the middle to the edge. Tie off.

To tighten the weaving if it begins to sag, untie one end of the lacing. Take up the slack by tightening from the opposite side back to the untied side and retie.

Pillows

The pillow tops are woven on a simple frame and then cut free. Picture frames and artist's stretcher bars make excellent looms. Follow the general directions for weaving, using stool and sling chair patterns or adapt your own. When finished, cut the weaving carefully along the edge of the frame to free it. Handle the weaving gently at this stage, as it may ravel at the edges. Sew it around the four sides with matching thread. Run the stitch along the outer edge of the line of crochet. The fringe can be tied in decorative knots if you like. ■

Kids 18 and under stay free at Ramada Inns.

That's one reason why so many families who travel a lot become Ramada Regulars, and stay with us every time they go out of town. Kids 18 and under stay free at Ramada Inns, when they share their parents' room. There's no charge for cribs. And only a small one for rollaway beds, if needed.

Your kids'll enjoy staying at a Ramada Inn. At most inns they'll have a nice swimming pool and playground for their enjoyment. And a restaurant that understands their hamburgers and hot dogs as well as your steak.

There are more than 600 Ramada Inns, worldwide. And you can make a reservation at any one of them by calling your travel agent, the nearest Ramada Inn, or our toll-free reservation number: 800-228-2828.

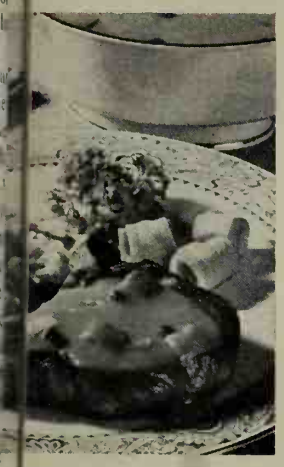
Think about us next time you budget a family vacation. Every little bit helps. And we'll do our best to make your stay with us a pleasant one. Because

we'd like your family to join the Ramada Regulars.

Join the Ramada Regulars

RAMADA® INNS WORLDWIDE

...nventional



...OPS
...ons all-purpose flour
...t salt
...per
...hops, ¾ inch thick
...on cooking oil
...ensed beef broth
...ped onion
...ped green pepper
...ons vinegar
...ons capers
...ons all-purpose flour
...ed rice

...e first 2 tablespoons ...alt, and pepper; coat ... large skillet, brown ...oth sides in hot oil. ... of the beef broth, the ...en pepper, vinegar, ... Cover and simmer till ...ut 35 to 40 minutes. ...ops to platter; keep ...l water to remaining ...to equal ¾ cup liquid. ... the remaining flour; ...let mixture. Cook and ...ickened and bubbly. ...h rice; pass gravy. ...rvings.

Photographs: Dieter

...UR KRAUT
...S
... baking potatoes. pared ...ly sliced (4 cups)
... pped onion
... er
... chops, ¾ inch
...ons cooking oil
...e can sauerkraut, ...nd drained
1 20-ounce can crushed pineapple, undrained
2 tablespoons brown sugar
½ teaspoon salt
Dash pepper

In 12x7x2-inch baking dish, combine potato slices and onion. Add water. Cover and bake in 350° oven for 45 minutes or till nearly tender. Meanwhile, in large skillet, brown chops on both sides in hot oil. In bowl, combine sauerkraut, *undrained* pineapple, and brown sugar. Spoon sauerkraut mixture over potatoes. Place chops atop. Season with salt and pepper. Cover and bake 45 minutes more. Makes 6 servings.

Western people love to fly with us to Mexico

...because we fly from more gateways in the U.S. and Canada than any other airline. They love us for our convenient schedules and our gracious Mexican hospitality from our ticket counter employees to our cabin attendants.

They also love us for the wide variety of low-cost Aeromexico quality approved tours that cover just about every major attraction in value-packed Mexico.

They include continental cities like the capital itself, Mexico City, or Guadalajara; sophisticated coastal resorts like Acapulco, Puerto Vallarta, Mazatlan, Ixtapa/Zihuatanejo, (north of Acapulco on Mexico's West Coast) or the newly opened places along the just-completed 1,000-mile highway in Baja California; Merida, gateway to the Mayan monuments; Cozumel, or the newest of all—Cancun, off the Mexican Caribbean coast.

Now you know some of the reasons Aeromexico flies more tourists to and within Mexico than any other airline. Shouldn't you take a tip from them?

Fly Aeromexico soon.

AEROMEXICO APPROVED • QUALITY TOURS •

See your travel agent or call

AEROMEXICO

THE AIRLINE OF MEXICO

Aeromexico has offices in: Atlanta • Boston • Chicago • Dallas • Denver • El Paso • Honolulu Houston • Los Angeles • Miami • Newark • New York • Orange, Cal. • Philadelphia Phoenix • San Diego • San Francisco • Seattle • Toronto • Tucson • Washington, D.C.

AEROMEXICO

8400 N.W. 52nd Street
Miami, Florida 33166

Please send me free literature on your low cost Aeromexico quality approved tours.

BHG-W-675

Name_____

Address_____

City_____

State_____ Zip_____

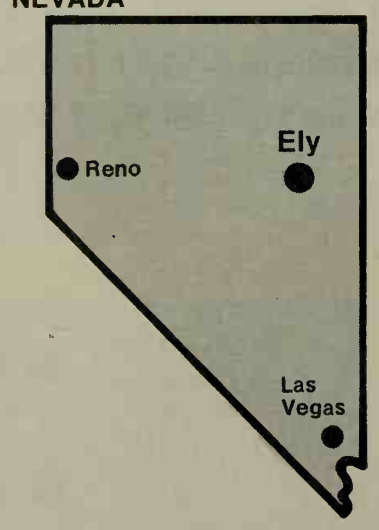
TRAVEL WEST

An insider's guide t family vacations for readers who live metropolitan areas of the Far West

Charcoal ovens near Ely that helped fuel the 1870s silver boom

Beating the heat in Ely, Nevada

Think again if Nevada means only desert heat to you. Parts of the state do indeed broil throughout the summer and early fall—but not the mountains. *Nevada* means "snow-covered" in Spanish, and the peaks justify the name. You can have a snowball fight any day of the year, and even walk to the edge of a glacier.



In the Ely area, high up in the mountains of Eastern Nevada's Humboldt National Forest, additional sight-seeing choices rar from geysers to garnets and gh towns, with a bonus of the old trees known on earth, the brist cone pines.

No living species, plant animal, is older than the brist cones, so far as is known. Ev the graybeards among Califc nia's more famous sequoias see juvenile compared to these pin which come close to a mind-bo gling 5,000 years of age in t Snake Mountains, southeast Ely. Gnarled and wind-blaste bristlecone pines were recogniz as Methuselahs only recentl Botanists knew they grew c high slopes throughout t Southwest, but their extreme a was discovered only 20 years ag when men from Arizona's tr ring research laboratory found bristlecone with 4,600 annu rings.

Ely's most accessible bristl cones grow on Wheeler Peak, magnificent 13,063-foot moun tain in the heart of a propose national park. To reach the pea

➡

More For Your Travel Dollar!

See page G4 for a listing of free travel information and literature you can order.

SIX ESCORTED TOURS YOU CAN TAKE!

Selected and Planned by the Editors of Better Homes and Gardens

Four Reasons to Travel with Better Homes and Gardens

- We save you money because we can provide low group rates on air fares, hotels and land arrangements.
- We get you better service because of our contracts with hotels, restaurants and transportation services.
- We get you into places difficult on your own because we have the know-how to make arrangements for special treatment and behind the scenes visits.
- We give you extra care because our full time, multi-lingual Tour Directors have the experience to handle the unexpected so your trip is totally carefree and enjoyable.

Take the first step now to a once-in-a-lifetime travel experience. Complete the coupon below, indicating which Better Homes and Gardens Tours interest you. We will see that you get complete information by return mail (no salesman will visit or phone you).

†—Charter Flight
††—Flight on regularly scheduled airline
*—Summer Air Fare Supplement June, July, August
Prices based on departure city and subject to change

Better Homes and Gardens Tour Service
555 Madison Avenue, New York, N.Y. 10022
Tel. (212) MU 8-6507

Please send more information on:

Hawaii ☐ Food/Wine Tour ☐ Spain/Morocco ☐
Italy ☐ British Isles ☐ Europe ☐

Please reserve _____ places

for the _____ tour.

Name

Street Address

City

State Zip Code

Tel. No. Area Code

G065

Each year Better Homes and Gardens plans several quality escorted tours for a limited number of its readers. Some space is still available on these tours for 1975. If you enjoy traveling to interesting new places and dislike bothering with the many details necessary for arranging a successful and enjoyable trip, put yourself in the hands of Better Homes and Gardens Tour Service. All the inconveniences and irritations of making reservations, tour arrangements and baggage handling will be handled smoothly for you by our full time travel counselors. Then you can devote yourself to the enjoyment of the trip and your new friends and traveling companions. Naturally, all of our tours give you the most quality for your travel investment, including first class hotels carefully selected for the utmost in comfort and service. Please complete the coupon to receive information and open departure dates. Inquiries will be answered in order of date received.

HAWAII†*—15 Days or 8 Days The pleasures of a really relaxed vacation await you in the paradise of Hawaii—and at exceptionally reasonable prices. On the 15-day tour, you visit three of the most popular Islands including Oahu where you have Waikiki and Honolulu, the Big Island of Hawaii with Hilo and Kona and either the Island of Maui or Kauai. The 8-day tour offers you Waikiki and Honolulu, as well as Hawaii so you will have ample time for relaxation and sightseeing. A special dining plan enables you to try different fine restaurants for dinner. Choose the trip which fits your time and budget.

Departures May—December
15 Days—From $740 to $820
8 Days—From $479 to $619
Includes breakfast and dinner each day

FOOD/WINE TOUR—SWITZERLAND, AUSTRIA, BAVARIA††—15 Days
If you have an interest in fine food and wine, this trip is exactly right. You will be wined and dined in some of the most distinguished restaurants in Europe, see cooking demonstrations by master chefs at a famous Swiss cooking school, learn how Gruyere cheese is made, take a wine tasting venture, discover the colorful outdoor food markets and enjoy picturesque sightseeing along the way. After visiting Switzerland and the Austrian Tyrol, you arrive in fun-loving Munich during the Oktoberfest celebrations. This is the party tour of a lifetime with a guarantee of good food and good times.

Departures September 14 and 21
From $1,189 to $1,363
Includes breakfast each day and 12 lunches or dinners throughout the tour.

SPAIN/MOROCCO† — 14 Days Take the flamenco-flavored atmosphere of Spain, add the mystery of Morocco—all at a remarkably low cost, and you have the right combination for a perfect trip. The proud heritage of the Spanish people is reflected in the lovely city of Madrid. your first stop. You can visit nearby Toledo, and journey to Seville which still carries the unmistakable stamp of the Moors. Experience the flavor of Tangier during a brief sojourn in Morocco and then enjoy the relaxing resort life of Torremolinos on the Costa del Sol.

Departures May—October From $529 to $689
Includes breakfast and dinner each day

ITALY†—15 Days The glories of classic Italy are accented by the restful beauty of Lake Maggiore in this delightful tour which begins in the resort of Stresa in Northern Italy. From there, you travel south to experience the regal splendor of the centuries-old cities in Venice and Florence. At last you arrive in the Eternal City of Rome during Holy Year where the bustling Via Veneto is a dramatic contrast to the imposing dome of St. Peters and the ancient ruins of the Forum and Colosseum. Another excellent tour value.

Departures June—October From $759 to $869
Includes breakfast and dinner each day

BRITISH ISLES††*—15 Days England, Scotland and Wales are featured in this in-depth tour which begins in Edinburgh and takes you through quaint villages and lovely countryside to the great capital city of London. You will stop en route in medieval Chester, the university town of Oxford, Shakespeare's Stratford-on-Avon, the royal spa of Bath and mysterious Stonehenge. Many of the country's beautiful castles, mansions and gardens will be visited including the home of Sir Walter Scott and Blenheim, the famous birthplace of Churchill.

Departures May—September From $855 to $1,020
Includes two meals a day except some days breakfast only in London and Edinburgh.

EUROPE†††*—15 Days Here is a tour which gives you time to savor the impressions of four countries—Holland, Germany, Switzerland and France. You will visit Amsterdam with its quiet canals, Cologne whose soaring Gothic cathedral towers over the Rhine, take a Rhine River cruise past ancient castles and vineyards, see Heidelberg of Student Prince fame and enjoy the lovely lake resort of Lucerne. Finally, you reach Paris where its elegance and "joie de vivre" completes your journey into the old world.

Departures May—September From $955 to $1,160
Includes two meals a day except some days breakfast only in Amsterdam and Paris.

TRAVEL WEST

on pavement, follow State-73 south from its junction with US-6 and -50 east of Ely. At Baker (gas station, small motel, cafe, and privately operated campground) turn west onto State-74. In 18 miles you'll climb to 10,000 feet, leaving sagebrush and cactus for a timberline realm of white fir, ponderosa pine, and aspen. Snow patches the slopes above, with the desert spread below, sere, brown, and desolate. Watch for deer in meadows along the way.

A campground at road's end gives a view through white-trunked aspen trees to the bare-rock summit pinnacles of Wheeler Peak. Temperatures may fall to freezing at night even in midsummer, so if you're not equipped for the cold, pick a lower elevation campground. There are several to choose from. Information and a map are available by writing the Baker Ranger Station, Humbolgt National Forest, Baker, Nevada 89311. You can also obtain a list of local ranchers with horses available for pack trips, or for fishing excursions. Several streams are stocked with rainbow and brown trout, and Baker and Johnson Lakes boast native cutthroat.

A new Forest Service trail leads from Wheeler Peak Campground to the bristlecone pine forest, two miles, and on for a mile more to the glacier. (Don't venture onto the ice; too much danger of falling rocks.) The trail winds through groves of Jeffery pine and Englemann spruce, then breaks into the open where you'll find the ancient pines set amid lichen-crusted blocks of marble.

It's wise to carry water. For a longer hike, you can combine the bristlecones with the Solace Loop Trail, seven miles, past Stella and Teresa Lakes (both small, no fishing).

On the lower slopes of Wheeler Peak is Lehman Caves National Monument (five miles from Baker on State-74). Tours cover nine major rooms of the cave in an hour and a half. To avoid crowds, plan your visit any time other than one of the summer holidays —Memorial Day, July 4, Labor Day, or the July 24 holiday of

More for your Travel Dollar!

1 SUN VALLEY—Where summer is a whole new life-style. Golf, tennis, horseback riding, ice-skating "indoors and out," sailing, kayaking, fishing, raft rides, rock climbing, more. Plus value-packed package plans. Brochure.

2 STATE OF PENNSYLVANIA—Come to the Bicentennial state. Be a V.I.P. visitor in Pennsylvania. Send for colorful brochure—"Traveling the Bicentennial."

3 WONDERFUL MEXICO—A quick but comprehensive folder on the many attractions of Mexico—so comprehensive it even includes a brief description of special interest folders you may wish to have. As colorful as the land it describes.

4 AEROMEXICO—Select from over 700 quality approved tours to Mexico including Acapulco, Cancun, Cozumel, Baja California, Guaymas, Loreto, Mexico City, Ixtapa—Zihuatanejo, Merida, Guadalajara, Mazatlan, Manzanillo, Puerto Valarta—all popularly priced for the best value ever.

5 AMERICAN AIRLINES—"Get out of the kitchen and bake" in Mexico. Write for our special Mexico-Acapulco vacation packages.

6 AMERICAN AIRLINES—Grand Canyon, historic Texas, Dude Ranch it, Wheel and Deal in Las Vegas. Send for West-Southwest vacation brochure.

7 AMERICAN AIRLINES—Select a Calif. vacation including accommodations, entertainment, even car rentals from our colorful brochure.

8 AMERICAN AIRLINES—"Get out of the kitchen and bake" in Aruba and Curacao. Free full-color brochure of exciting vacation packages.

GREYHOUND WORLD TOURS. DETAILED FULL-COLOR BROCHURES ON FRIENDLY ESCORTED TOURS:

9 Greyhound 1975 Vacation and Travel
10 Mexican Escorted Tours
11 Florida Parlor Car Tours
12 Walt Disney World Individual Tours
13 Alaska Escorted Tours
14 Canadian Rockies Escorted Tours
15 Colorado Circle Escorted Tours
16 New England Escorted Tours
17 Preview Bicentennial Tours

18 MR. K'S ALASKA TREASURE CHEST OF AIR-SEA TOURS. Cruise the Inside Passage . . . 13 deluxe independent itineraries, 7-24 days or longer.

19 "GREEN CARPET" ESCORTED ALASKA ADVENTURE. Choice of 17-day bus-jet or 24-day all surface itineraries. Features include Inside Passage cruise.

20 KUILIMA HONEYMOON CASTAWAY—5 days and 4 nights at the beautiful resort hotel Kuilima. Color brochure.

21 KUILIMA GOLF CASTAWAY VACATION—from the resort hotel Kuilima. Full-color brochure describes this 5-day and 4-night package.

22 IDAHO—Welcome to the land of vacation variety—Idaho! Enjoying fishing, swimming, golf, tennis, camping, white water trips, jet boat rides. There's something for everyone in Idaho, from the finest in resorts to the unmatched beauty of our wilderness. Your vacation variety pack includes a color brochure, map, travel accommodations and restaurant guide and a calendar of events.

23 MAUNA KEA—On the big island of HAWAII, one of the great resort hotels of the world. Golf, tennis, all water sports. Special package plans available.

24 BETTER HOMES AND GARDENS TOUR SERVICE—Free information on deluxe Food/Wine tour to Switzerland, Austria, and Bavaria for Oktoberfest. Features gourmet dining and special sight-seeing events. September departure.

25 "VACATION LANDS NEW YORK STATE"—96 pages, 160 color photos on the attractions of 800 communities and tourist destinations in the Empire State.

June, 1975 Coupon Expires December 31, 1975

Mail to:

TRAVEL WEST
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 506W
DES MOINES, IOWA 50336

Name _____

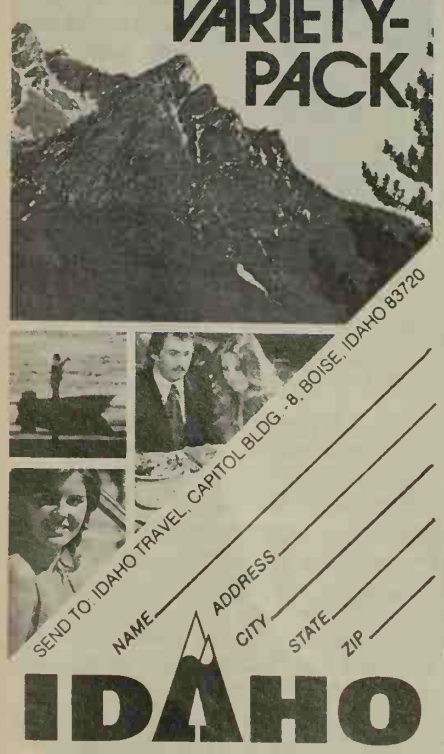
Address _____

City _____

State _____ **Zip Code** _____

Circle numbers of booklets wanted

1 2 3 4 5 6 7 8 9 10 11 12 13 14
15 16 17 18 19 20 21 22 23 24 25



Get in touch with MEXICO on a Greyhound vacation.

All the magic colorful Mexico has to offer is waiting, on an exciting, Greyhound escorted tour. Features bi-lingual escorts. Fine hotels. Sightseeing. Many meals. 4 to 20 day tours from West Coast, Arizona, Texas. Ask your travel agent or us. And take a little time to ride along.

Greyhound World Tours, Inc. BW-M-6
Greyhound Tower, Phoenix, Ariz. 85077
Please send colorful Mexico brochure.
Name_____
Address_____
City_____State_____Zip_____

Greyhound Vacation Tours

FOR FURTHER HELP . . .

SEE YOUR TRAVEL AGENT

the Morman Church, which sends out masses of visitors from nearby Utah.

The first cave tour of the day starts at eight, the last is at five. Admission is 50 cents for adults, free for kids under 16.

While waiting for a tour, visit the museum or stroll the quarter-mile nature trail. Souvenirs are available, as well as short-order snacks. There's no camping at the monument, but you can choose from the nearby Forest Service campgrounds. The nearest full range of lodgings is in Ely.

If you enjoy exploring off the main road and aren't distressed by the confusion of possible wrong turns, plan to look for the Indian pictographs. From the entrance to Lehman Caves National Monument, head south toward Baker Creek. In a half-mile, after passing the second cattle guard, turn sharply left, downhill, and then keep watch for small rock caves in the canyon wall. They should begin less than a quarter-mile after your turn. A rushing stream will be on your right, the caves to your left. Several are sooty with the smoke of long-ago campfires, and on their ceilings and walls are ocher paintings—zigzag lines, stylized men drawn with triangles for torso and head, and other forms.

To sample the human history that followed the Indian era, you can pick from several ghost towns. Names such as Hamilton, Osceola, and Taylor appear on some maps, but it's a good idea to inquire locally for detailed directions and current road conditions. Treasure Hill, 48 miles west of Ely off US-50, produced silver that assayed as high as $27,000 per ton, and a single glory hole yielded three million dollars' worth of ore. Near Osceola, about the same distance east of Ely off US-50 and -6, miners found an enormous 25-pound nugget of gold.

Probably the most picturesque ruins are the stone buildings and iron doors of Fort Schellbourne, 48 miles north of Ely on US-93 and -50 Alternate, and the Ward charcoal ovens, five miles south of Ely on US-93, then 11 miles farther by gravel road. Turns are clearly marked.

The ovens are designated as a state park. They stand like 30-foot beehives, a small stream gurgling in front and a dry hill rising behind. In the 1870s pine logs were stacked in the kilns and converted to charcoal for use in smelting ore from the briefly booming mine district of Ward. A picnic table and fire grate now make each oven an unusual location for a meal.

Rock hounds will want to visit Garnet Hill, five miles west of Ely via US-50, then up a dirt road climbing to the north. The turn is near the Ruth Junction. Unless your car has four-wheel drive, you may have to walk the last quarter mile to the crest of the hill. Garnets nestle there in sand-filled gullies. Ruby Hill, off US-93 north of Ely, also offers garnets. To try panning for them, go to Hampton Creek, about 18 miles northeast of Baker. A meadow and creek there are rewarding, regardless of luck in panning—keep watch for deer and antelope.

West of Ely is the Ruth copper mine, where you can follow the road between the enormous calico-colored piles of mill tailings near town and climb the juniper-covered uplands to a lookout on the very edge of the open pit mine (two miles beyond the town). Six or eight trucks at a time grind their way up and down the spiraled sides of this great hole, carrying ore to Kennecott's processing plants. The power shovels that look like children's toys from the rim actually are loading eight to 30 tons of rock per bite.

In Ely itself, a shady county park with tables offers a place for the kids to let off steam and you to relax. A swimming pool is open Monday through Saturday from midday to early evening. Admission is 50 cents for adults, 25 cents for kids.

Also in Ely, step past the slot machines and firearms display of the Hotel Nevada to see the polished cross section of a huge and ancient bristlecone pine tree with dates marked on it corresponding to various growth rings. They stretch back to 3000 B.C., when the first pyramid was being started in Egypt.

May through September are the best months to visit the Ely area, particularly if you want to visit Wheeler Park, which sometimes remains snowed in through April. For further information write: White Pine Chamber of Commerce, P.O. Box 239, Ely, Nevada 89301.

Idaho's friendly ghost

As a general rule, the choicest ghost towns in the West lie well off the beaten path; their very remoteness seems to ensure their almost-forgotten existence.

Silver City, Idaho, is no exception. This colorful relic—the state's largest and most photogenic ghost town—is tucked away southwest of Boise in the mountains of Owyhee County, a sprawling and nearly empty (less than one resident for each of its 7,641 square miles) enclave of sagebrush and desert peaks.

Yet, remote as it appears on the map, Silver City can be reached in the family sedan. Part of the way takes you over rough desert roads and requires some cautious picking between ruts and around chuckholes, but you can make the 135-mile round trip

Get out of the kitchen and bake.

After a long, cold winter the best way to bake is on an American Airlines vacation.

American has over 400 vacation packages to nice, warm places. With an incredible variety of ways to soak up the sun, and lots to do when the sun goes down.

Fill in the coupon and we'll send you brochures describing them. Call American or your Travel Agent.

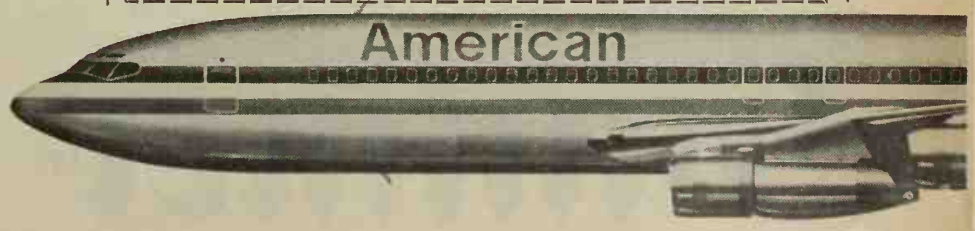
And get ready to catch a wave. Instead of a cold.

American Airlines, P.O. Box 1000, Addison, Illinois 60101
Please send me the vacation brochures as checked:

☐ Puerto Rico ☐ West/Southwest ☐ California
☐ Virgin Islands ☐ Haiti ☐ Mexico
☐ Aruba/Curacao ☐ Great Tennis Resorts

Name _____
Address _____
City _____ State _____ Zip _____

BHG-675



An honest come-on for vacationing families.

From June 1, 1975 thru Sept. 30, 1975, the six Holiday Inns shown below are offering a special family rate which allows you to put up to 4 adults and/or children to a room — without the usual extra person charge! And in large, modern rooms with 2 double beds (not twins). Also, at four of these Inns (noted below) all children under 12 eat free. No kidding, they get 3 free meals a day at no charge at all!

Add to that: free ice on every floor, pools, free parking and choice locations near many of L.A.'s best-known tourist attractions. So come on!

***RESERVE TOLL FREE.* 800 / 453-5555.**
(Ex. Alaska & Hawaii; in Utah 521-6200)
Ask for the "Family Plan."

Holiday Inns

LOS ANGELES

NOTE: *The offers in this advertisement apply only to the Holiday Inns shown below. Rate is per room per night.*

HOLIDAY INN CONVENTION CENTER 1020 S. Figueroa **Family Plan Rate** **$27 & Kids Eat Free!**	**HOLIDAY INN DOWNTOWN** 750 Garland **Family Plan Rate** **$27 & Kids Eat Free!**	**HOLIDAY INN GOLDEN STATE** 1640 Marengo, Golden State Fwy. **Family Plan Rate** **$24 & Kids Eat Free!**
HOLIDAY INN LONG BEACH 2640 Lakewood at I-405 **Family Plan Rate** **$26 & Kids Eat Free!**	**HOLIDAY INN HOLLYWOOD** 1755 N. Highland **Family Plan Rate** **$29**	**HOLIDAY INN SANTA MONICA** 120 Colorado **Family Plan Rate** **$28** *(6/1/75 to 9/1/75)* **$26** *(9/2/75 - 9/30/75)*

Sun Valley

Our Family Packages give you your head.

(And don't cost an arm and a leg.)

Sun Valley's **Summer Fun Package** and **Elkhorn Family Summers** let you enjoy our beautiful alpine valley your way—at very attractive rates. The Elkhorn package includes lodgings in a fantastic condominium apartment (with fully equipped kitchen) for two adults and two children under 12, plus a one-day raft trip, barbeque, 2 rounds of golf, and a day of Youth Programs for the kids, all for just $451 for the four of you. The **Summer Fun Package** gives you a choice of 8 days/7 nights, 6 days/5 nights, or 3 days/2 nights, plus your choice of 19 summer activities (some at slight extra cost). And more. From $29 to $94 per person double. **Tennis, Golf Packages** also. See your travel agent, call or write us. Sun Valley Co., Inc., Sun Valley, Idaho 83353. Toll-free no. (800) 635-5316.

Summer

TRAVEL WEST

A solitary Silver City survivor

from Boise in a day and still have plenty of exploring time.

Silver City, along with several neighbors that have all but disappeared, boomed on silver and gold in the 1860s. In its heyday, when over 250 active mines supported the local economy, the population reached several thousand and the state's first telegraph line and first daily newspaper sprouted there. But the ore petered out, and Silver City began a slow decline; the final blow came in 1935 when the county seat was moved to Murphy.

A good deal of the original town remains, its wooden structures preserved by the dry desert air. Several stores and residences, a barbershop, butcher shop, the inevitable IOOF hall, and an undertaking parlor line Washington Street. One block over, on Jordan Street, there's the rambling three-story Idaho Hotel, a tin shop, the Avalanche newspaper building, and the Chinese laundry. The town's most impressive building is a crumbling Queen Anne mansion elaborately decorated with gingerbread woodwork.

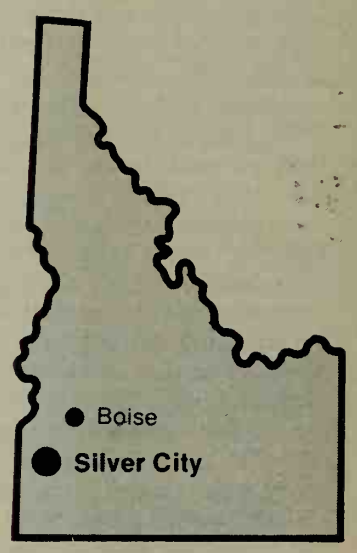
A short hike to the southwest, up Long Gulch, will bring you to the ruins of a stamp mill used to crush ore. Tailing heaps there and around nearby mines are fertile ground for rock hounds in quest of white quartz crystal.

A handful of year-round residents still call Silver City home; one couple operates a compact museum on the second floor of the schoolhouse (admission 50 cents). A scattering of vacation cabin owners move in for the summer, and during the last weekend in July the Owyhee County Cattlemen's Association hosts a big blowout here, but the rest of the time it's virtually deserted. Many of the old buildings are privately owned, however, and you should check first with a resident to make sure you're not entering where you shouldn't.

To reach Silver City from Boise, head west on I-80N to Nampa, then follow State-45 across the Snake River for 28 miles to Murphy. Murphy is a curiosity in itself. With a population of only 75, it boasts the county's only parking meter, planted squarely in front of the courthouse. There's also a small museum that provides useful background for your Silver City visit.

You leave blacktop at Murphy and for the next 23 miles follow a graded dirt road that crosses open desert and rangeland, then gains about 3,000 feet as it climbs into the Owyhee Mountains. Closed by snow in winter, the road is open by late spring. There are no campsites, services, or accommodations along the way, but water is available in Silver City.

IDAHO



If you have a four-wheel drive or a high clearance vehicle (such as a VW bus) and aren't timid about "unimproved" roads, you may want to continue south to the Basque community of Jordan Valley, Oregon. Be sure to inquire locally about this road before attempting it. The ghost towns of Dewey and DeLamar (circa 1890) lie astride this route; neither is as large or charming as Silver City, but they do offer some seldom-visited mines and old frame buildings. In early June, near the junction with US-95, you'll pass some of the few fields of blue camas flower still remaining in the Northwest, spreading like cool, shallow lakes on either side of the road. For further information, write to the Idaho Division of Tourism and Industrial Development, Capitol Building, Boise, Idaho 83720. ■

ersatile egetables

u're never at a loss for a low-t meal when you have pota-s, carrots, onions, and celery hand. With just these four veg-bles and some seasonings, you create this family-pleasing getable casserole or even an *ute cuisine* soup.

RBECUED POTATOES AND RROTS

dloped vegetables with a tato flavor—

ups thinly sliced pared otatoes
cup (2 ounces) shredded sharp rocess American cheese
up bias-sliced carrot
cup chopped celery
cup chopped onion
blespoon all-purpose flour
easpoon salt
sh pepper
cup hot-style catsup
teaspoon worcestershire sauce
cups milk

Photographs: Dieter

mbine potatoes, cheese, carrot, ery, and onion. Combine flour, t, and pepper; add to vege-bles, tossing to coat. Turn into quart casserole. Blend together sup and worcestershire; grad-lly stir in milk. Pour over vege-bles. Cover; bake in 375° oven 1¼ hours. Stir; bake, uncov-d, 15 minutes more. Garnish th sprig of parsley, if desired. kes 6 to 8 servings.

RROT VICHYSSOISE

e carrot highlights this filled soup classic—

eeks, thinly sliced (¾ cup white part)
medium onion, thinly sliced
cup thinly sliced celery
ablespoons butter or margarine
ups sliced pared potatoes
ups chicken broth
½ teaspoon salt
5 medium carrots, shredded (2 cups)
1½ cups light cream
1 cup milk

Cook leeks, onion, and celery in butter or margarine till tender but not brown. Add potatoes, broth, and salt. Cook 25 to 30 minutes. Meanwhile, place carrots in ½ cup boiling salted water. Cover and simmer 6 to 8 minutes; drain. Rub leek mixture through fine sieve or puree in blender. Add light cream, milk, and drained carrots. Season to taste with salt and pepper. Chill soup thoroughly. Makes 8 servings.

INTRODUCING THE TAMPER PROOF KRAFT CAP

It's new. It's helpful. It's a tamperproof seal. It's our own way of sealing our dressing absolutely fresh.

AND THE BOTTLE IT'S ON.

It's new. It's handsome. We think it's a very attractive way to bring you your 20 favorite flavors of dressings.

And the dressings are still just the way you like them. Full of spirit . . . dashed with excitement. Tamperproof KRAFT Cap. Handsome new bottle. Your favorite 20 flavors. All from Kraft . . . and nobody else.

KRAFT
Division of Kraftco Corporation

AT KRAFT, WE THINK SALADS OUGHT TO BE FUN!

You've worked hard to buy a house. So, buy a house that will work hard for you.

ENERGY CONSERVATION HOME
USES LESS ENERGY

Just look for the Energy Conservation Home sign. It's a symbol of savings through efficient use of energy. When seen on a new house or apartment, it means that the builder is offering a home designed to conserve energy and save money.

All Energy Conservation Homes use gas for comfort heating, water heating and cooking. (Because gas puts less strain on our natural resources.)

Also, the walls and ceilings have been insulated, and exterior doors are weatherstripped to save energy in heating and cooling.

Because of today's energy problems, and rising utility rates, conserving gas and electricity is of the utmost importance. When home hunting, look for residences displaying the Energy Conservation Home symbol. PG and E

Squash bread

Photograph: D

Lightly spiced with everythi nice—that's our wholesome a hearty vegetable-nut bread. used acorn squash but other w ter varieties will work equa well. This is a great way to leftover or frozen or cool mashed squash, too.

When using fresh squash, y can cook the squash whole make cutting easier. Place it i shallow pan and bake in a 3 oven for about 1½ hours or tender. Halve when cool enou to handle; remove and disc seeds. Scoop out pulp and ma

SQUASH BREAD

The mashed, cooked squash c tributes to the bread's pleas moistness—

1 cup granulated sugar
½ cup packed brown sugar
1 cup mashed cooked squash
½ cup cooking oil
2 eggs
¼ cup water

• • •

2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon ground nutmeg
½ teaspoon ground cinnamon
¼ teaspoon ground ginger

• • •

1 cup raisins
½ cup chopped pecans

In mixing bowl, combine gra lated sugar, brown sugar, cool squash, cooking oil, and eg beat till well blended. Stir water. Thoroughly stir toget flour, baking soda, salt, nutm cinnamon, and ginger; add squash mixture and mix w Stir in raisins and pecans. T batter into well-greased 9x5 inch loaf pan. Bake in 350° o for 65 to 70 minutes or till br is done. Remove from pan; c on rack. Wrap and store ov night, if desired. Makes 1 loaf

New Kal Kan® Mealtime® has tail-waggin' taste from meat protein.

Dogs love the taste of meat. So, new Mealtime is made with real meat protein. (35% of the protein in Mealtime comes from meat). That's why Mealtime tastes good, and *is* good for dogs.

More natural nutrition. Mealtime is made with wheat products. Most other dog foods are made with corn. Because wheat has more natural nutrition, Mealtime needs fewer additives. (Compare our ingredient list with other brands). Dogs get the vitamins and minerals they need in a more natural formula.

Clean teeth, healthy gums. Mealtime has a crunchy texture that gives dogs the chewing exercise they need for clean teeth and healthy gums.

The right bite size for your dog. The appetizing red chunks and golden bone-shaped nuggets in Mealtime are available in two sizes: large crunchy bites for larger dogs and small crunchy bites for smaller dogs and puppies. So you and your dog have a choice.

Firm stools. The unique formula of Mealtime promotes proper food utilization and digestion. This helps dogs produce a firmer stool.

See for yourself. We say new Mealtime has tail-waggin' taste from meat protein. But don't take our word for it. Get some for your dog, and let his tail tell its own story.

LARGE CRUNCHY BITES

SMALL CRUNCHY BITES

Take your pet to his veterinarian for a regular check-up

©1975 Kal Kan Foods, Inc.

the local value of any item which has collector interest, such as stamps, coins, and Christmas plates.

Clothing sells best if it's clean, pressed, and size-marked, and if it's offered during the usable season. However, used clothing should be priced realistically low. In some cases, fads will move the price up. Old fur coats sell well to college girls, especially if the style is really old.

To sell electrical appliances, use a nearby outlet to prove the iron or toaster works. College-bound youngsters look for good irons and coffeepots.

Assemble a "miscellaneous" table for small objects such as ashtrays, vases, toys, and utensils priced under a dollar. Don't rule out anything as too trivial. It may be precisely what a string-saver will want.

Schedule your sale when good weather is predicted, and soon after the first of the month—when people are more solvent. You should list several intriguing items in your ad. Don't include your telephone number unless you have help answering the phone.

You might consider a group sale among cooperating neighbors. It's an excellent way to raise money for an organization. Make sure someone keeps an eye out for potential shoplifters, and keep track of purchases.

Hold the sale in a safe, accessible area. You don't want to risk having a customer tumble down hazardous stairs. Make sure traffic paths are clear and well lighted. To keep things moving briskly, have at least $20 in change available and plenty of sacks. Keep your money in a safe place.

Limit your sale to two days. In your ad, state the sale hours but don't be surprised if people come early and late. Drifters may even drop by days later. On the morning of the sale, place an easy-to-read sign in your yard with the entrance clearly marked.

Cash for your castoffs

If your closets and storage areas are jammed with things you don't use or need, it's time to organize a garage sale. Here are some hints to help you in your planning.

Pre-shop at other garage sales and antique shops to see what's considered salable. Good items include discontinued stock, out-of-print books, or anything that's no longer made. Examples include old blue fruit or canning jars (amber ones are quite valuable); bottles imprinted with the manufacturer's name or those which contained liquor, cosmetics, or milk; decorative containers; old teddy bears and dolls.

Other promising items for a garage sale are electric trains, Erector sets, fine marbles, souvenir and commemorative plates, spoons, old Christmas ornaments, keys, wooden duck decoys, old newspapers or magazines. The word "books" is magic to the collector.

Before you sell any unusual item, know its value. While it may not be a true antique, it could be a *new antique*—something that breathes nostalgia. The word "antiques" in your ad will bring crowds, but get advice on pricing items accurately by scouting antique stores and secondhand outlets, and by reading antique advertisements.

If you have yesteryear's icebox or trunk, investigate local prices. An old icebox may go for $5 in one area, and $50 in another. Trunks, especially the hump-backed ones, are popular as decorative accessories.

Picture frames sell quickly, especially if they're ornate. Old buttons and jewelry may be prize additions to a collection, as well as old political posters and lapel pins. Check

rnight
st waffles

Photographs: Dieter

waffles with blueberry or auce—

s all-purpose flour
kage active dry yeast
spoon ground cardamom
s milk
lespoons butter or rgarine
spoon sugar
spoon salt
j yolks
f-beaten egg whites

ge mixer bowl, stir together yeast, and cardamom. In pan, heat milk, butter or rine, sugar, and salt just till , stirring constantly till but- lmost melts, about 115°. o flour mixture; beat at me- speed of electric mixer for utes, scraping sides of bowl antly. Cover tightly; refrig- overnight. (Or, cover loose- stand at room temperature o 2 hours.) Just before bak- affles, beat egg yolks with y beater till thick and lemon- ed, about 4 minutes; stir into r. Fold in beaten egg whites. in preheated waffle baker. s twelve 4x4-inch waffles.

AMON BLUEBERRY SAUCE

p sugar
aspoons cornstarch
aspoon grated lemon peel
aspoon ground cinnamon
ash salt
)-ounce package frozen un- veetened blueberries, thawed
p water
aspoon lemon juice

mall bowl, combine sugar, starch, lemon peel, cinna- , and salt; set aside. In sauce- combine *½ cup* of the blue- ies and the water. Bring to ng; mash berries. Add sugar ure to saucepan. Cook and over medium heat till sauce kens and bubbles. Add the aining blueberries and lemon ; simmer 3 to 5 minutes more ll heated through. Serve blue- y sauce over hot waffles. es 2 cups sauce.

CREAMY HAM SAUCE

1 can condensed pea soup
½ cup water
2 cups cubed cooked ham
⅓ cup sliced pitted ripe olives
2 tablespoons chopped pimiento
2 tablespoons snipped parsley
1 teaspoon curry powder
½ cup dairy sour cream

Blend together soup and water; heat to boiling. Stir in ham, olives, pimiento, parsley, and curry; heat through. Stir in sour cream; heat through. *Do not boil.* Makes 3½ cups ham sauce. To serve, place 2 waffles on each plate; top with ⅔ cup of hot ham mixture. Makes 6 servings.

Smooth chocolate outside. Crispy nuts, crunchy centers or granola inside. New Carnation breakfast bar is the delicious way to enjoy instant breakfast nourishment—anytime! In irresistible flavors.

With a glass of milk, one bar has as much nourishment as this bacon and egg breakfast. Read the label. Milk supplies substantial nutrition.

25¢ OFF ANY PACKAGE OF NEW CARNATION BREAKFAST BAR

Chocolate Chip • Chocolate Crunch
Granola With Raisins
Granola Cinnamon • Granola With Peanut Butter

To Dealer: This coupon is redeemable for 25¢ (plus 3¢ handling) through Carnation salesmen, or if mailed to Carnation Coupons, Box 171, Pico Rivera, California 90665, provided it has been used for the purchase of Carnation breakfast bars in accordance with this offer. Any other use constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Customers must pay any sales tax. We will not honor redemptions through outside brokers, agencies, etc. Void if use is prohibited, taxed, or otherwise restricted by law. Cash value 1/20 of 1¢. Limit 1 coupon per package.

CBB504-C

25¢ STORE COUPON 25¢

Family chicken dinners

CHICKEN SPAGHETTI CASSEROLE

Use leftover chicken in this rich creamy casserole—

- 3 slices bacon, chopped
- ½ cup chopped onion
- 1 clove garlic, minced
- 3 tablepoons all-purpose flour
- 1 16-ounce can tomatoes, cut up
- 1 can condensed cream of mushroom soup
- ½ cup milk
- 1 cup (4 ounces) shredded process American chees
- 4 ounces spaghetti, slightl broken up, cooked and d (about 2½ cups cooked)
- 2 cups cubed, cooked chic
- 1 10-ounce package frozer thawed
- ¼ cup grated parmesan che

In large saucepan, cook onion, and garlic till ba crisp; blend in flour. Add toes, soup, and milk. Coo stir till thickened and b Add American cheese, stirr melted. Stir in cooked spa chicken, and peas. Turn i ungreased 2½-quart cass top with parmesan. Bake, u ered, in 350° oven for 45 utes. Makes 8 servings.

Kids love to wear Stearns Pee Wees®

Kids love to wear Stearns Pee Wee® life vests because they're lightweight, flexible, comfortable. And fun to wear. No kid wants to be horse-collared or harnessed around water in old fashioned life jackets.

Mothers appreciate Stearns Pee Wee vests, too. You see, they're safe — U.S. Coast Guard approved and Underwriters Laboratory tested. They feature adjustable sides and shoulders, leg and waist straps for a snug, safer fit. They're durable. Won't mildew, waterlog or lose buoyancy ever. And the washable nylon outershell will stay bright and fresh looking for years. Sizes to fit kids 2 to 10 years.

Mothers love the safety features . . . kids love to wear their Stearns' Pee Wees.

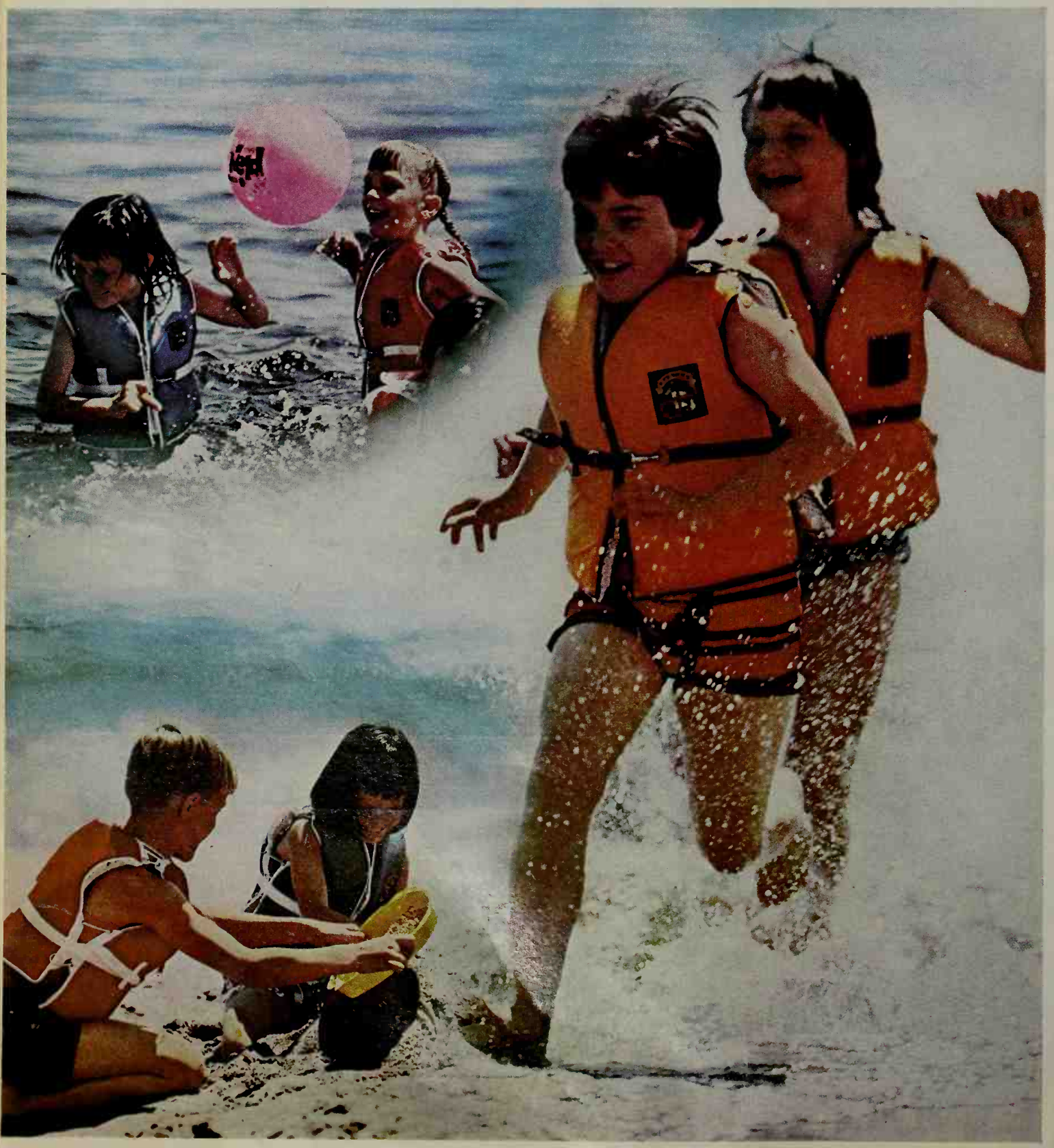
Available at fine marine sporting goods and department stores in a variety of colors and sizes.

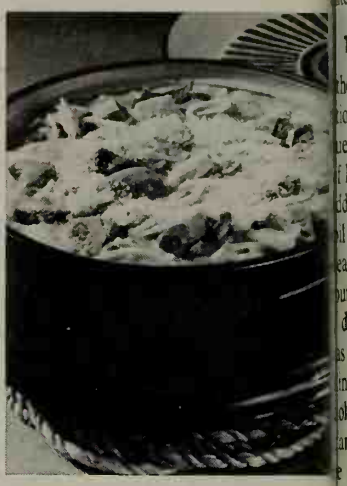
STEARNS

The Mark of Excellence

Stearns Manufacturing Co., St. Cloud, Minn. 56301

Pee Wee® is a registered trademark of the Stearns Manufacturing Company.





BAKED PEANUT BUTTER CHICKEN

You'll love the crispy coatin

- 2½- to 3-pound broiler-fryer cut up
- 1 beaten egg
- ½ cup peanut butter
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ⅔ cup milk
- ¼ cup all-purpose flour
- ¾ cup fine dry bread crumbs

Pat chicken pieces dry with j toweling. In small bowl, ble gether egg, peanut butter, and pepper. Gradually st milk. Dip chicken in flour, in peanut butter mixture; with crumbs. Place chicken p in greased 15x10x1-inch b. pan. Bake in 375° oven for 50 minutes or till chicken is der and coating is crisp. M 4 servings.

Photographs

ecue nup tips

rbecued ribs were great compliments roll in. But accolades won't help you at grimy grill. Whether a pint-size hibachi or a moker wagon, these tips e the job easier.

reventive medicine

e you strike the first give your unheated grill a pes with a paper towel n cooking oil. Or, get out sol can of spray-on cook- ating. You'll find the food ick to the wires, and most soil can be wiped away ter.

Try a silver lining

her worthwhile ounce of ion can be applied to the e's firebox. Line it with a heavy aluminum foil be- lding the cooking coals. il catches the melted fat at drippings and can be ut and replaced with ease dozen or so uses. If your s a grate or rack for the ne the ashpit below it with les in the firebox may be nt for air circulation, so to poke through the foil keep them open.

Steam cleaning

k action after cooking can vn on scrubbing, too. With s-gloved hands, remove grill and cover it, top and , with wet paper towels or per; let stand while you e steam generated by the es loosens cooked-on soil. or two with a clean towel s the job.

Elbow grease plus

ourse, stubborn or neglect- ts need special care. An e pad or a stiff brush is a eginning. But don't forget the aerosol oven cleaner or household cleaner that is ly already on your shelf. the label first to be certain duct can be used safely on Remember, too, that clean- roducts should never be together to make a strong- ew. And rinse the grill ghly before you cook on it

Grill of your dreams

y can't barbecues be self- ng like your oven in the n? Some are—gas and elec- arbecues both boast such s. When you've finished g, just turn the control to the highest setting and 5 minutes.

(Advertisement)

FRANKFURTERS: A HISTORY

by Clyde Riley

The origin of the frankfurter is clouded in mystery. Some say it was first produced in Frankfurtam-Main, Germany, in 1852. Others, that it comes from Vienna, since franks have often been called "wieners".

In any case, the sausage family to which frankfurters belong can be traced back to the days of Homer. In the Odyssey, Odysseus ponders while "a man near a glowing fire turns to and fro a sausage full of fat and blood . . ."

No less than Julius Caesar praised a Lucanian sausage in his account of the Gallic campaigns, pointing out that it was very popular with his Roman Legions.

This, of course, does not take into account the Oriental version of the frankfurter—that they were developed in China long before the advent of Christianity. The Chinese, incidentally, were also first with sauerkraut. In the third century B.C. Emperor Shih Hwang added fermented cabbage to the rice diet of the workers who were constructing the Great Wall of China. Certain historians will also insist that the frankfurter originated with the ancient Egyptians, though they have never been able to back up their claim by presenting a frank taken from a well-preserved mummy.

Just who first put the frank with a bun is disputed. One story is that the union first occurred in St. Louis in 1883. A Bavarian-born sausage vendor named Anton Ludwig Feuchtwanger sold franks with a thick white glove, which the customer was to wear while consuming the sausage. But when customers forgot to return the gloves, Feuchtwanger hit on the idea of putting his franks in rolls.

Another legend holds that they were started in the late 1860's, in the Bowery in downtown New York. A Civil War veteran of German descent is said to have sold them from a steam kettle. The kettle was divided into three parts, one for the frankfurters, one for the sauerkraut, and one for the rolls, the same type of milk rolls that are used today. A

The hot dog has come a long way since its humble beginnings. Millions upon millions of them are produced and consumed every week in the U.S.A. —billions every year. If every hot dog made in this country in a year's time, were tied end-to-end, there would be enough to wrap around the earth more than forty times. And if you had a big enough scale, you'd find that the hot dogs consumed in school lunchrooms alone every year, would weigh nearly 100 times as much as the Statue of Liberty. Little wonder the frankfurter has become so All-American.

Ball Park Franks. They plump when you cook 'em.

Try original Ball Park Franks or Ball Park Beef Franks. They're plump full of the leanest, juiciest, tenderest, meatiest meats ever put into a hot dog. They plump no matter how you cook 'em. If they don't plump when you cook 'em, they can't be Ball Park Franks.

$1.00 OFF BALL PARK FRANKS

Send us any combination of 5 Ball Park Frank labels (Beef or Original) and we'll send you a $1.00 refund.

MAIL TO:
HYGRADE FOOD PRODUCTS CORP.
P.O. BOX 21504
EL PASO, TEXAS 79977

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____ Limit, one refund per family.

Offer expires after July 1, 1975 BH-1

"WOULD A FRANK BY ANY OTHER NAME....."

by "Farley" Granger

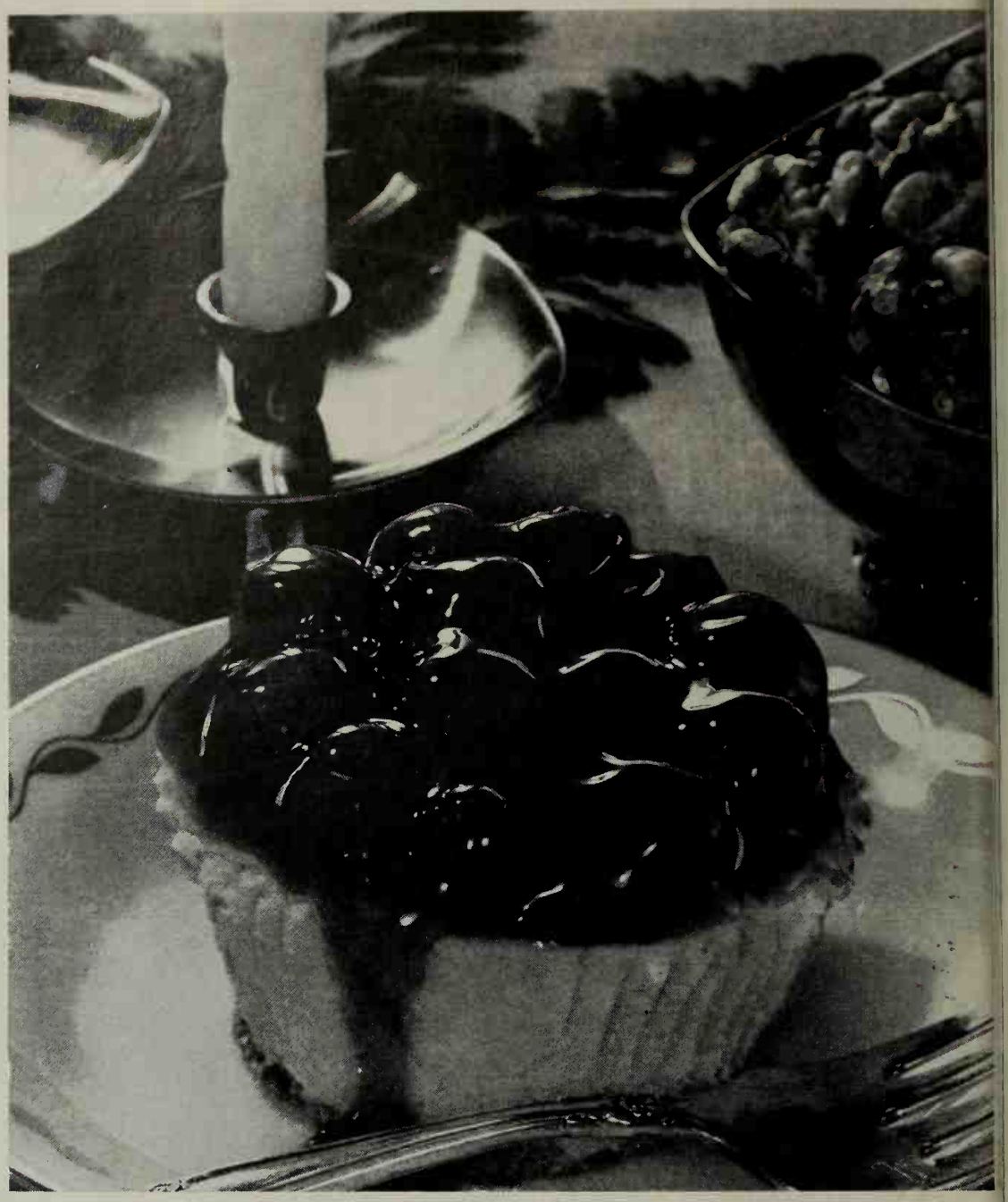
While the national origin of the hot dog is still a perplexing puzzlement obscured by centuries of irrelevant picallili, many a name for the noble frank has emerged clearly from the historical hodge-podge. Ancient Greeks are said to have labeled the sausage (precursor of all hot dogs) as *oryae*. Another early sausage, *Salami*, is believed to have been named after the ancient Cypriot city of Salamis. Though Salamis was destroyed in 449 B.C. the idea of naming the sausage after the city definitely caught on. Hence, we have: bologna from Bologna, Italy; Genoa salami from the town of the same name; *braunschweiger* from Braunschweig, Germany; *thuringer* from Thuringia; and more commonly, *weiners* from Vienna, and *frankfurters* from Frankfurt.

But not all Germans were so enamored with having their local town commemorated in "sausage-dom," as evidenced by those who referred to earlier versions of the hot dog as Hunderwurst (dog sausage), because their shape so closely resembled the shape of the corner butcher's pet dachsund, Fritz. Or, was it Hans?

In any case, the names go on and on. In France, it became *Le Chien Chaud*. Brazilians, in their rhythmic Portuguese lingo say, *Cachorro Querte*. Hot dogs have even penetrated the Iron Curtain. So, when in Moscow be sure and ask for *Goriachie Sobaki*. But the name "*Hot Dog*" itself is said to have been coined earlier in this century by the late sports cartoonist, T. A. Dorgan. Dorgan, who was from New York, happened to be at the Polo Grounds on that historic Fall day in 1920 when hot dogs were first served in rolls at a football game. Dorgan was within earshot when a vendor cried out, "Get your red-hot dachshund sausages, right he-e-e-r-re." The next day his cartoons turned up with talking "hot dogs." However, this was not Dorgan's first success. He had also originated "23 skidoo" and "Yes, We Have No Bananas."

New tricks with pie filling

Yes, timesaving canned pie filling is the surprise ingredient that makes all these desserts a snap to prepare. And each one is as delicious as it is easy. But don't stop with these ideas! You can put canned pie fillings to work in salads, breads, and meat sauces, too.



PETITE CHERRY CHEESECAKE

Easy-to-make little cheesecakes are a real treat for party-givers as well as party-goers—

2 8-ounce packages cream cheese, softened
¾ cup sugar
2 eggs
1 tablespoon lemon juice
1 teaspoon vanilla
24 vanilla wafers
1 21-ounce can cherry pie filling

Beat cream cheese, sugar, eggs, lemon juice, and vanilla till light and fluffy. Line small muffin pans with paper bake cups, and place a vanilla wafer in bottom of each cup. Fill the cups ⅔ full with cream cheese mixture. Bake in 375° for 15 to 20 minutes or till set. Top each with about 1 tablespoon pie filling; chill. Makes 2 dozen.

INSTANT APPLE DATE TORTE

Packaged date bar mix makes this one convenient—

1 21-ounce can apple pie filling
1 teaspoon shredded orange peel
2 tablespoons orange juice
1 14-ounce package date bar mix
½ cup chopped walnuts
1 egg

Spread apple pie filling in 9x9x2-inch baking pan. Sprinkle orange peel over apple filling; drizzle orange juice over all. Prepare date filling from date bar mix according to package directions; stir in walnuts. Add the crumbly mixture from date bar mix and the egg; combine thoroughly. Spread over apple filling. Bake in 375° oven for 30 to 35 minutes. Serve warm, with cream. Makes 9 servings.

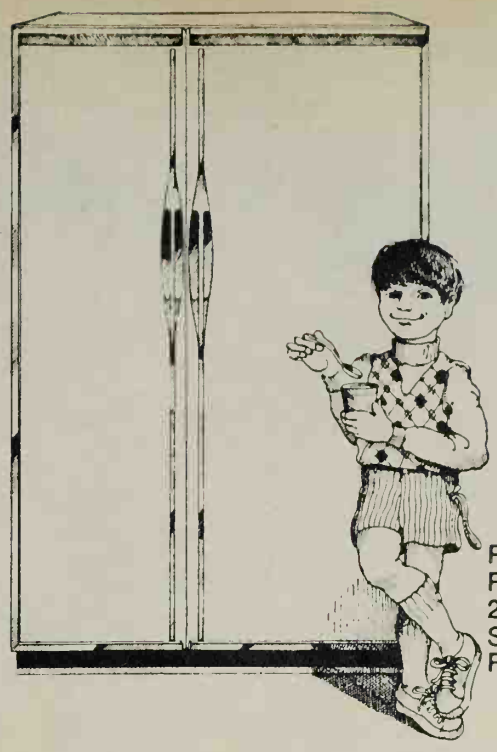
MINCEMEAT SURPRISE

Serve chilled or frozen, this sophisticated dessert will be a sure hit—

1 stick piecrust mix
⅓ cup brown sugar
1 cup whipping cream
2 tablespoons granulated sugar
½ teaspoon vanilla
1 22-ounce can mince pie filling
½ cup chopped walnuts

Crumble piecrust mix and combine with brown sugar. Mix according to directions on piecrust package. Spread on baking sheet to ¼-inch thickness. Bake in 475° oven for 6 to 8 minutes or till browned; cool. Crush into fine crumbs. Reserve ½ cup of the crumbs. Sprinkle remaining crumbs in bottom of 10x6x1½-inch baking dish. Whip cream, granulated sugar, and vanilla; spread ½ of the cream mixture over crumbs in dish. Combine pie filling and walnuts; spread over whipped cream layer. Cover with remaining whipped cream; sprinkle with reserved crumbs. Chill thoroughly, or freeze firm. Makes 6 to 8 servings.

This Philco refrigerator helps pay for itself!



Philco Model
RT21B8 No Frost
20.7 cu. ft. capacity
Side-by-Side
Refrigerator-Freezer

Based on the lowest metropolitan electric rate we could find (Seattle, Wash.), this Philco COLD GUARD refrigerator can save you up to $196* in electric bills. But in other areas you can save up to 6 times that amount (even more as rates increase).

For example, over the average life of a refrigerator (16 years) you can save* up to...

$1367.52 in New York, N.Y.	@ $.076 per kwh	$677.51 in Los Angeles, Calif.	@ $.038 per kwh
$1051.84 in Baltimore, Md.	@ $.059 per kwh	$659.69 in Columbus, Ohio	@ $.037 per kwh
$1034.08 in Philadelphia, Pa.	@ $.058 per kwh	$624.03 in Miami, Fla.	@ $.035 per kwh
$ 837.98 in Pittsburgh, Pa.	@ $.047 per kwh	$588.37 in Milwaukee, Wis.	@ $.033 per kwh
$ 784.49 in Jacksonville, Fla.	@ $.044 per kwh	$517.05 in San Francisco, Calif.	@ $.029 per kwh
$ 766.66 in Minneapolis, Minn.	@ $.043 per kwh	$410.07 in New Orleans, La.	@ $.023 per kwh
$ 695.45 in St. Louis, Mo.	@ $.039 per kwh	$196.16 in Seattle, Wash.	@ $.011 per kwh

Because electric rates vary throughout the country, we simply can't list every one of them, but we can tell you, no matter where you live, this Philco COLD GUARD refrigerator uses less electricity* than similar models from three leading competitors—17% to 47% less! So in some areas where the cost of electricity is high, you could wind up saving more money on electricity than you'll pay for the refrigerator when you buy it! To find out how much this COLD GUARD refrigerator can save you, just check your local utility rate and compare it to this chart:

HOW MUCH MONEY CAN COLD GUARD SAVE YOU?

Your local rate (cents per kwh)	2¢	3¢	4¢	5¢	6¢	7¢
Savings over the average life of a refrigerator*	$356.39	$534.88	$713.17	$819.47	$1069.76	$1248.00

*Actual savings may be more or less depending upon climatic conditions, individual usage and electric rate changes. Savings shown are based on simulated home usage and typical residential electricity consumption and rate. Published results of tests conducted by Philco-Ford are available on request. Write to Philco-Ford, Blue Bell, Pa. 19422.

Savings and Performance

This COLD GUARD provides you with these savings while maintaining temperatures of 0° in the freezer and 37° in the refrigerator; temperatures recommended by the U.S. Department of Agriculture and by one of the nation's largest consumer testing services. Savings and performance, Philco COLD GUARD gives you both.

The refrigerator that helps pay for itself.

Philco Ford COLD GUARD Saves Electricity

Actual photograph of North American Culex mosquito preparing to strike.

You can't bite back, but you can fight back.

You may not know what we know about the world's 2,700 kinds of mosquitoes.

We know that only the female bites.

We know that she'll live about two weeks and lay over 200 eggs in a single mid-afternoon.

We know that, if she has fed on blood, she can produce and lay eggs even if unfertilized.

We know that she'll be looking for you, her blood meal. And she always seems to find you outdoors, enjoying yourself.

We know how to stop her.

foam, cream and spray

We're Cutter Laboratories, developers of Cutter Insect Repellent.

It's been our business to know about insects for over 50 years. Our studies of mosquitoes, flies, gnats and other annoying insects have enabled us to find the unique combination of active ingredients that has proven more effective than any other leading brand of insect repellent.

We've made this formula available in cream, spray, and foam.

CUTTER
INSECT REPELLENT
Incredibly effective

1 teaspoon salt
Dash pepper
1 pound ground beef
1 pound ground pork

Combine eggs, crumbs, onion dip, celery, carrot, salt, and pepper; add ground meats and mix thoroughly. Turn into 9x5x3-inch loaf pan. Bake in 350° oven for 1½ hours. Remove from oven; let stand 10 minutes. Drain off excess fat; transfer to serving platter. Makes 8 servings.

POTATOES ROMANOFF

1 8-ounce carton (1 cup) neufchatel cheese dip with bacon and horseradish
1 cup cream-style cottage cheese
2 ounces sharp process American cheese, shredded (½ cup)
2 tablespoons snipped parsley
1 teaspoon salt
6 cups cubed cooked potatoes

Combine bacon-horseradish dip, cottage cheese, *half* the shredded cheese, the parsley, and salt. Add potatoes; toss gently to coat. Turn into 10x6x1½-inch baking dish. Sprinkle with paprika. Bake, uncovered, in 350° oven for 30 to 35 minutes or till heated through. Top with remaining shredded cheese; bake 3 to 4 minutes more or till cheese melts. Makes 8 servings.

Photographs: Photography, Inc.

CREAMY BLUE CHEESE DRESSING

1 8-ounce carton (1 cup) blue cheese dairy sour cream dip
½ cup mayonnaise or salad dressing
1 tablespoon sugar
2 tablespoons vinegar
1 small clove garlic, minced

In small bowl, combine blue cheese dip, mayonnaise, sugar, vinegar, and garlic; mix well. Chill. Makes 1½ cups dressing.

Start with a chip dip...

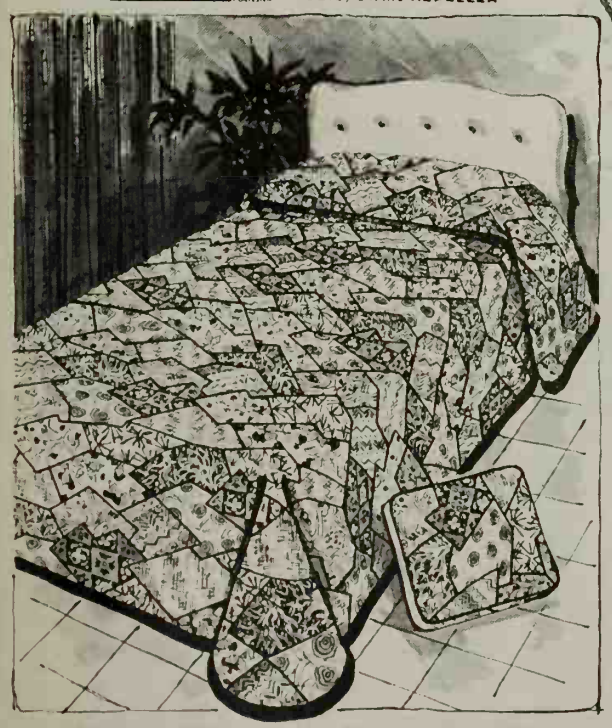
With a ready-prepared chip dip from the dairy case, you're on your way to an extra-special meat loaf, potato casserole, or salad dressing. We used the onion, bacon and horseradish, and blue cheese dips. Make your own concoctions next time, using one of the many sour cream or neufchatel cheese dips available: clam, chive, garlic, green chili, or dill pickle.

TANGY MEAT LOAF

2 beaten eggs
1 cup medium crushed saltine crackers (20 crackers)
1 8-ounce carton (1 cup) onion dairy sour cream dip
½ cup chopped celery
½ cup shredded carrot

DU PONT Dacron POLYESTER

DUPONT ZEPEL ●OIL/STAIN REPELLER



Mikado pillows: 16", $11 to 26", $23

Beautiful Bloomcraft® Bedspreads!

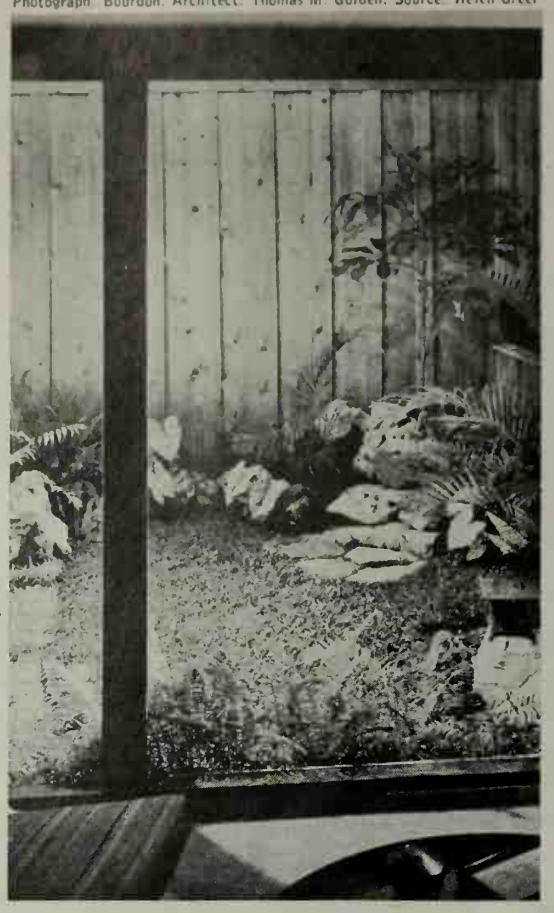
Country is country wherever you go. In the West it's checks, in the East it's batiks. At Breuners it's Bloomcraft's Fairfield and Mikado bedspreads, patchworked in tones of the times. All easy-care DACRON® polyester/cotton protected by "Total Action" ZEPEL®, the soil and stain repeller. **Fairfield** (above) twin, $55; full, $65; queen, $75; king, $85. **Mikado** (left) twin, $65; full, $75; queen, $85; king, 99.50.

Breuners

• CAMPBELL • SACRAMENTO • SERRAMONTE • OAKLAND • PLEASANT HILL • STOCKTON • RENO • SAN CARLOS • VALLEJO • RICHMOND • SANTA ROSA • FRESNO

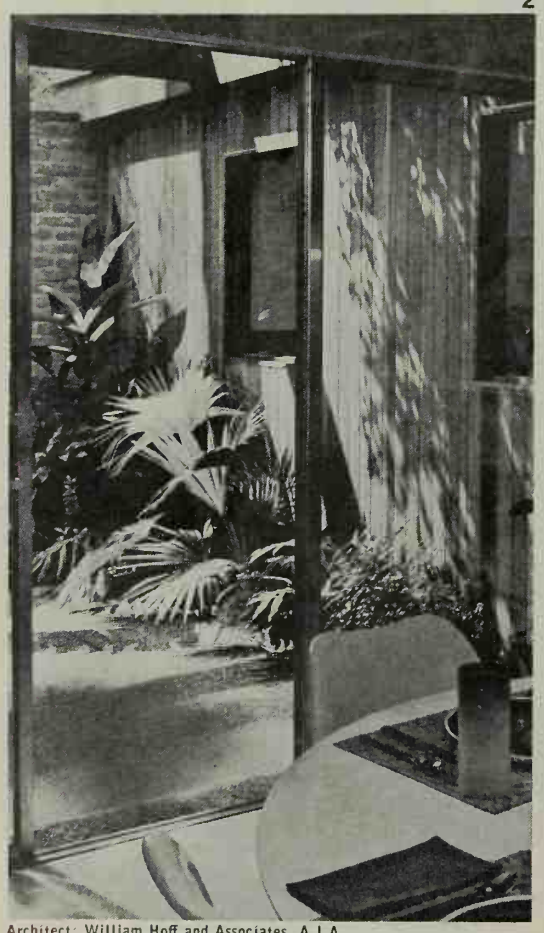
Outside garden rooms are in

Photograph: Bourdon. Architect: Thomas M. Golden. Source: Helen Greer



1

Architect: Raymond L. Winters

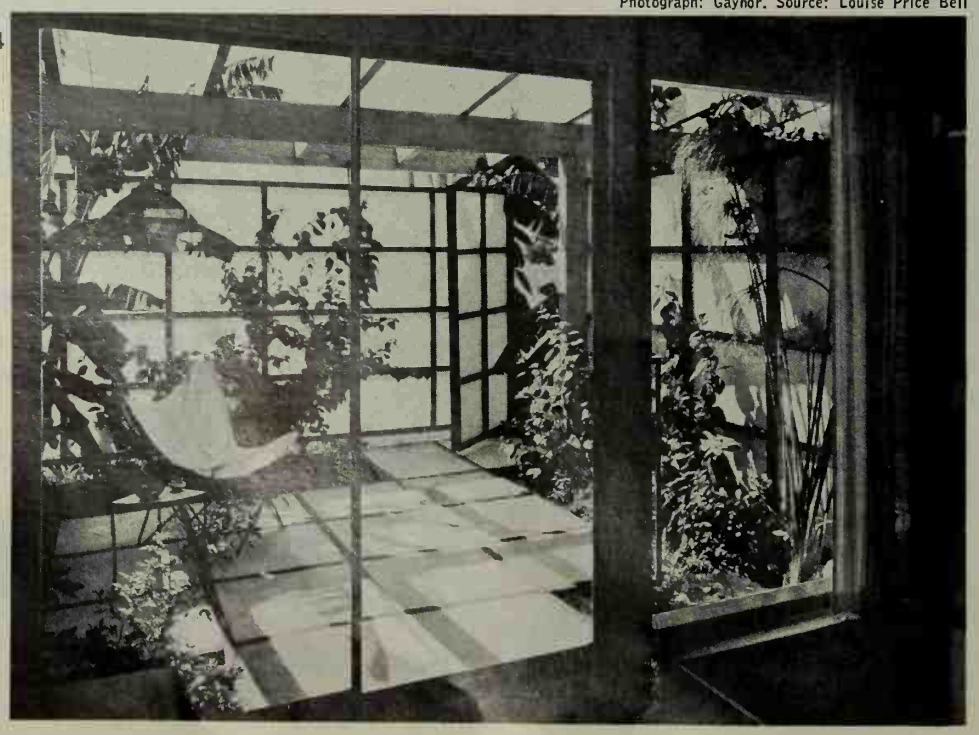


2

Architect: William Hoff and Associates, A.I.A.

3

Photograph: Gaynor. Source: Louise Price Bell



4

A little garden room may be your a swer when it's time to escape to a p vate world of your own.

1. Walled entrance court becomes a p vate and peaceful garden to be enjoy from the living room and kitchen eati counter at far right. Ferns, fancyleaf ca diums, podocarpus, palms and scheffle grow along the walls. Potted chrysanth mums are colorful replacements for t caladiums in the fall. Houseplants can plunged in the ground for spring and su mer and brought inside in fall. Any of t tropical plants pictured can be containe grown in cold areas and used for summ outdoor landscaping. If this does not a peal to you, use permanent evergre plantings and set them off with impatie and wax begonias for seasonal color part shade.

2. Brick wall, 8½ feet high, provides di ing area with complete privacy from th street. Aggregate concrete forms the pati floor. Overall dimensions of room are 1 by 14 feet. The planting bed along th wall is 40 inches deep and the side be is 18. Plants include palm, gold-dust tre nandina, fern and banana—all of ther evergreen in southern climate. For a col climate, substitute upright Pfitzer junipe Sarcoxic euonymus, Oregon grape-holl and pachysandra. Baltic English iv would be decorative on the masonry wall

3. A dual effect was achieved here. Th garden, small as it is, provides depth o view for a narrow bathroom without sac rificing privacy. Access to the plant roon is through a door on the outside. Fresl flowers floated in a shallow dish add ga changing color notes to the sturdy paln and split-leaf philodendron. Hanging bas kets hold fern, begonia and English ivy Spanish moss hangs from the roof. Slatte table holding the potted plants allows fo air circulation and adequate drainage.

4. Shoji-type screening of plastic and teakwood encloses this 12-foot-square patio off a bath. Plants from left to right are rose, banana, Chinese-hat plant, hi biscus and cyperus. In cold sections, use winter-hardy plants such as tall plume grass, butterfly-bush, *Sedum spectabile*, and perennial salvia. If you want only evergreens, then plant Korean boxwood, euonymus and similar plants.

The Galliano Mist.
The drink that ends the day and begins the evening.

How to make a Galliano Mist.
Pour Liquore Galliano® over ice, squeeze in one quarter of a lime, and drop in. Et voilà.

LIQUORE GALLIANO®
A LIQUEUR
© McK 1974

McKESSON IMPORT CO., N.Y., N.Y. 80 PROOF LIQUEUR.

Announcing the Newest, Most Modern Calculator for Home and Business

... from Better Homes and Gardens

Just look at all these features:

- New, easy-to-read green fluorescent number display twice as large as others
- % key gives one-step automatic percentage
- MT key totals and clears memory
- MR key automatically recalls memory without totaling
- M+ key adds answers to memory; you choose answers to save
- M− key subtracts answers from memory
- EX key automatically reverses a calculation
- C key is dual function: depress once to clear last entry; depress twice to clear entire calculation
- Signal light shows when memory is in use
- Rechargeable, lifetime batteries with low battery warning signal
- Full, 8 digit capacity
- Automatic decimal always keeps decimal in right place
- Automatic constant retains multiplier or divisor for repetitive calculations
- Weighs only 6 oz.; fits pocket or purse
- Comes with adaptor for plug-in use, and carrying case.

Today, more than ever, a calculator is a necessity, not a luxury. You can save hours of time and money with this handy tool. Use it to balance the household budget, tally daily shopping costs, compute cost to run home and car (utility bills, mortgage payments, gasoline and car repairs), figure interest on loans and savings, determine amount of material needed for sewing, compute income tax, figure profits and costs on investments, tally scores for bowling and card games—and a dozen more uses. Great for students. And its the perfect gift for everyone.

You deserve top value for your money. We wanted to make sure we could offer you just that. This calculator has more features than any other at this price, features normally found only on machines costing twice as much. Manufactured by one of the world's leading firms, it carries a full year warranty.

Please send me the following:

☐ **No. 13841 Calculator $37.88 each; 2 for $70.88.**

Please include $2.00 postage and handling for each calculator ordered.

Total of merchandise $_____

Postage and Handling $_____

Residents of CA, IA, IL, and NY, please include sales tax $_____

TOTAL $_____

OUR GUARANTEE:
Money back if not completely satisfied.

If you wish to use your charge card, fill out boxes below:

Expiration Date Month/Year

Master Charge Interbank No.

Credit Card No.

Send order and remittance to:
Better Homes and Gardens, Dept. 2T9
Box 374, Des Moines, Iowa 50336

Name_____

Address_____

City_____

State_____ Zip_____

Seascape centerpieces

Photographs: Hopk

Shells, whether collected or bought, form exquisite natura containers for flowers and greens. Rosy conch shell (above) holds a nosegay of freesias. Marbles keep the posies in place and spill over the side. Alongside is a goblet (twice the height of shell) filled with foliage of the air plant.

Man-eating clam shells (don't try to collect them yourself) are available at gift and shell shops. Here one shell holds three stems of flame gladiolus placed in a starkly upright position and surrounded with black stones; in the other shell, a graceful grouping of tropical fern stalks.

ntinued from page 97

Summer get-togethers

pound ground lamb
cup chopped onion
cup tomato paste
cup snipped parsley
cup dry red wine
cup water
beaten eggs
cup grated parmesan cheese
cup fine dry bread crumbs
teaspoon salt
teaspoon ground cinnamon
teaspoon pepper

• • •

tablespoons butter or margarine
cup all-purpose flour
teaspoon salt
Dash pepper
Dash ground nutmeg
cups milk
slightly beaten egg yolks
tablespoons lemon juice

• • •

Cooking oil
cup fine dry bread crumbs
tablespoons grated parmesan cheese
tablespoon butter or margarine, melted

Pare eggplant; cut crosswise into ¼-inch slices. Sprinkle slices with a little salt; set aside. In skillet, cook ground meats and onion till meat is browned and onion is tender; drain off excess fat. Add tomato paste, parsley, wine, and water. Simmer, uncovered, for 5 minutes; cool. Stir in eggs, the ¼ cup cheese, the first ¼ cup bread crumbs, the ¾ teaspoon salt, the cinnamon, and the ⅛ teaspoon pepper; set aside. In medium saucepan, melt the 4 tablespoons butter or margarine; blend in flour, remaining salt, pepper, and the nutmeg. Add milk all at once. Cook and stir till thickened and bubbly. Stir about 1 cup hot mixture into egg yolks. Return all to saucepan; cook and stir 2 minutes more. Remove from heat; gradually stir in lemon juice. Set aside.

Lightly brush eggplant with a little cooking oil; brown on both sides in hot skillet. Drain on paper toweling. Grease a 12x7x2-inch baking dish; sprinkle bottom with 2 tablespoons of the remaining bread crumbs. Layer with half of the eggplant and meat sauce; repeat layers, ending with sauce. Bake, covered, in 350° oven for 45 minutes. Combine remaining bread crumbs, parmesan, and melted butter. Uncover; sprinkle crumbs over moussaka. Return to oven; bake, uncovered, for 15 minutes more. Makes 6 servings.

STUFFED ONIONS

Ground beef and mashed potatoes make up the hearty filling—

4 large onions
2 tablespoons butter or margarine
1 beaten egg
¾ cup instant mashed potato flakes or buds
½ cup milk
2 tablespoons finely snipped parsley
½ teaspoon salt
¼ teaspoon ground nutmeg
⅛ teaspoon pepper
1 pound lean ground beef
1 cup beef broth
½ cup catsup

Peel onions and halve crosswise. Partially hollow out centers, leaving ¼-inch shell. Set centers aside. Cook onion halves in boiling salted water for 5 minutes; remove with slotted spoon. Meanwhile, chop onion centers; cook ¼ cup of the chopped onion in butter or margarine till tender but not brown. (Store remaining chopped onion in jar in refrigerator for another use.) In bowl, combine egg, potato flakes, milk, the cooked chopped onion, parsley, salt, nutmeg, and pepper. Add meat; mix well. Spoon ⅓ cup meat mixture into each onion shell, piling high. Place in 12x7x2-inch baking dish. Pour beef broth around onions. Cover and bake in 350° oven for 1 hour. Remove onions to platter; keep warm. Skim excess fat from pan juices. Mix ¼ cup of the juices and catsup; heat through. Spoon over onions. Makes 4 servings.

POTATO SALAD

Serve this salad warm—

3 pounds (9 medium) potatoes
¼ cup salad oil
¼ cup tarragon wine vinegar
2 tablespoons sliced green onion with tops
2 tablespoons snipped parsley
1 teaspoon sugar
½ teaspoon salt
½ teaspoon dry mustard
¼ teaspoon celery salt
⅛ teaspoon freshly ground pepper
Lettuce

In medium saucepan, cook potatoes in boiling salted water till tender, about 20 minutes. Drain. Let cool slightly; pare and slice ¼ inch thick. In large skillet, combine remaining ingredients except lettuce; add potatoes and toss lightly. Heat through. Turn into lettuce-lined serving bowl. Garnish with radishes, if desired. Makes 8 servings.

MARVELOUS NOODLE PUDDING

A popular Jewish dessert—

4 eggs
1 teaspoon grated lemon peel
3 tablespoons lemon juice
½ cup sugar
1 teaspoon salt
1½ cups cream-style cottage cheese
½ cup dairy sour cream
8 ounces medium noodles, cooked and drained
½ cup raisins

In large mixer bowl, combine eggs, lemon peel, and lemon juice; beat till foamy. Gradually beat in sugar and salt. Beat in cottage cheese and sour cream. Fold in noodles and raisins. Turn into ungreased 12x7x2-inch baking dish. Bake in 350° oven for 35 minutes or till knife inserted just off-center comes out clean. Makes 12 servings. ■

PAGE SIZE MAGNIFIER

Page Magnifier is handy for looking up telephone or map directory listings, stock market reports, etc. The whole page is magnified at one time. Wafer thin and measures 7″ x 10″.

PAGE MAGNIFIER
$2.98 + 25¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-65
585 Market St., San Francisco, Calif. 94105

REMOVE HAIR PERMANENTLY

PERMA TWEEZ electrolysis—as seen in medical journals—safely and permanently removes all unwanted hair from face, arms, legs and body. This is the *only* instrument with special U.S. patented safety feature that destroys the hair root without puncturing skin. Automatic, 'tweezer-like' action gives safe and permanent results. Clinically tested—recommended by dermatologists. Send check or money order.

$16.95 ppd.

14 DAY MONEY BACK GUARANTEE

GENERAL MEDICAL CO., Dept. BH-128
5701 West Adams Blvd.
Los Angeles, Calif. 90016

☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
☐ I enclose $16.95 in full payment and save extra COD postage.
☐ Master Chg. ☐ Americard

No._____
Expiration date_____
NAME_____
ADDRESS_____
C/S_____ ZIP_____
Mfr. of Professional & Home Electrolysis Equip.

The Clever You Catalog

How do you put more of yourself into your home for less? It's easy! Just send for our catalog. You'll find over 1000 inventive ideas. Like Country Pine Furniture that fills a purpose in your home at a price you'll like. And furniture you'll make yourself with our economical Do-It-Yourself Kits. And exclusive accessories. And gifts. And more! Our house can bring out the best in yours. See how. Clip this ad, jot your name, address & zip on paper & send with 25¢ to

Yield House
The Great New Hampshire Furniture Store
Dept. D56A, North Conway, N.H. 03860

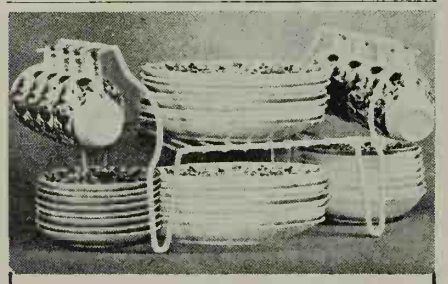
SOLID BRASS MIST SPRAYER
$2.98
2 for $5.75

Free with each, our plant guide!

The way professionals pamper plants, cut flowers, seedlings! Fabulous for ironing, too!

A super-fine mist to bathe foliage and flowers—they'll look better, grow better, last longer. Buy 2 and save—keep one handy at the ironing board. Solid brass, lacquered. 6″ high.
#6414—Mist Sprayer ..... $2.98, 2 for $5.75
Add 50¢ post. & hdlg., N.Y. res. add taxes

Lilly's Garden
Dept. H63
510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550



CHINA STORAGE CADDY

Neat way to store a complete dinner service for eight. Saves valuable cupboard space. Prevents chipping and breakage. All metal caddy with soft vinyl cushioning. Stores 40 pieces—8 each cups, saucers, soup bowls, dinner plates and dessert plates. Use for your best china, or everyday dinnerware! 9″ high x 11½″ across.

$3.49 plus 75¢ postage

Write for FREE catalog of gifts.

HOLIDAY GIFTS
Dept. 406-C, Wheat Ridge, Colorado 80033

1000 RETURN ADDRESS LABELS $1.00

Quick and easy way to put your name and return address on letters, checks, books, etc. ANY name, address and zip code up to 4 lines beautifully printed in black on crisp white gummed labels. 1¾″ long. Free decorative box for purse or desk. Set of 1,000 labels, just $1 postpaid. Money back if not pleased. Don't know your zip code? We'll look it up for you.

Walter Drake 3056 Drake Bldg. Colo. Spgs., Colo. 80940

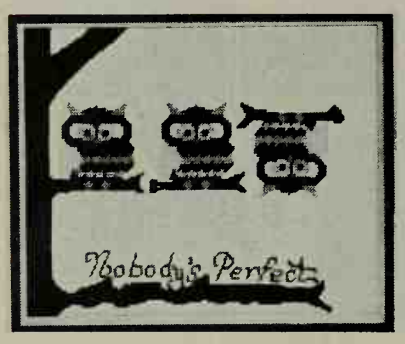
Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively

12′ greenhouse

Pearl Mist™ is 8′ wide x 12′ long. Redwood frame with fiber glass that gathers and diffuses 97% of available sunlight. Easy to assemble; ventilating system. Model shown $314.95 F.O.B. others from $119.95. Catalog free. Peter Reimuller—The Greenhouseman, Dept. 7-PF, 980-17th Ave., Santa Cruz, CA 95063.



Nobody's perfect

We all love this delightful needlepoint picture. The kit includes design hand-painted on 13″ x 15″ white interlock canvas with 12 mesh per inch, Persian yarns in yellow, brown, greens and white, needle and directions. Finished size: 10″ x 12″; $17.95 + $1 post. The Stitchery, BHG6, Wellesley Hills, Mass. 02181.

Soft sandal

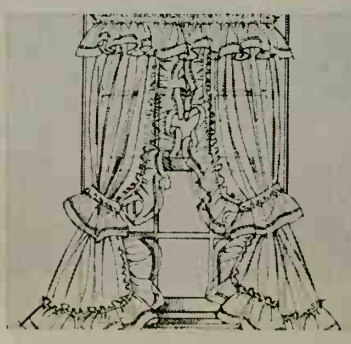
Of soft leather with crepe soles, ¾″ arch wedge and adjustable straps to assure a perfect fit (in any width). 4 thru 12, no ½ sizes over 10, in medium width only. In bone, white or dark brown. Style "Pamela" $11.95 + 90¢ post. Sizes over 10, $1 extra. Sofwear Shoes, Dept. BH-6, 1711 Main, Houston, Texas 77002.

Texan Traveler handbag

Shoulder bag, too, with adjustable strap. Soft, simulated leather; roomy zippered center compartment; 4 inside, 2 outside pockets. 10″x9″. Blk., brn., navy, red, tan or multicolored bands of browns or pastels. $5.95 ppd. Texan Handbag Co., Dept. BH6, Box 3073, Abilene, Texas 79604.

Miniature fruit crates

Adorable replicas of real wooden crates, complete with the colorful labels now prized by collectors. Use as catchalls, or just for looking smart on a shelf or table. One is 4x 4x3¾″, the other 3x3½x2″; natural wood. Set $3.98 + 50¢ post. Lillian Vernon, Dept. H6E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



Hemstitched ruffles

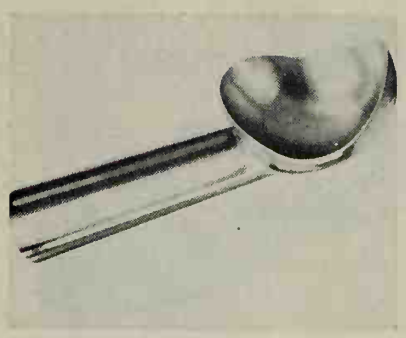
Make these country curtains even lovlier. 96 inches wide per pair with 4½″ ruffles. They're 100% polyester and come in white only. 45″, 54″, 63″, $16.50; 72″, 81″, 90″, $18.50. $1.75 per order postage. Free brochure, order from Country Curtains, Dept. BH6, Stockbridge, Massachusetts 01262.

...en in a table

...ul terrarium table, a way to ... plants elegantly. Made of ... white Styrene with a double-... h glass top. A deep planter ... o hold your favorite plants. ... ready to assemble in a jiffy. ... 16" x 16", $19.95 plus $2 ... Crown-Castle, Dept. TT3, 51 ... St., Stamford, Conn. 06901.

...zing super scooper

... s ice cream like magic; self ... ting liquid hermetically sealed ...dle lets you scoop hard ice ... with ease. Uniform attractive ...s; it makes all other dippers ... old fashioned. Never loses its ...; sanitary, rustproof. $5.95 ... Holiday Gifts, Dept. 406-K, ...t Ridge, CO 80033.



...magnifier pendant

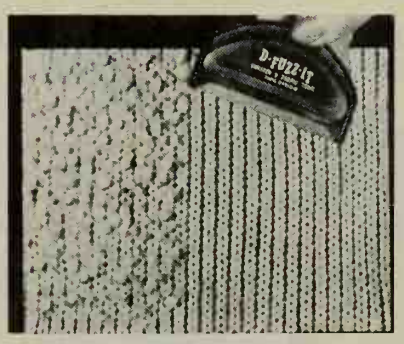
...ce of jewelry plus a discreet ...to read menus, etc. Antique ...finish with emerald eyes and a ...some twist chain. A lovely ac-...ry on all your clothes. No more ...ard reach for glasses. 1¾" ... 29" chain. $2.98 + 35¢ post. ...et Carter, Dept. BHG-14556, ...outh Meeting, PA 19462.

...tact lens case

...act wearers will like this lovely ...s case. Inside there is a mirror ... two little plastic pockets that ...y hold your lenses and keep ... clean and dust free. Included ... bottle for your lens fluid. 2"x ...½" deep. Specify initials to be ...aved on case. $6.50 ppd. Bruce ...nd, BH6, Boulder, CO 80302.

...move fuzz from sweaters

...y scientifically designed D-Fuzz-...emoves matting, pilling in sec-...s. A comb that restores a new ...k with a few strokes on knits, ...hmere, wools and orlon. Brush ...y all unsightly balling etc. $1.98 ... 20¢ post. Order from Anthony ...erprises, Dept. BHG65, 585 ...rket, San Francisco, CA 94105.



...rds of fake diamonds

... sparkling ½ carat size simulated ...a yard of gold wash chain. Pre-...on cut and faceted like the real ...ng, $9.95. Also, with five "dia-...nds", 45" chain, $9.95. With two ...amonds", 15" chain, $9.95. All ... 19.85 + 60¢ post. (Add sales tax.) ...erican Consumer, Dept. DT17, ...roline Rd., Phila., PA 19176.

...uild a lovely horse barn

...ep-by-step plans and material ... 24 ft. wide x 36 ft. long x 18 ft. ...gh: 3-9 ft. x 12 ft. stalls. Dutch ...ors to each stall. 9 ft. sliding ...or to accommodate trucks, trac-...s etc. $8. Also, 24 ft. x 36 ft. ... 18 ft. all purpose barn $6. Ham-...ond Barns, Dept. BH40, Box 584, ...w Castle, Ind. 47362.

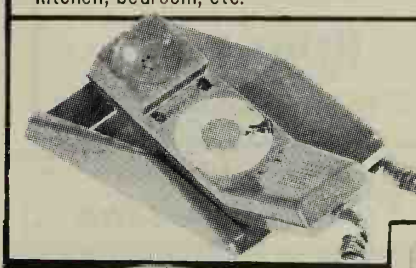
continued

BLACK STANDARD TELEPHONE NOW ONLY $10.95

Complete with 4-PRONG PLUG, RINGER REGULAR CORD

Just plug it in! Nothing else to buy!

These well-made, top brand name standard dial phones are completely reconditioned by experienced factory-trained repairmen . . . rewired, refinished and inspected down to the last service detail. Each is READY-TO-USE, WITH RINGER, 4-PRONG PLUG AND CORD. There is nothing else to buy. Great as that extra phone . . . or 2-phone intercom system . . . in office, den, kitchen, bedroom, etc.



CONTEMPERA DIAL IN HAND SET PHONE
Fits either Wall or Table, Red, White, Blue, Green, Ivory, Purple. $49.95.

1. MODERN STANDARD COLOR PHONES
Green, Blue, Pink, White, Ivory, Red, Beige, Green & Yellow, Black with bell Factory Rebuilt $23.95
#500—Later Model. Choice of same colors $29.95

2. COLOR WALL PHONES White, Beige, Ivory, Green, Red, Blue, Black, Pink, Gold and Yellow. Includes bell Factory Rebuilt $23.95

3. COLOR PHONES WITH BELL Available in Red, Blue, Green, Yellow, White, Beige, Ivory, Pink, Black, Gold Factory Rebuilt $17.95

4. PRINCESS PHONE
No bell. White Beige Pink or Blue $19.95
With buzzer. White Beige Pink or Blue $29.95
With light or bell. Beige, Pink, Blue, Green, White and Ivory Factory Rebuilt $44.95

5. FRENCH CRADLE PHONE From Milady's boudoir. In Ivory, complete w/bell and plug-in $69.95

6. MINI-PHONE World's smallest phone. Fold in half 6" x 2½". White with Black trim $59.95

7. ERICOPHONE The famous European phone with the dial on the bottom. Lift, it is ready to dial or answer, set down and communication is cut off. The phone for style—Red, Ivory, Beige, White, Green, Yellow.
No Ringer $39.95
With Buzzer $49.95
With Tweeter $59.95

8. HANGER PHONE Factory Rebuilt With Dial $24.95
Black only. No bell. No Dial $14.95

9. UPRIGHT PHONE From the days of Eliot Ness.
Black $69.95
Brass $79.95

GRANDCOM, INC., Dept. BH6-5
324 5th Ave., New York, N.Y. 10001

Send me _____ phones as listed below:

_____

_____

_____

_____

Name _____

Address _____

City _____

State _____ Zip _____

SEND 50¢ FOR CATALOG
Hundreds of other phones available

$ _____

_____

_____

Shipping Charges $ _____
Tax if any $ _____
Total enclosed $ _____

Add $2.00 shipping and Handling Charge for each phone ordered east of Mississippi. $2.50 for each phone west of Mississippi. Enclose check or Money Order. No C.O.D.'s

Grow Your Own

Egyptian Beauty Plant

Guaranteed to grow!

The life-juices of the Beauty Plant have been used as a skin moistener and beautifier since the first Pharaoh of Egypt. It was said to be the Secret of Cleopatra's Beauty. It is the secret ingredient of many lotions today!

You can actually use the Beauty Plant to sooth burns and sun burn. Just break off a leaf and rub the clear life juices on your burn. It feels so good! Keep your Beauty Plant in the kitchen for Natural first-aid.

It grows from a small rosette. It's easy. All you do is put it in a pot — water it once a week and watch it grow . . . up to two feet tall. The bigger the pot, the bigger it gets. Comes with easy instructions. It blossoms with spikes of large red flowers that last and last.

It makes a beautiful gift. Send Beauty to a friend. Guaranteed to Grow!

$2.00 3 for $5.00

Please add twenty-five cents for postage and handling.

ROBERTA'S
Dept. BHE–1
P.O. Box 630, Shelbyville, Ind. 46176

Foot Lawn Aerator

Step lively to loosen compacted turf and soil, let air and water reach and revive the roots to improve your lawn. Strap on a pair of spiked sandals to mow or water the lawn and do 2 jobs at once! Each Poly non-skid sole has 13 replaceable steel spikes that pierce ground 1½" deep. Non-slip buckles on heavy duty straps. PAIR $10.98 plus .75¢ hdlg.

HOLIDAY GIFTS
Dept. 406-G, Wheat Ridge, Colorado 80033

Touch Command

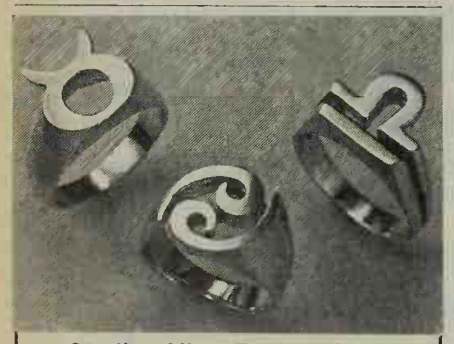
PROGRAMMER/ TIMER

Programs Your Lighting And Appliances With A Touch of A Button

Turn on lights at home automatically —activate radio, TV, or stereo. Light and sound discourage burglars. . . . your house or apartment seem occupied. Use this amazing programmer/timer to start and stop electric broilers, coffeemakers, table-top ovens, etc. with just a touch of a button. The timer features push button settings for up to twelve "on-off" operations daily and has a manual by-pass switch. Simply plug into outlet, then plug in lamps or appliances—no installation required. Only **$10.95** plus $1.00 pp. or SAVE $2.00—2 for **$19.95** plus $1.50 pp.

Send check or M.O.—Satisfaction Guaranteed

J. W. HOLST, INC., Dept. BTC-6
1864 E. US-23, East Tawas, Mich. 48730



Sterling Silver Zodiac Rings!

Solid Sterling Silver—hefty, heavy and handsome for him or her! Crafted in New England by James Russell. Specify sign or birth date. Sizes 4-10.

#9124—Zodiac Ring $9.98

Add 35¢ postage & handling

LILLIAN VERNON
Dept. H61, 510 S. Fulton Ave. Mt. Vernon, N.Y. 10550

Full Size, Home Gardener

GREENHOUSES

at America's Lowest Prices!

Redwood greenhouses. UVI or fiberglass coverings. Also aluminum-glass designs.

8 FT. U.V.I. MODEL, ONLY $119.95

WRITE FOR FREE COLOR CATALOG

Peter Reimuller—The Greenhouseman™
980-17th Ave., Dept. 7-F, Santa Cruz, Ca. 95063

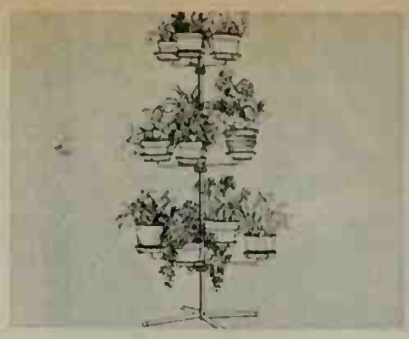
CLEANS SILVER FAST

Magic Silver Leaf goes in the dishpan, or sink, and safely cleans silver as you wash dishes. No rubbing, no boiling. Lasts a lifetime, never wears out. Odorless and non-toxic.

SILVER LEAF
$3.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-65
San Francisco, Calif. 94105

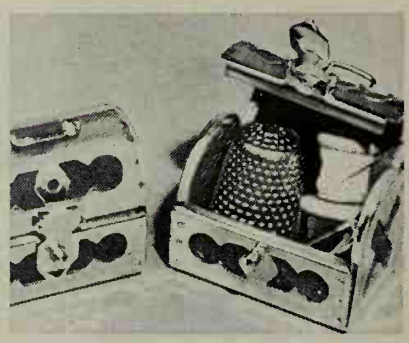


Floor plant stand holder

Space for 12 large plants. Sp clamps slide up or down the pc any desired level. For four 6", 9" and four 12" arms with white drip-proof trays. Stands high. Base 24"x24". White black $45; chrome $50 + $3 Home Plant Displayers, Inc., D A900, 51 E. 42 St., N.Y., NY 10

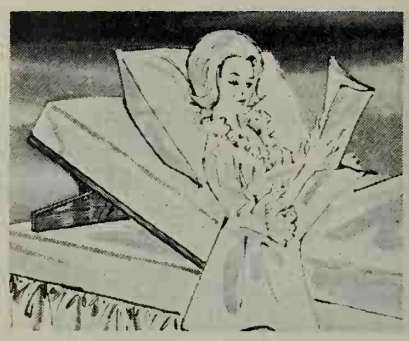
A lovely sandal

To complement your spring summer wardrobe. Made of leather with full cushioned ins and 1" heels. In Narrow, Mediur Wide width. Choice of white, be or black. 4-12. $12.95 + 90¢ p Sizes over 10, $1 extra. Or "Heather." Sofwear Shoes, D BH-6, 1711 Main, Houston, TX 77(



Sewing treasure chest

Sewer's treasure chest is a tiny made in Italy of gilded metal. I cately detailed, filled with a gol thimble, two mini-spools of thre pins and needles. Nice for tra your office desk or to display. 1 ¾"x1". $1.98 each; 2/$3.50 + post. Ferry House, Dept. BH6, Br cliff Manor, NY 10510.

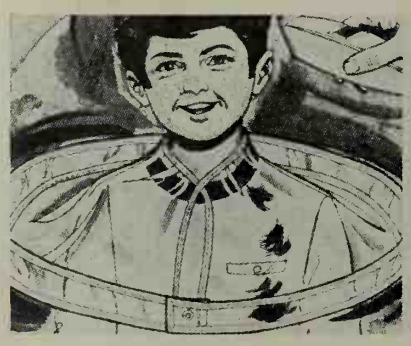


For new sleep comfort

Raise the full width of your mattre for more healthful, restful sle adjusts to 7 positions, use at he or foot of bed, from 5" to 14". B ter than extra pillows, folds flat wh bed is made; plywood constructi Twin $22.98; Double $24.9 Better Sleep, Dept. BH6, New Pro dence, NJ 07974.

Measure, heat, serve etc.

In this one-cup size mini Reve Ware Pan. Perfect for mini jot melt butter, make sauces, warm le overs etc. Stainless steel, coppe clad bottom, cool plastic hand Marked ¼'s & ⅓'s to 1 cup. You use it daily, $3.49. Order fro Walter Drake, BH99 Drake Bld Colorado Springs, Colorado 8094

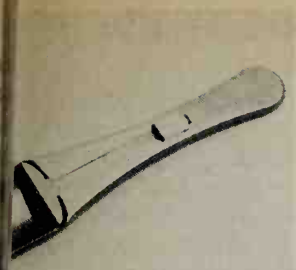


Hair catch-it tray

A must for every home and barb shop. This handy catch-all hair tra is made of soft plastic, wipes clea easily and ties on quickly. Keep itchy hair from falling down back on the floor. Ideal when giving hom permanents, no spots & stains. $1.6 + 35¢ post. Holiday Gifts, Dep 406-M, Wheat Ridge, CO 80033.

Bargain silver-plating

Any item replated at sale price—n extra charge for dent remova straightening. They'll look bette than new. Worn antiques, heirloom quadruple silver-plated by Ameri ca's largest replaters. 100% guaran teed. Free price list. Silver-Platin Div., Senti-Metal Co., BH6, 191 Memory Ln., Columbus, OH 4320



easuring spoon

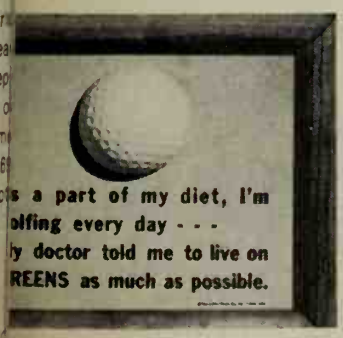
; seven spoons in one con-utensil. Accurately mea-m ¼ teaspoon to 1 table-dry ingredients. 7¼" long, 43, $1.95 each, ppd; 2/ d. Spear Eng., 3023 Spear lorado Springs, CO 80933.

n-Lift Chair

a blessing to many arthrit-rkinson's patients, stroke etc. Push a button and you slow and gentle until you're Write for information to: -Lift, Dept. BH-6, Box 2000-esha, WI 53186.

up letters with pixies

quaint, just peel it off-hesive. Place it where it best es the humor, anger, joy, s etc. intended. 28 different sions, 224 seals $2. West-Ent., Dept. BH6, Box 4749, do Springs, CO 80930.



ps and eats golf?

d and ready to hang, a tasteful for the serious golfer. With backing and replica golf ball to his heart, a gag gift for every . $2.98 + 35¢ post. Anthony prises, Dept. BHG65, 585 Mar-San Francisco, CA 94105.

continued

Checkbook with a brain

Never make another checkbook error with America's first computerized banking center in a case.

The new CheckMaster is a checkbook holder with a built-in computer—a time-saving device that will keep you in perfect balance for every check you write, every day of the year.

YOUR BANK WILL LOVE YOU

If you're like most Americans, your checkbook is a disaster area. And your electronic calculator isn't helping much.

Now, there's a great new space-age product called the CheckMaster designed specifically to keep you in perfect balance, for every check you write, every day of the year. And it's actually easier to use than a calculator.

HERE'S HOW IT WORKS

Open your checkbook holder and turn on the built-in computer. Press the "Balance" key, and your bank balance is recalled on the display. The CheckMaster memory is so powerful that it never forgets your balance—even months after you last recall it.

Enter the amount of your check, and press the "Check" key. The check amount is automatically deducted from your balance, and your new balance is displayed—and all with just one key stroke.

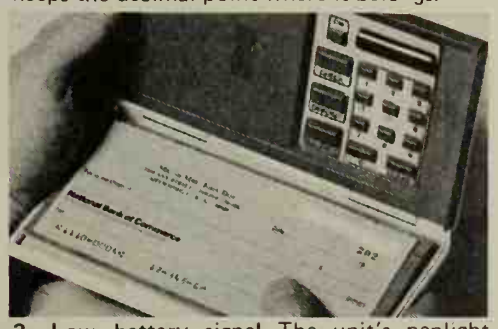
Or enter the amount of a deposit, and press the "Deposit" key. Your deposit is automatically added to your balance, and again, your new balance is displayed.

MANY EXTRA FEATURES

The CheckMaster does so much, so easily, and it's great fun to use. Here are seven reasons why:

1. Easily corrects mistakes If you enter the wrong digits, press the "Clear" key. Only your mistake will be cleared—never the balance.

2. Worry-free decimal Just enter the digits. The unit's dollar-position decimal always keeps the decimal point where it belongs.



3. Low battery signal The unit's penlight batteries will last one year with average use. A low battery signal on the display will indicate when it's time to replace them.

4. Overdraft alert CheckMaster will signal an overdrawn account plus show the overdraft amount and help you avoid the embarrassment of having a check accidentally bounce.

5. Safety switch If you forget to turn off your computer, don't worry. Whenever you close your case, your unit shuts off automatically.

6. Private viewing angle Don't worry about anyone seeing your balance. The red display can only be viewed by the user and registers up to $9,999.99 or any six digits.

7. Perfect size The CheckMaster's handsome tan and cream-colored case measures 7/8" x 3 5/8" x 6 3/4" and weighs only 8 ounces.

To find out your exact balance, even months after you've last recalled it, simply open your case and press the balance key. CheckMaster's memory never forgets. Designed for both men and women, CheckMaster holds any standard-sized personal checks, check register, credit cards and important papers.

RUGGED AND SHOCKPROOF

Drop it, sit on it, drop it again—CheckMaster's shock-proof case will withstand plenty of abuse. The integrated circuit is hermetically sealed for a lifetime of trouble-free service. A spot of gold is even used in the circuit's final sealing process to insure CheckMaster's very high level of reliability.

CONTROL YOUR PURCHASES

Take CheckMaster with you to the supermarket. Set a dollar limit on what you intend to buy. Then enter each item you purchase as if you were writing a check. When your balance reaches your limit, stop buying and head for the check-out counter. It's a great way to control your budget and prevent overcharging by the check-out clerk.

THE PERFECT GIFT

CheckMaster makes the ideal gift for your wife, husband, friend or anybody who has a personal checking account. Even a person who already owns a calculator will appreciate CheckMaster's value and convenience.

$39.95 NATIONAL INTRODUCTORY PRICE

The CheckMaster is perfect insurance against bounced checks, overdrafts, arithmetic errors and bank errors. Its powerful memory, simple operation, and many extra features make it another example of how space-age technology has made fun out of one of the most time-consuming household tasks.

MORE THAN GUARANTEED

The CheckMaster will make such an improvement in helping you balance your checkbook that we make the following unusual money-back guarantee: use the CheckMaster until your next bank statement arrives or for one full month. If the CheckMaster does not balance your checkbook perfectly and actually pay for itself in either convenience or actual savings, return it for a prompt and courteous refund. You can't lose.

A NATIONAL INTRODUCTORY PRICE

The American-made CheckMaster is manufactured for JS&A by Mostek Corporation, a leading consumer electronics manufacturer, and the first company to manufacture the pocket calculator integrated circuit. JS&A is the world's largest single source of electronic calculators, digital watches and other space-age products. We have decided to offer the CheckMaster directly to consumers, exclusively through the mail, for only $39.95 during our national introduction.

HOW TO ORDER

Credit card buyers may call our national toll-free number or any of the local numbers listed below. Or you may send your check or money order for $42.45 per unit ($39.95 plus $2.50 postage, insurance and handling—Illinois residents add 5% sales tax) to the address shown below. But act quickly! See for yourself how easy it is to keep your checkbook in perfect balance every day of the year. Order your CheckMaster at no obligation today.

ONE YEAR WARRANTY

CALL TOLL-FREE..... (800) 323-6400
In the State of Illinois call..... (312) 498-6900
In the Los Angeles area call..... (213) 629-1190
In the San Francisco area call..... (415) 391-1700
In the New York City area call... (212) 964-0690
In Montreal Canada call..... (514) 332-9523
In Toronto Canada call..... (416) 445-8136
In Australia call..... Melbourne 53 5286

JS&A NATIONAL SALES GROUP
DEPT. BH&G 4200 DUNDEE ROAD
NORTHBROOK, ILLINOIS 60062
(312) 564-9000 © JS&A Group, Inc., 1975

HANDYMAN TIPS

A 50 page illustrated booklet filled with hundreds of ideas to make shopwork and projects easier. Tips from professionals on how to get your job done right in less time. Learn what tools to use for your job and how to use them. Includes tips on how to organize and care for your tools. Lets you save time and money.

No. 02212 ONLY 75c

Better Homes and Gardens, Dept. 2TH, Box 374, Des Moines, Iowa 50336

BASEMENT TOILET

Flushes up to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Increases the value of your home. Financing available. Dealer inquiries invited. Free catalog.

DOSS, Dept. J-46, Box 10947, Houston, Tex. 77018

BOOK AUTHORS!

Join our successful authors in a complete, reliable publishing program; publicity, advertising, handsome books. Send for **FREE** report on your manuscript and *Publish Your Book*

CARLTON PRESS Dept. BHR
84 Fifth Ave., New York, 10011

FREE

"HANG-IT"

only $1.25 EACH ☐
Add 35¢ postage & handling

SAVE EVEN MORE!

3 for $3 ☐
Add 40¢ postage & handling

6 for $5 ☐
Add 45¢ postage & handling

12 for $9 ☐
Add 50¢ postage & handling

© HOUSE OF HINTS CORP 1975

3 DIFFERENT LENGTHS TO CHOOSE FROM AT NO EXTRA COST

24" Short — 36" Medium — 48" Long

The original HANG-IT for hanging plants, terrariums, antique bottles, art objects or anything that weighs up to 25 lbs. These space savers consist of a transparent plexiglas platform, clear ring and nylon line . . . hooks are included! Comes completely assembled ready for hanging. And they're cheaper by the dozen. Decorate your windows, patio or terrace. Makes a great gift for family and friends.

House of Hints, Dept. 3 G 6 5
106 Montague Street
Brooklyn, N.Y. 11201 N.Y. residents add taxes

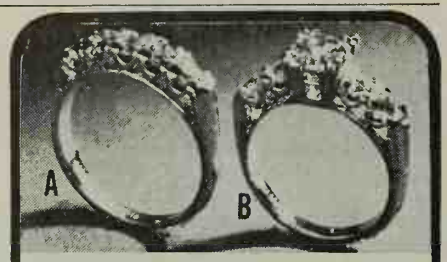
Name_____
Address_____
City_____
State_____ Zip_____

★★★★★★★★★★QUALITY MADE IN U.S.A.★★★★★★★★★★

PHOTO-GO-ROUND

Display treasured snapshots in this revolving file. Photos up to 3½"x5½" slip into see-thru windows. Lovely wooden base. Envelopes for 160 photos included. $13.95 + $1.25 post. Deluxe model (not shown) has round wooden base, 2" wooden knobs, plexiglas frame, envelopes for 240 photos. $19.95 + $1.50 post. Either model holds up to 600 photos. Envelopes for 32 extra photos are $1.25.

FERRY HOUSE, Dept. MZ, Briarcliff Manor, N.Y. 10510



Five Fiery Gems. Handsome fishtail setting (A) accents the beauty of these five ¼ carat diamond-like white LIONITE spinels. Synthetic stones dazzle just like real. Setting is available in Sterling Silver or 18 kt. Yellow Gold Plate. Each stone prong-set the same as precious stones. Specify Sterling Silver or 18 kt. Yellow Gold Plate, $10.95 ppd. Matching Solitaire (B) $12.95 ppd. Send ring size.

N.Y. Residents add sales tax.

Send 50¢ for Color catalog & ring size card

Immediate Delivery. Prompt Refund If Not Satisfied

Lions
665 MIDDLE NECK RD. DEPT B-88
GREAT NECK, N.Y. 11023

FURNISHED IN EARLY AMERICAN?

Send 50¢ For Famous Sturbridge Catalogue "1,000 Items For Furnishing An Early American Home"

Everything in Early American. All by mail at modest prices. Money-Back Guarantee even includes shpg. chgs. both ways.

HUNDREDS OF GIFTS WITH AN EARLY AMERICAN FLAVOR

100,000 people a year visit our Shop

STURBRIDGE YANKEE WORKSHOP
the Nation's Center for Early American
365 Brimfield Turnpike, Sturbridge, Mass. 01566

"DIAMOND TOTE" BAG

$5.95 ppd

Converts from handbag to shoulder bag. 10" x 12" with 5 big pockets. Zipper closing. Soft, leather-look vinyl in black, brown, red, navy, white, bone. Check or money order, prompt delivery and money-back guarantee. Sales representatives wanted.

Color Catalog Free.

Texan Handbag Co. Box 3073
Dept. BHG6 Abilene, TX 79604

Complete Luxury Service For 8

50 PIECE SET

NOT $44.95!
NOT $34.95!
ONLY $22.95

THE PURCHASE OF A LIFETIME

Authentic Early American pattern is magnificently reproduced in lovely satin-finish stainless steel. Fabulous 50-piece set features genuine hollow-handled pistol-grip knives and graceful 3-tined forks. You'll set a truly elegant table. *But supplies are really limited!* Order today. Only $22.95 plus $2.00 postage. **Special Offer.** Save more! Order 2 sets for only $44.95 plus $2.00 postage and handling.

CROWN-CASTLE, Ltd., Dept. PGS-242
51 Bank Street, Stamford, Conn. 06901

For patio or porch

New butterfly chair replacen covers to brighten the patio, p or family room. Choose avoca tangerine, turquoise, gold, blacl white. Made of 15 oz. water repel cotton duck. $9.95 postpaid. C log free. Order from Leisure Hou Box 16038, Helen and Blade S Cincinnati, Ohio 45216.

Credit card holder

It's made of lovely brass and pers alized with three initials in beaut script. A compact way to keep those valuable cards together a easily accessible. A gift everyc would be glad to receive. 3½ 2¼"x½" $4.95. Print 3 initials sired. Order from Bruce Boli BH6, Boulder, CO 80302.

Buffet caddy of woven stra

Lighten the burden of those ex trips to the kitchen with this buf caddy. It's such an attractive way tote silverware, plates and napki whether you're serving in or out doors. Double carrying handle pr vents tipping. 11"x5"x7", $4.50 50¢ post. Holiday Gifts, Dept. 406- Wheat Ridge, CO 80033.

Personalized basket

A kit to show your handiwork, ju embroider the initials, weave in th ribbon! Varnished willow bask from Maderia, with lid and latc closing. In red, green, blue, gold black. 10½"x5¼"x6½", #283 $7.98 + 60¢ post. Lillian Verno Dept. H6E, 510 S. Fulton Ave., M Vernon, New York 10550.

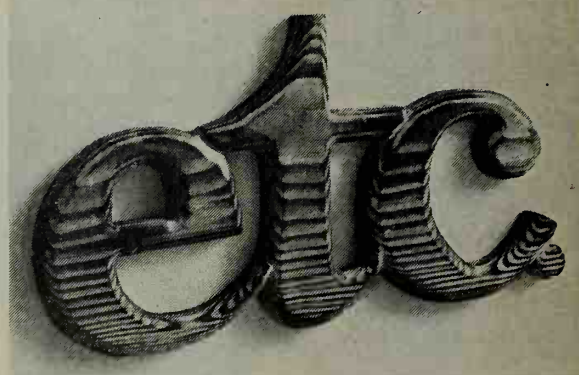
JUST "ETC"!
$3.98

That's all. The message is vague, but the look is most definite—and the effect really tickles our fancy! Natural wood, carved and richly stained to enhance the grain —stunning accent to any wall grouping, exciting decor on its own. About 11½x6½" high.

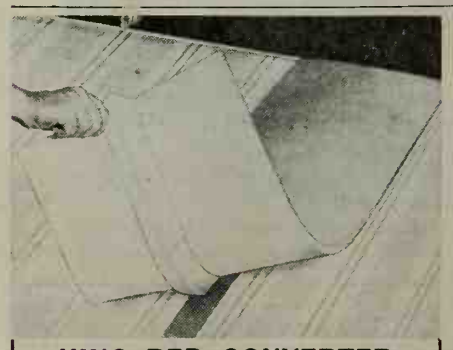
#8303—Etc. Sign $3.98

Add 60¢ post. & hdlg. N.Y. res. add taxes

LILLIAN VERNON



Dept. H64, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550



KING BED CONVERTER

Convert your twin size beds into luxurious king-size bed in seconds! Just place comfortable polyurethane SPAN-A-BED between 2 twin-size beds. Fits snugly—you'll never know it's there. Save dollars—no need for special bedding. A full 6' long, 14" wide. Light, strong SPAN-A-BED will support the strongest man. Rolls up for easy storage when not in use.

$6.98 plus .75c hdlg.

HOLIDAY GIFTS
Dept. 406-D, Wheat Ridge, Colorado 80033

CALLING CARD FILE

Ideal for personal use as "Homeowners service file." Holds 51 business cards from repairmen, beautician, pool service, kennel, lawn service, etc. Available in colorful disco plaid vinyl or attractive black rhino. Please specify color.

$2.95

Also available in the 104 card file, black rhino only.

$4.50

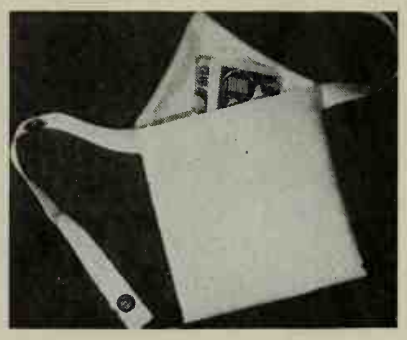
PRIM-ROSE CORP.
P.O. Box 793, Easton, Pa. 18042

...ming pool signs

...ertime signs to welcome ...s, and humor up your poolside ... The flavor's old, the colors ... and gay. Rules Of The Pool ...2" Red & blk. lettering on wht. ...d. No Skinny Dipping, 10x ...H. Grn., red, blk., on yellow. ... each ppd. Yield House, Dept. ... North Conway, NH 03860.

...om money holder

...ecure way to carry money or ... valuables. The Bosom Money ...e snaps onto the bra or slip ...s. It's washable and plastic ... with a fold over flap. Ideal for ...ling. $2.98 each, plus 20¢ ...ge. Order from Anthony Enter...s, Dept. BHG-65, 585 Market ...San Francisco, CA 94105.



...e things for your garden

... Valuable Free Things for ...le Who Love Gardening." In...es detailed descriptions of ...y available catalogs and fact ...ts. Hundreds of gardening aids ...d in this comprehensive 48 page ...klet. Send 25¢. 201 Free ...gs, c/o American Garden Guild, ... HR007, Garden City, NY 11530.

...r cat loves Kitti-Potti

... in 2 sizes, of non-breakable ...ded plastic. Stops litter spills, ...fines odors, hides wastes. ...es in brown, beige, avocado, ...w blue & white. 7" dia. hole for ...y entry. For cats 12 lbs. or over ...95 ppd. 12 lbs. or less $16.95 ...l. Haugen Prod., Dept. BH-1, 799 ... Huron St., Ann Arbor, MI 48103.

continued

Science
NO-SEED
Blossom-set®
for EARLIER TOMATOES
Used 31 Yrs. World Wide
• Stops Blossom-Drop!
• Makes Blossoms Set Fruit!
• Bigger, Better Tomatoes!
• More on Every Plant!
• *Many Completely Seedless!*
AEROSOL SPRAY CANS
5 oz. $1.49.....7 oz. $1.79
12 oz. $2.59
4 oz. bottle (makes 1 gal.) $1.00
dealers everywhere!
SCIENCE PRODUCTS COMPANY, Inc.
201 N. Tripp Ave. Dept. BH-65 Chicago, Ill. 60646

ADJUSTABLE T.V. POLE
Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14" deep. 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!
Made in U. S. A.
Extension for higher ceiling, add $2.00
We ship in 24 hrs.
$13.95 Plus $1.00 postage
Write for FREE catalog
Holiday Gifts
Dept. 406-A
Wheat Ridge, Colorado 80033

...ASEMENT TOILET
Flushes UP
TO SEWER OR SEPTIC TANK
— NO DIGGING UP FLOORS —
— Write . . McPHERSON, INC. —
Box 15133 • Tampa, Florida 33684

TALL GALS
Send Today for FREE Shoe Fashion Booklet V
SIZES up to 14
See how easy it is to be fitted Direct via Mail in Shoecraft Famed Fifth Avenue Shoes at low money saving prices.
NO RISK TO YOU!
Satisfaction Guaranteed or Your Money Back.
SAVE MORE MONEY!
No Extra Charge for Sizes to 14
Perfect Summer sandal in camel or white leather. Sizes 9 to 13.
HI FI $17
SHOECRAFT 603 FIFTH AVE. NEW YORK 10017

THE "BEAUTIFUL" PLANT BOOKS

Foliage Plants

America's newest, most popular House Plant Books

FOLIAGE PLANTS FOR MODERN LIVING. In the wake of the popularity of house plants comes volumes of advice on their care and feeding. Some even advocate whispering sweet things in their lovely leaves! But basic good care—proper temperature, light and water, is still the best formula for healthy, happy plants. Here are over 134 full color pictures, on 84 pages with descriptions of many, many of the most popular varieties.

Price: $3.20 ea. includes postage and handling.

HANGING PLANTS FOR MODERN LIVING. Add a touch of elegance to any room with lovely hanging plants. From Aralia to Zebrina this new introduction, beautifully illustrated, shows which varieties make good hanging plants, how to care for them, and where to hang them. Printed in full color, this is a comprehensive aid to plant identification as well as an excellent idea book.

Price: $3.20 ea. includes postage and handling.

For plant identification and complete, easy to follow care instructions

All plants are shown in big, bright, full color pictures. Each is identified with its common name and botanical name (if you talk to your plants, call them by their right names). Both books have a section on helping your house plants to adjust to new surroundings and what to do with them when you are away. They also provide information on containers, drainage, repotting, soil mixtures and methods of watering. For those who prefer to grow with artificial light, complete information is given.

Send coupon with check or money order to Merchants Publishing Co., 20 Mills St., Kalamazoo, Mi. 49001. These books make wonderful gift ideas.

PRINT CLEARLY—THIS IS YOUR MAILING LABEL

merchants publishing company
20 mills street • kalamazoo, michigan 49001

Please send me the following books

_____ FOLIAGE PLANTS FOR MODERN LIVING

_____ HANGING PLANTS FOR MODERN LIVING

NAME _____

STREET _____

CITY _____

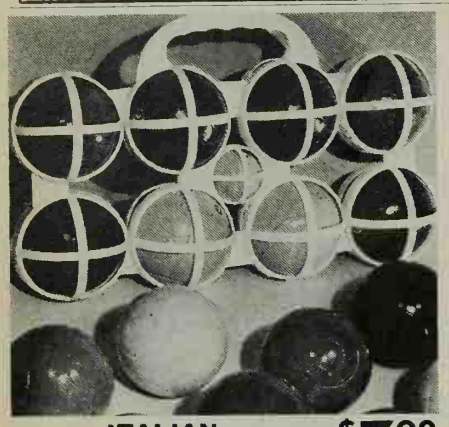
STATE _____ ZIP _____

NEEDLEPOINT SCHNAUZER

This adorable Schnauzer design has already been carefully hand-worked on 10-mesh needlepoint canvas. You just fill in the background (background yarn not included.) Finished size: 15" x 15". Only **$7.95** plus 50¢ postage. Add **$3.50** for five skeins of scarlet background yarn.

Send 25¢ For Next 4 Issues Of Our Art Needlecraft Catalog.

The Stitchery Dept. BHG306, 204 Worcester Turnpike Wellesley Hills, Mass. 02181



ITALIAN BOCCIE BALLS

$7.98 Add 95¢ Post.

The national game of Italy can now be yours. Authentic Italian Boccie balls provide outdoor fun for the entire family. Mom, Dad and the kids can play in their own backyard — a special playing surface is not required. Wood balls come in handy carry case with complete instructions.

MONEY BACK IF NOT DELIGHTED

HARRIET CARTER, Dept. BHG-14056 Plymouth Meeting, Pa. 19462

LIFE LONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This identification Tag has all the necessary information for his safe return — pet's name, your name, address and phone number — all embossed FREE. Lifetime polished stainless steel, complete with collar hook. **$1.00** ppd. Satisfaction Guaranteed.

WEST-BERG ENTERPRISES, LTD.
Dept. 506, 2842 E. Serendipity Cr.
Colorado Springs, Colorado 80917

Throw Away Extra Pillows

Enjoy new comfort with your back, shoulders and head gently raised and cushioned on this light buoyant foam wedge. Provides a gradual slope for more healthful, restful sleep. **Head Elevation** comforts diaphragm hernia, hypertension, acid regurgitation; breathing, bronchial and heart ailments. **Leg Elevation** eases varicose and other leg discomforts. 27" long. Washable zipper cover. **FOAM-SLANT** comes in heights most often prescribed by doctors. Order 4" high for 2 pillow users **$15.00**; 7½" high for 3 pillow users **$17.00**; or choose extra high 10" at **$20.00** or 12½" at **$23.00**. We pay postage, ship in 6 hours. Send check to:

Better Sleep Inc. BOX BZ
New Providence, New Jersey 07974
MONEY BACK GUARANTEE

Finest Value **IRIS** 7 FAMOUS VARIETIES **$3** (Min. $7 Value)

7 Magnificent "Rainbow" Colors!

Save 57% on hardy, fully guaranteed & easily grown Iris. Lovelier each year. 1 each amethyst, bicolor, black, pink, plicata, red and yellow. ALL 7 only $3 ppd. in 48 States. (No C.O.D.). Offer ends Aug. 1. 96-page color catalog FREE with order; or send $1 for catalog only.

GILBERT H. WILD & SON, INC.
BHG-675, Joplin St., Sarcoxie, Mo. 64862

Color PHOTO Bargains

16 WALLET SIZE or 3—5 x 7 ENLS. or ONE 8 x 10 ENL. Your Choice **$2** Full Color

or Super! 12 WALLET SIZE with FREE 5x7 ENL.

Finest quality silk finish smudge-proof photographic paper. Send any color photo (8x10 or smaller), color neg., or slide (photo preferred). Ret. with order. *Add 35c per selection for postage and handling, and additional 50c extra for First Class service.* Satisfaction guaranteed or money back

QUALITY VALUES 614-S, New Rochelle, N.Y. 10804

TEXAS BEAUTY

$5.95 ppd

(initials free with this ad)

Money Back if not delighted

Popular purse in finest simulated leather. 12" x 12" with 5 pockets—4 outside, one inside. Choose from Black, White, Red-White-Blue, Red, Bone, Navy, Tan or Brown. Gold tone initials. Prompt shipment. Free Catalog.

TEX-MADE, BOX 16125, DEPT BHG, HOUSTON, TEXAS 77022.
Sales representatives wanted

WHO WAS SHE?

What ancient Mimbres Indian woman potter started the artistic outpouring of original ideas and executed them as unusually realistic black on white paintings 500 years before Columbus? Frankly, we don't know, as this southwestern culture ceased to exist before historians could record her name. However, some of the Mimbres pottery has survived the centuries and we have made replicas of one of the designs on 7½" fine china decorator plates that will enhance the decor of any room.

$3.00 plus 75¢ P & H

GRANGER INDUSTRIES
2040 Rose Lane
Las Cruces, N. M. 88001

"The Only Person" marker

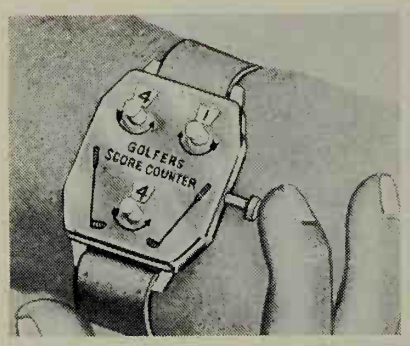
Homespun philosophy with meaning for those who work under an "end of the week" deadline. Silver lettering engraved in solid oil-rubbed walnut, 24K gold border highlights the wording. 4½"x2", style PF49. $2.95 ea. ppd. 3 or more $1.95 ea. ppd. Spear Eng., 3022 Spear Bldg., Colorado Springs, CO 80933.

Bronze baby's shoes

For a limited time only, baby's first shoes are gorgeously plated in solid metal for just $3.99 a pair. Also available: portrait stands (shown), bookends, TV lamps. Perfect gift for grandparents. Send no money; write for full details and money-saving certificate: American Bronzing, Box 6504-F2, Bexley, Ohio 43209.

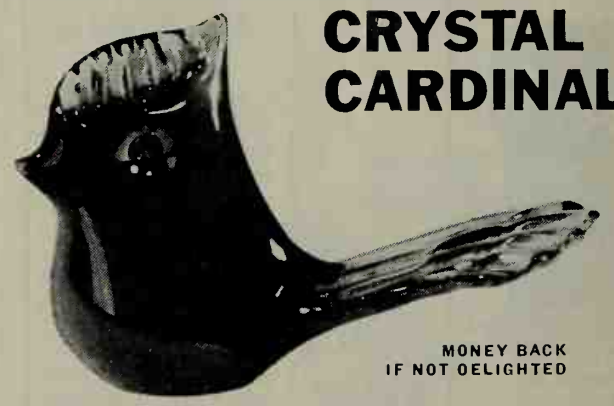
Posture maker

Can help both men and women correct slouch and slump. Also, helpful in holding your body straight, shoulders back and head high. Soon you automatically assume the position nature meant you to have. One size fits all, $3.98 + 50¢ post. American Consumer, Dept. PM-88, Caroline Rd., Philadelphia, PA 19176.



Automatic golf scorer

Keep track of your golf score the easy way. Wear it like a watch; no need to carry a pencil & tally card. Automatically counts strokes and scores total. Three different windows. In gold-tone, tarnish-proof metal case with leather strap. $3.98 + 50¢ post. Holiday Gifts, Dept. 406-N, Wheat Ridge, CO 80033.



CRYSTAL CARDINAL

$5.50 2 for $9.98 Add 50¢ Post. per order

An original by Bosse! A cheery, color note to brighten your eye and spirit. While you can't hear its melodious trills, you can appreciate the radiant ruby beauty of gleaming crystal. Handcrafted in Sweden with each piece signed by the designer. Bosse. About 3".

MONEY BACK IF NOT DELIGHTED

HARRIET CARTER
Dept. BHG-14256
Plymouth Meeting, Pa. 19462

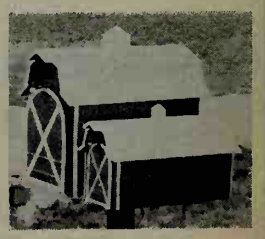
Personalized Pet Placemat

Handsome foam placemat for your beloved pet! Saves messy spills and drips on floors —won't slide around as animal eats. Decorated with black lettering and design, personalized with your pet's own name. Special place in center for feeding bowl. 22" x 14" mat wipes clean easily. Specify dog or cat.

$1.69 plus 35¢ handling each.

HOLIDAY GIFTS
Dept. 406-E, Wheat Ridge, Colorado 80033

BUILD FOR FUN OR PROFIT



Build a Little Red Barn Mail Box Cover designed to fit over a standard #1 (6¾" x 19" x 8½") box, or plans for large #2 (11" x 23" x 15") rural approved box, without removing your old box, flag, or post. The lid will serve as a barn door. Use the flag as a silo when erected. Easy to build using ⅜ ext. plywood. No trouble with angles, just use the pattern. Send **$2.00** for plans and material list for #1 box. No. 2 large box plans **$2.00.** Both plans **$3.00.**

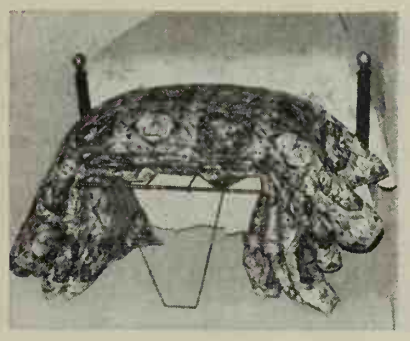
HAMMOND BARNS
BOX 584, DEPT. 41
NEW CASTLE, INDIANA 47362

...ker/l...e away burnt-on grease

...magic miracle cleaner for aluminum, ...den nickel, stainless steel, cast iron, ...Sheffield and brass. Removes grease ...rubbed encrusted build-up from fry-...gilligan burner wells, barbecue grills ...Price. Will not darken or pit utensils. ...95 ea. $2.98 + 50¢ post. Anthony ...Brian Enterprises, Dept. BHG-65, 585 ...3. Market St., San Francisco, CA 94105.

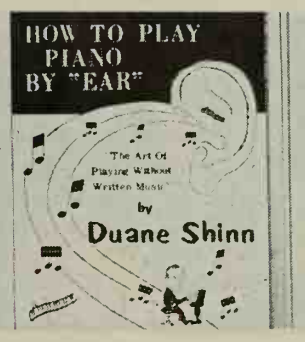
...dy bedspread caddy

...Easier bed-making, no folding ...y spreads, pull hidden caddy ...between spring & mattress; lay ...shown and back. Legs swing into posi-...t gift for. Ideal for low or no footboards. ...ey; white queen, or double beds need ...-saving. $7.83 ea.; 2/$14.83 + 90¢ post. ...ng. Brackett's, Dept. BHG-6, Box 12274, ...9 Dallas, Texas 75225.



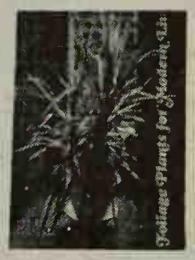
...y piano by ear

...Easy if you don't know one note ...helpful another. It's a matter of two ...shortcuts: learning to re-create the mu-...on your "shape of the tune of a song ...positions how to form chords. Also, how ...the sus...hart a tune. "Chord Prediction ...ench...rt" is a bonus incl. $3.95 + 55¢ ...caroline... J. W. Holst, Inc., Dept. BE-65, ...1 E. US-23, E. Tawas, MI 48730.

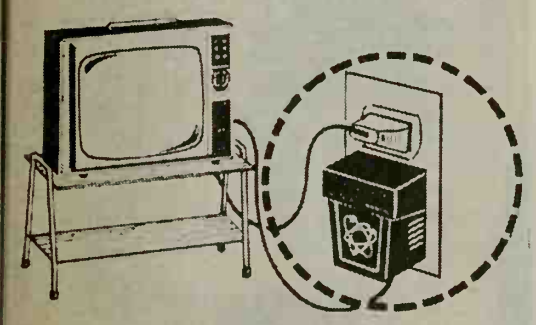


...use plant book

...liage Plants for Modern Living" ...M. Jane Coleman, Ph.D. Infor-...tive, in color with instructions for ...e of 125 house plants. If you've ...ed trying to grow plants this is ...book for you. $2.98; 2/$5.75; ...3.25 ppd. Cat. #1100. Plantron, ...Dept. 3186-10, 2207 E. Oakland ..., Bloomington, IL 61701.



continued



SECRET POWER ANTENNA

Attaches to rear of TV set and into any AC/DC outlet to bring in marvelously crisp, clear pictures and eliminate all manner of ghosts and electronic gremlins. Unseen antenna eliminates need for ugly roof equipment or old-fashioned rabbit ears. For AM/FM, UHF/VHF, Black & White or Color sets.

Secret Power Antenna
$6.98 + 50¢ Mailing Each
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises
585 Market St., Dept. BHG-65
San Francisco, Calif. 94105

Patti-Stacker

NO MESS-Perfect patties everytime 4" in dia. as you form you also stack them. Neatly separated by reusable plastic discs that come apart easily even when frozen. Ideal for freezing large qtys. 8 discs incl. extras avail. Patti Stacker $4.95 + $1 PP. Extra discs 24/pk $1.10 + .65 PP. VALLEY PRODUCTS
P.O. Box 12821, St. Paul, Minn. 55112

EAGLE SUN DIAL

Tell time like the ancients did 3,000 years ago! This heavy 9" diameter aluminum sun dial is an authentic reproduction. Raised Roman numerals, lettering ("I count none but sunny hours") in goldtone. Weather resistant antique verdi green finish. Perfect for garden, pool, patio.

$6.98 plus 50¢ hdlg.

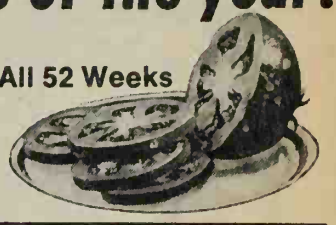
HOLIDAY GIFTS
Dept. 406-F, Wheat Ridge, Colorado 80033

AMAZING $1 OFFER

MIRACLE HYBRID DISCOVERY

Gives you armfuls of LUSCIOUS TOMATOES All 12 months of the year!

A Living "Tomato Factory" All 52 Weeks Of The Year! Great for fresh-off-the-plant salads and sauces *all year round.*



Indoors — Outdoors — It simply weighs itself down with tomatoes all 52 weeks of the year!

Yes, it's one of the most spectacular horticultural developments of all time — this incredible, everbearing 'Tomato Factory' that just refuses to stop producing cluster after cluster of tomatoes ALL YEAR LONG!

No doubt about it — what you are now looking at is one of the most remarkable hybridizing achievements of the 20th century. Probably the most thrilling plant development you've ever seen in your life. Because when in your life have you ever seen, heard or dreamed of a tomato plant that offers you all of these miracle features:

- Produces, produces and produces all year long as new waves of tomatoes appear CONTINUOUSLY!
- Professionally bred to be super-hardy: Meaning they require no special care, no special sprays, no special feeding. All you do is water them and pick them — for the most luscious, tasty tomatoes you've ever sunk a tooth into.
- So much meaty goodness from so little space. Just a one square foot patch in your garden OR, a single windowsill in your home rewards you with baskets of delicious tomatoes . . . all year round!

NEW BUMPER CROPS ALL YEAR ROUND

Yes, be the first in your neighborhood to grow this wondrous "Tomato Factory" plant — a TRIUMPH of plant scientists in their search for a true all-year, everbearing tomato. Imagine the thrill of picking fresh salads almost daily as these solid, meaty tomatoes pour forth on wave after wave of growth spring, summer, fall and winter too! And even more amazing, tomatoes so desperate to produce that for every cluster you pick a fresh new cluster of meat-packed tomatoes rushes forth to take its place.

And remember — rich, thick foliage and profuse golden flowers also make them a wonderful home decoration. So — you get a continuous parade of beauty — mouthwatering taste-treats by the platterful when you grow these spectacular all-year, everbearing hybrid wonder-tomatoes.

Yes, the same meat-packed beauties you've seen selling in fancy food stores for up to 75¢ a pound — now yours for mere pennies apiece . . . and you pick 'em all 52 weeks of the year. Cost? A mere $1 per plant — works out to about a nickel a basketful of 6 luscious tomatoes.

© 1975 ACI

MAIL NO-RISK COUPON TODAY

AMERICAN CONSUMER, Dept. A-10
Caroline Road, Philadelphia, PA 19176

Please rush me the number of everbearing tomatoes I have checked below. I understand that each one comes in its own growing pot, all ready for me to grow either indoors or outdoors.

CHECK OFFER DESIRED

- ☐ 1 Everbearing tomato ..... **$1.00** (plus 25¢ postage & handling)
- ☐ 3 Everbearing tomatoes ..... **$2.00** (plus 50¢ postage & handling)
- ☐ 6 Everbearing tomatoes ..... **$3.00** (plus 75¢ postage & handling)
- ☐ 12 Everbearing tomatoes ..... **$5.00** (plus $1 postage & handling)

Name
Address Apt.
City State Zip

Add Sales Tax Where Applicable.
SATISFACTION GUARANTEED OR MONEY REFUNDED IMMEDIATELY!

HERB-DESIGN PLANT POTS!

Earthenware plant pots, small enough for a window-sill—enchanting all in a row! Each 3" across, 3" high, with saucer, drainage hole and plug. Speckled glaze with ass't. herb designs. Set of 4.

7772—Herb-design Plant Pots ..... 1 Set $7.98
Add 80¢ post. and hdlg., N.Y. res. add taxes

LILLIAN VERNON Dept. HG2 510 S. Fulton Ave. Mt. Vernon, NY 10550

GENUINE LEATHER OFFER

Super-soft Genuine Leather with cork wedge and rubber sole. Two buckle straps adjust for sure comfortable fit. **White, Camel, Navy. Full & ½ sizes 5-10M, 6½-10N, 5½-9W.**

REG. $14 SPECIAL PRICE $11
Add $1.00 post.
$5 Deposit on C.O.D.
Satisfaction guaranteed

OLD PUEBLO TRADERS B6A
600 So. Country Club Rd., Tucson, Az. 85716

160 CRAFT IDEAS FREE

Love to make beautiful, useful gifts and crafts? Send for this Idea Book with over 160 exclusive projects you'll see nowhere else. All available in easy-to-assemble kits, complete with everything you need.

Send just 25¢ to cover postage & handling to:
GIFT CRAFT CATALOG, Dept. K-204, Handcraft Bldg., Des Moines, Iowa 50337

Ask about sterling silver, china, crystal by mail on Jaccard's club account, a year to pay, 10% down, with no interest.

JACCARD'S
JEWELERS SINCE 1829
22 Petticoat Lane, K.C., Mo. 64106

ADDRESS LABELS with NICE DESIGNS

Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½"x½". 500 on white or 250 on gold, $2.50 ppd. Or on Deluxe Size, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via Air, add 39¢ per order. 80 p. catalog, 25¢. Bruce Bolind, 156-L Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

TEAR OUT AND MAIL

"BIG 4" TABLETS:

Kelp, Vit. B6, Lecithin & Cider Vinegar

1 KELP

2 VIT. B6

3 LECI-THIN

4 CIDER VINEGAR

100 BIG 4 Tablets for $2.98

500 TABLETS FOR $9.85

WE PAY POSTAGE

OFFER GOOD NEXT 2 WEEKS ONLY

SAME FORMULA OTHERS CHARGE $5.00 AND UP FOR!

MAIL-ORDER CERTIFICATE

NUTRITION HEADQUARTERS
104 West Jackson
Carbondale, Illinois 62901

☐ 100 for 2.98
☐ 500 for 9.85
☐ 1000 for 16.49

NAME

ADDRESS

CITY STATE ZIP

N2549

© 1974 NUTRITION HDQS

SAVE DOLLARS

GET RID OF UNWANTED HAIR

Amazing Lemos Permagon destroys hair roots instantly—one by one—without pain. No wire connections. Uses tiny batteries (included). Same electrolysis system experts use to remove hair permanently from face, arms, legs and body.

LEMOS PERMAGON $11.98 + 50¢ Mailing

Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-65
585 Market St., San Francisco, Calif. 94105

DO YOU HAVE DIFFICULTY RISING OR SITTING?

Discover Burke's Elevating Swivel Rocker.

Our swivel rocker's seat gently lifts you to your feet or lowers you into a sitting position. Its swivel base turns full circle. Enjoy stationary or as a rocker for soothing relaxation.

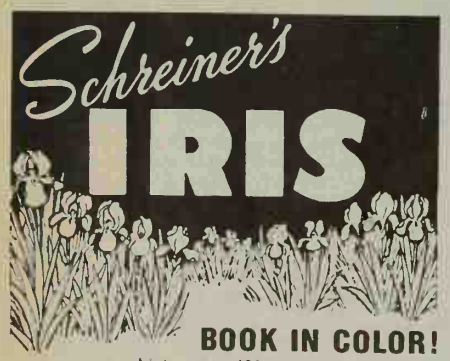
Burke's swivel rocker can mean new ease and greater independence for you—or someone special to you.

BURKE INC. BOX 1064, DEPT. BHG6 MISSION, KANSAS 66222 (913) 722-5658

Write for free color catalog, price list and information on our TRY BEFORE YOU BUY plan with no obligation.

For families who enjoy and take pride in their homes, there's no more appropriate gift than a subscription to *Better Homes & Gardens.*

Schreiner's **IRIS**



BOOK IN COLOR!

Send 50c for your copy TODAY!

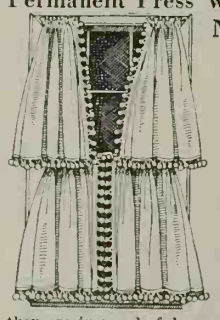
Lists over 400 gorgeous iris—300 pictured in natural color. 72 pages of dwarf, tall bearded, siberian, spuria iris. New colors — how to plant — special offers — brimful of information. "Iris Lover's Catalog."

SPECIAL: RAINBOW ASSORTMENT of 8 different kinds, labelled and postpaid. A#1 Oregon Grown roots and the catalog for $6.00

SCHREINER'S GARDENS
3634 Quinaby Rd., Salem, Oregon 97303

CURTAIN CHARM

Permanent Press With Ball Fringe
Natural or White



Tiers: 20", 25" ..... **6.00** pr.
30", 36", 40" ..... **6.50** pr.
Tiebacks: 15" 54", 63" ... **8.50** pr.
72", 81", 90" ..... **10.50** pr.
Valance: 10" x 80" **2.75**
(90" wide per pr.)

For years New England housewives have used charming Country Curtains in their homes. Here they are in wonderful permanent press . . . truly a no-iron fabric in warm beige-tone or sparkling white blend of cotton and polyester.

Satisfaction guaranteed. When ordering please specify natural or white. Sorry no COD's. Mass. res. add 3% sales tax. Postage and handling: under $10 add $1, for orders $10 and over add $1.75. Send for free catalog.

COUNTRY CURTAINS
Dept. 64, Stockbridge, Mass. 01262

NEEDLEPOINT PORTRAIT KITS

Send clear color or B/W photo (returned) with color info. Kit includes artists head to shoulder portrait of your subject on canvas, wool for hair, face and clothing plus easy to follow numbered instructions. Size 10"x14" $24.95, 14"x18" $34.95, 18"x22" $39.95. Available in embroidery kits, same prices. Each additional subject on embroidery linen or needlepoint canvas $15. Pets, same prices. Add $2.00 for insured post. and handling. N.J. res. add 5% tax.

NEEDLEPOINT PORTRAITS LTD.
Studio 208, 20 Nassau Street, Princeton, New Jersey 08540

Phone "privacy button"

You can talk with another pers... the same room without interru... the party on the line using t... Sound Barrier. Press a small ... ton and you can cut-off the t... mitter. Telephone privacy is a... sured. $4.95 each. Good... Products, 137 Sierra St. El... gundo, California 90245.

Calling card money clip

For that extra special gift for ... favorite businessman. Any busi... card in miniature finely etched ... sterling silver. Include logo, tra... mark or a lodge emblem. A... unusual service award or a last... handsome gift. $22.98 plus ... post. Holiday Gifts, Dept. 40... Wheat Ridge, Colorado 80033.

Baby seat that floats

Mothers appreciate this built-... babysitter. Made of unsinkable ... foam plastic with a cloth bucket seat ... that holds child firmly. Fun for ... toddlers to first graders. Appr... 20"x26"x11"; $6.98 + $1.19 p... Catalog 50¢. Order from House ... Minnel, Dept. 265E, Deerpath R... Batavia, IL 60510.

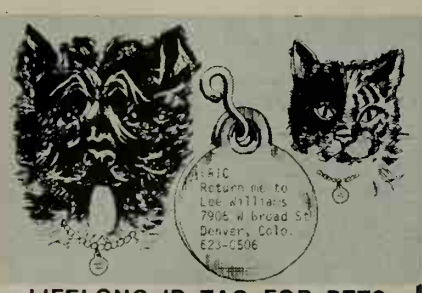
Brilliant bands and guards

Lovely rings that look real. Bague... bands with simulated diamon... $8.95 ea. Guard rings with simula... rubies, emeralds, sapphires, top... jet, amethysts, aquamarines or d... monds. $5.95 ea. In sterling silver ... 10-kt. yellow gold-filled. Send si... Lions, Dept. 96BG, 665 Middle Ne... Rd., Great Neck, NY 11023.

Stand up straight!

Amazing PiPeer Shoulder Brace ... corrects posture instantly and ... comfortably. Provides even, dis... tributed support for sagging ... shoulders. No fitting. Made o... ventilated 3-ply material. Arm ... bands are softly padded. Men ... send chest measurement, women ... measure below bust. $6.95 + ... 75¢ post.

Piper Brace, Dept. BH-65SH
811 Wyandotte
Kansas City, Mo. 64105



LIFELONG ID TAG FOR PETS

Don't worry about your dog or cat getting lost. This stainless steel lifetime identification tag displays all the necessary information for his safe return—pet's name, your name, address and phone number, all engraved free. Hook for easy attachment to collar. Specify dog or cat.

$1.00 Ppd.

HOLIDAY GIFTS
Dept. 406-J, Wheat Ridge, Colorado 80033

LOW COST!

BLOW YOURSELF UP

FULL COLOR PHOTO POSTER

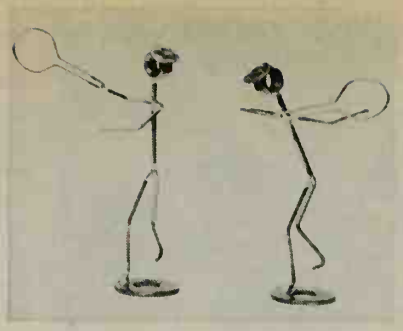
Brilliant, full color photograph... posters from any color photo. Gre... room decoration, gift idea.
1½x2 ft. 1x1½ ft. 2x3 ft.
$9.95 $7.95 $14.95

BLACK-AND-WHITE POSTERS Fr... any b&w or color photo, Polaro... or illustration.
2x3 ft. — **$3.95** 1½x2 ft. — **$2.95** 3x4 ft. — **$7.**
$2.00 **SPECIAL!** B&W duplicates — 1½x2 or 2x3 only $2.00 ea. with original b&w or color order.
RUSH SERVICE! Shipped 1st class in 1 day. Addit. ... per poster. B&W only.

If ordering from slide or neg., add $1.00 per poster. Yo... original returned. Add 50¢ pstg. & hdlg. for EA. ITE... ordered. N.Y. res. add tax. Send check, cash or MO. No COD's.

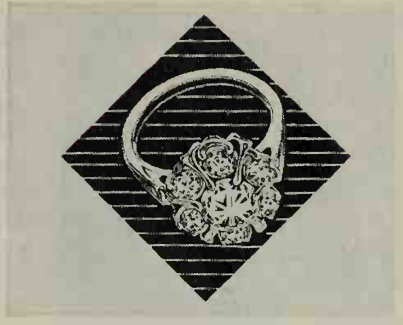
PHOTO POSTER, Dept BH-65, 210 E. 23 St. NYC 100...

players



"love" at first sight when is used as a gift or tennis A crafted wire sculpture Specify forehand or back- Style Q-59, $3.95 each .50 pair ppd. Order from Engineering, 3024 Spear , Colorado Springs, Colo- 0933.

ss ring



Cocktail Ring, ½ carat soli- nter stone; 6 sparkling side Total weight 2¼ carats. Cut ished as natural diamonds. ilver mounting only. $14.95 at. #6116. Tiara Galleries, Plantron, Inc. Dept. 3177-10, Oakland Ave., Bloomington, 1.

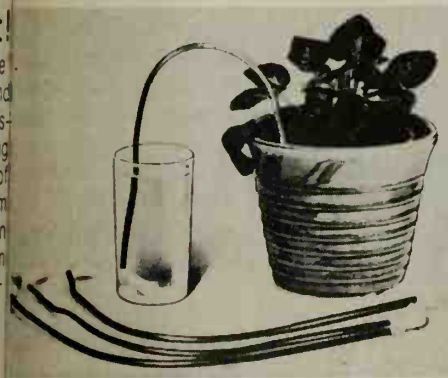
1000 home designs

llustrated floor plans, exteri- designer Richard B. Pollman. & 2 Story Homes; 185 One Above 2000 sq. ft.; 250 One Below 2000 sq. ft.; 180 Multi- Designs; 223 Vacation Homes; ea. 5 titles/$7.95. Home rs, Dept. BHE56, 16310 River, Detroit, MI 48227.

ric sinus mask

ed to apply heat to both up- d lower sinuses to help dry gestion from colds and aller- hree settings for moist or dry washable flannel cover. You'll comfortable you'll wonder ou ever lived without it. $11.98 post. Harriet Carter, BHG- Plymouth Meeting, PA 19462.

continued



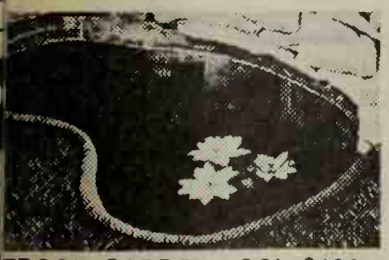
PLANT "NURSEMAIDS"

Water plants while you're away. Amazing wicks feed moisture to plants for up to 8 weeks. Insert one end of wick in soil, other end in water. Will not rot or mildew. Set of 4.

Plant Nursemaids
$1.98 + 20¢ Mailing Each

Calif. residents add 6% sales tax
Satisfaction guaranteed

Anthony Enterprises
585 Market St., Dept. BHG-65
San Francisco, Calif. 94105



TDOOR GARDEN POOL $498

ify your garden with this one-piece sunken n pool for live goldfish and exotic water One water tight piece of aqua colored ropylene. Easily installed. Ideal garden 3'5" x 2'3" x 8" deep at ground level. Re- d water lily pot holds 1 to 3 bulbs. $4.98 lete or 2 for $9.75. Water Lily Bulb FREE each pool. Add 50c for shipping.

chigan Bulb Company, Dept. OS-1411, Waldorf N.W., Grand Rapids, MI 49550

n you purchase items through the mail, ure to include your zip code number on y order.

How to Housebreak Your Pet

Train-O-Mat® makes it easy

No more stained carpets. When dog scents chemically-odorized mat, instinct says, "Here's the spot." No fuss or bother. Mats are disposable; both pole and 18" square holder are washable. Kennel-tested. Satisfaction or money back.

Holder & 2-mo. supply of mats 4.98
Holder & 6-mo. supply of mats 6.98
Attachable 12" pole for male ... add 50¢

Enclose 75¢ postage

G & G RESEARCH
Box 12274-37 Dallas, Texas 75225

Hawaiian "Good Luck"

ti plant

Guaranteed to grow!

Believed by Hawaiians to possess mystical voodo power, it was planted to bring Good Luck, Long Life, and Lasting Love.

It grows out of a log —SO FAST THAT YOU CAN ALMOST SEE IT GROW! All you do is put the Ti log in water and watch it grow! When it sprouts, put it in a pot. The bigger the pot the bigger it will grow . . . from one to six feet tall. You can have the size you want. Grow it in sun or shade — it blossoms! The Hawaiian Ti Plant makes an ideal gift. Send good luck to your friends and loved ones.

Choice of red or green leaves. Guaranteed to grow!

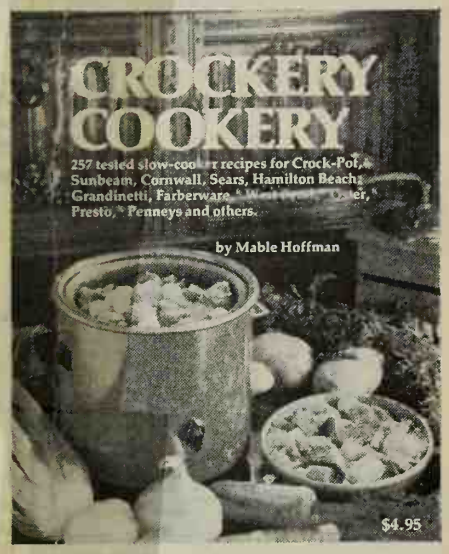
ONE FOR $1.00 3 for $2.50

Please add twenty five cents for postage and handling.

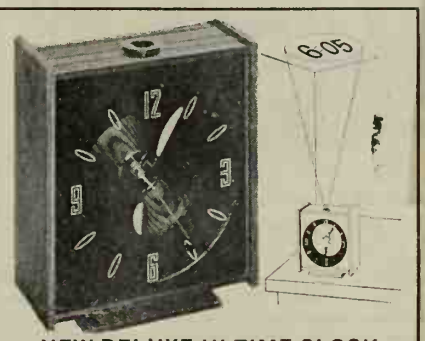
ROBERTA'S Dept. BH-15 P. O. Box 630, Shelbyville, Indiana 46176

EXCITING NEW STYLING — SENSATIONAL COMFORT!

"KATHY"—Sporty and spirited wedgies with super-soft foam-cushioned insoles and bouncy crepe soles. Beautifully grained, stained-wood 1¾ inch wedge heels. In Black, White, Red, Navy or Bone. $9.95. Sizes: 4 through 12; Narrow, Medium or Wide widths. No half sizes over 10. $1.00 extra per pair for sizes over 10. Add 75¢ postage for each pair ordered. Money refunded if not delighted.
Free catalog. Write: SOFWEAR SHOES, Dept. KY., 1711 Main, Houston, Texas 77002.



Delicious food from your Crock-Pot® or other slow cooker. Rib-sticking stews, hearty soups, tasty meats, poultry and vegetable dishes to whet your family's appetites. Elegant gourmet dishes include Teriyaki Steak, Stuffed Turkey Breasts, Chicken Marengo, Gourmet Leg of Lamb, Burgundy Duckling, Flank Steak in Mushroom Sauce, and Rhineland Sweet-Sour Cabbage. Hot appetizers and beverages. Includes breads, cakes and puddings! $4.95 paperback, $6.95 hardback. Add 50c shipping. Satisfaction guaranteed! **H. P. Books,** Box 5367, Dept. BH65, Tucson, AZ 85703. 4058 N. 14th Ave.



NEW DELUXE HI TIME CLOCK

Imagine! Time "tip-toeing" across the ceiling over your bed. You won't have to rouse yourself into wakefulness merely to check on the nightly hour . . . just glance at the ceiling and there it is. Projected by an invisible beam in large clear numerals 3" in size so you won't need your glasses (when clock is placed 62" from ceiling). A warm Walnut wood and gleaming Brass finish. Electric with alarm 2¾"x6¼"x5½". 1 year factory warranty—$39.95. Ppd. ILL. RES. ADD 5% TAX. GIFT CATALOG 50¢. Charge Cards Accepted.

HOUSE OF MINNEL
Deerpath Road, Dept. 265, Batavia, IL 60510

CUSTOM PRINTED SHIRTS

The latest craze—you think of the slogan and we'll print it! Any slogan . . . for your team . . . club . . . candidate . . . your favorite hobby . . . or whatever. Up to 30 letters printed on these quality cotton sweat-shirts or T-shirts. Machine washable, paint will not run or fade. Colors are powder blue or navy blue. Size S, M, L, XL. Specify size & color. Add $2.00 extra for printing on both sides. We ship in 48 hours.

Sweatshirt **$6.95**
T-shirt **$4.95**

Write for FREE catalog of gifts

HOLIDAY GIFTS
Dept. 406-H, Wheat Ridge, Colorado 80033

PIERCED EARRING CASE

This case will keep your favorite pairs of drops and studs together and untangled. Lovely brass earring case is 2¾" x 2½" x ½" and has 8 velvety compartments in two sizes. Small tongs included to pick up your daintiest earrings. Comes engraved with 3 initials. Please specify. Ideal for travel as well as everyday use. **$4.95** postpaid. 80-page Useful Gifts Catalog, 25¢. From **BRUCE BOLIND, 156-E Bolind Building, Boulder, Colorado 80302.** [Since 1956, thanks to you!]

Good things to come.

The Tal wishbone is a good luck charm to carry with you always. Its graceful beauty reflects the grace of the wearer and the promise of a wish to come true.

Wishbone Pendant, Sterling Silver matched with our 24" Sterling Silver Rope Chain $15.00
14K Gold Wishbone Pendant $70.00
14K Gold 24" Rope Chain $45.00

Gift boxed. Satisfaction guaranteed. For American Express, BankAmericard: complete number, expiration date, signature. N.Y. State add applicable tax, N.Y.C. add 8%.

TAL CREATIONS, LTD. 75 E. 55 St., N.Y., N.Y.

Write for FREE Brochure
Dept. BHG-37

Free brochure and orders: P.O. Box 1028, Dept. BHG-37
FOR Station, N.Y., N.Y. 10022 (212) 358-5239

NO MORE WET HAIR

Keep hair dry while bathing or swimming. Absorbent Dry Band gives positive seal against moisture. Keeps hair-do safe, dry. Easy to use—practical for all ages. Simply wrap poly-foam band around head to cover hairline. Wear under shower or bathing caps. Adjustable.

DRY BAND ..... $3.98 + 20¢ Mailing
Calif. residents add 6% sales tax.
Satisfaction guaranteed.

Anthony Enterprises Dept. BHG-65
585 Market St., San Francisco, Calif. 94105

MARKET PLACE

for ad rates write Classified, 100 E. Ohio, Chicago

BARGAINS—CATALOGS

★ **GIFTS AND CRAFTS.** Colorful Idea-Packed New Catalogs. Creative Stitchery Needlework Kits (#61014). Unusual Novelties from Greenland Studios (#00088) and Madison House International Gifts (#15579). Send 25c each. Refer to catalog number when ordering. Catalogs, Dept. 8234, 4500 N.W. 135th St., Miami, Fla. 33059.

HOME AND GARDEN

★ **WEED, INSECT, PLANT DISEASE** Problems? Expert Advice. Describe problem and enclose $6.00. Poison Ivy, Weed and Pest Control Corp. of America, Box 779, Morgantown, West Virginia.

STAMPS

★ **"EXOTIC SET"**—10c with Approvals. Gorliz, Box 76457BHC, Atlanta, Georgia 30328.

OF INTEREST TO ALL

★ **COATS OF ARMS:** 500,000 names, 32 countries. Free Catalog. The Rainaud Family, 51 Lisle Hill, Wilmington, Vermont 05363.

"ANYONE CAN WRITE!" Free Authorship information . . . Academy, 1629-C Bell, Chicago, IL 60647.

OF INTEREST TO WOMEN

$300.00 WEEKLY POSSIBLE—stuffing envelopes. Start Immediately! Details $1 refundable. Royal-B1, Box 36643, Los Angeles 90036.

★ **HOMEWORKERS NEEDED** painting Novelties. Roland, Box 56, Hammonton, N.J. 08037.

$800 MONTHLY POSSIBLE addressing-stuffing envelopes (longhand-typing) your home. Experience unneeessary. Details, send stamped addressed envelope. American, Excelsior Springs, MO 64024.

MONEY MAKING OPPORTUNITIES

★ **FREE OFFER.** Make Big Money Selling Beautiful Jewelry. Send for Free catalog and Free starting outfit Heritage-S2, 103 Goodhue Building, Beaumont, TX 77701.

HOW TO EARN IMMEDIATELY Stuffing Envelopes. Send stamped envelope. United-BG, 3838½ Van Dyke, San Diego, CA 92105.

★ **HOW TO MAKE MONEY** Addressing, Mailing Envelopes. Offer details 10c. Lindbloom Supplies, 3636 Peterson, Chicago 60659.

MAKE BIG MONEY. We furnish everything. For details send self-addressed envelope. Enterprises, Box 4516-HG, Compton, Calif. 90224.

$175.00 WEEKLY correcting pupils' lessons! Samples, $1.00! Castle's, 507-BG Fifth, New York City 10017.

★ **STUFF-MAIL ENVELOPES.** $250.00+ per thousand profit possible!! Offer details: stamped envelope. Kings-BH6, B-21487K, Ft. Lauderdale 33316.

$25.00 HUNDRED STUFFING ENVELOPES. Send stamped, addressed envelope. Tayco, Box 8010, Stockton, CA 95208.

PERSONAL—MISCELLANEOUS

★ **WHAT'S A LOVE-YA' COUPON?** Ask at your favorite store.

"HEMORRHOIDS." NO NONSENSE! Two Minutes per day, experience lasting relief. "Natures Form," Box 8526, Cleveland, Ohio 44134. Money-back Guarantee.

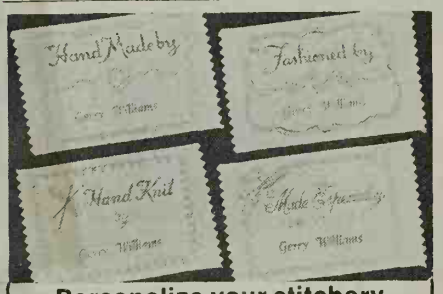
CLASSIFIED'S GUARANTEE

CLASSIFIED guarantees refund of any initial money sent in direct response to the above ads. B-6.

212 BRITISH EMPIRE 35c

A fortunate purchase permits us to offer a "Best Buy" of 212 all different colorful British Empire stamps. This especially made collection, guaranteed to have a standard catalogue value in excess of $6.50, will be sent for only 35¢ to serious collectors to introduce our superior approvals. Write today.

D. M. Darling & Co., Dept. HB, Rockville, Md. 20850

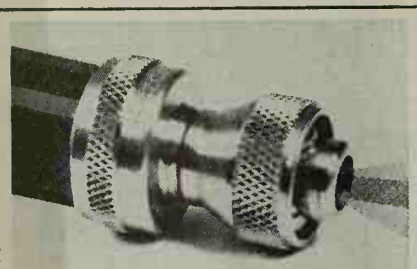


Personalize your stitchery

Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly).

15/$1.50; 45/$2.50 or 60/$3.00.

HOLIDAY GIFTS
Dept. 406-B, Wheat Ridge, Colorado 80033



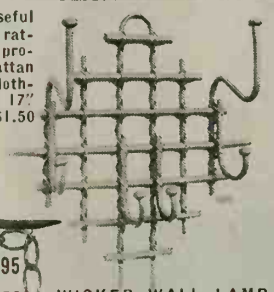
ADJUST-A-POWER HOSE NOZZLE

Quick fingertip control lets you go from pin point spray for your seedlings to fan spray for your lawn to solid jet stream to sweep your driveway, plus complete shutoff. Leakproof guarantee. Precision brass fittings, stainless steel ball-bearing mechanism. A real quality product—it's the best hose nozzle we have ever seen!

$2.95 plus **25¢** postage.

WEST-BERG ENTERPRISES, LTD
DEPT. 506, 2842 E. SERENDIPITY CR.
COLORADO SPRINGS, COLO. 80917

WALL RACK—Useful handcrafted of solid rattan, wall ornament provides six strong rattan hooks for towels, clothing, etc., 16" W x 17" H. **$7.95** plus $1.50 postage.



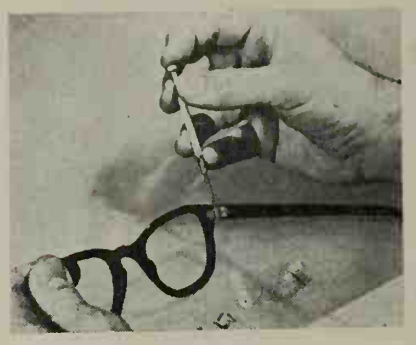
VISIT OUR WAREHOUSE SHOWROOM

WICKER WALL LAMP
Handwoven completely wired with on/off switch. 10" dia. x 9". Painted in white, yellow or green add $2.00. Use up to 100 watt bulb.

FRAN'S BASKET HOUSE
Route 10, Dept. BH6
Succasunna, N.J. 07876

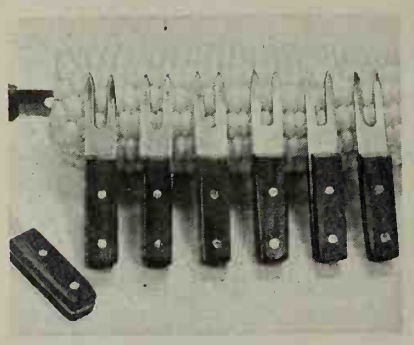
Weed easily, Weed Rooter

Here's a new tool designed to g... the roots in tapered tines. Use lik... claw hammer pulling nails; stubb... weeds and creeping grass ... pulled with little effort. Construc... with a unique Nobreak handle ... long use. $6.95 ppd. Farm Produ... Eng., Dept. BHG-1, 5701 W. Ada... Blvd., Los Angeles, CA 90016.



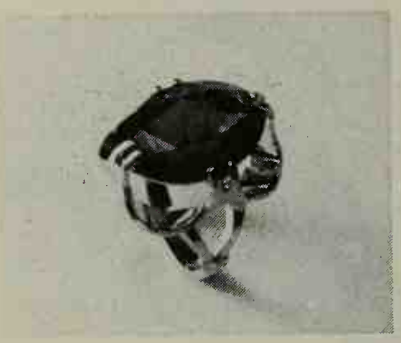
Repair eyeglasses anywhe...

This handy kit is invaluable whe... ever glasses come apart, at hom... at the office or when traveling. I... compact; carry it in your pocket. I... cludes a professional optical scre... driver & assortment of frame scre... $1.98 + 20¢ post. Anthony Ente... prises, Dept. BHG65, 585 Marke... San Francisco, California 94105.



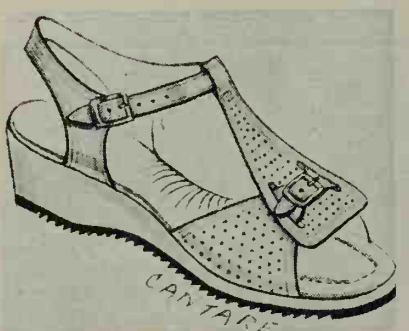
Corn pick-ups

Corn lovers will appreciate thes... handsome rosewood and stainles... skewers that make corn-eating pur... enjoyment. A perfect gift for yo... hostess. Box of eight; $3.50, t... boxes (16) $6.85 plus 50¢ postag... each box. Send 25¢ for gift catalo... Order from The Gift Tree, BH... Box 55, Kensington, MD 20795.



Sultry smoketone ring

Faceted to light the night with it... blaze! The setting is 18K Heavy... Gold Electroplated in four gracefu... loops. Simulated topaz is ¾"... oval... clasped with four double prongs... American made. Sizes 5, 6, 7, 8... #3199 $5.98 + 35¢ post. Lillian Ver... non, Dept. H6E, 510S. Fulton Ave., Mt. Vernon, NY 10550.

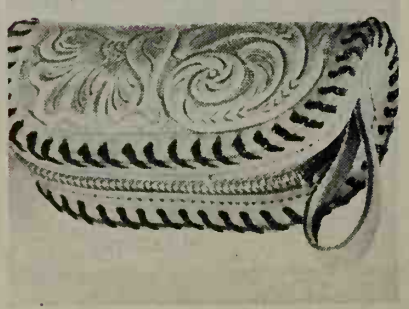


Ultimate in cool comfort

Perforated genuine leather with fa... mous Red Carpet® features: padded... lining, cushioned insoles, arch sup... ports, adjustable toe-strap, flexible... rubber sole, 1½" wedge. Choose... White, Camel, Red. Full & ½ sizes... 6-10N, 4-10M, 4½-10W. $18 + $1... post. Vicki Wayne, 610 So. Country... Club B6C, Tucson, AZ 85716.

Pretty pot trio

Turn your window sill or plant stand... into a lovely herb or flower garden... Off-white ironstone pots, hand-dec... orated in Yorktowne blue. 3¾"x3"x... 2¾" high, ea. with saucer. Set of 3/... $6.50 + 75¢ post. Catalog free with... order otherwise 50¢. Sturbridge... Yankee Workshop, BHG, Brimfield... Tpke., Sturbridge, MA 01566.

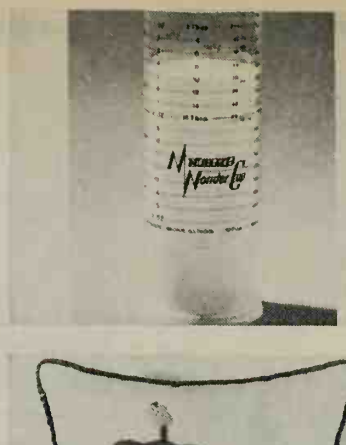


Koin Keeper—coin purse

Ideal for carrying keys, change, tokens etc. Of genuine natural leather, hand laced and has a 4" zipper. 4" x 2". Order one for yourself and several for gifts. $1 each postpaid. 6 for $5 postpaid. Free color catalog on request. Tex-Made, Dept. BHG-6, Box 16125, Houston, Texas 77022.

der cup for measuring

ce several measures with one table, self-cleaning cup. Measures liquids, granules, coffee, etc. ur scales, ounces, tablespoons, and measure for coffee. Of le plastic, 5¾" high x 2¾" dia. Q57, $1.95 ppd. Spear Engineering, 3021 Spear Bldg., Colorado Springs, Colorado 80933.

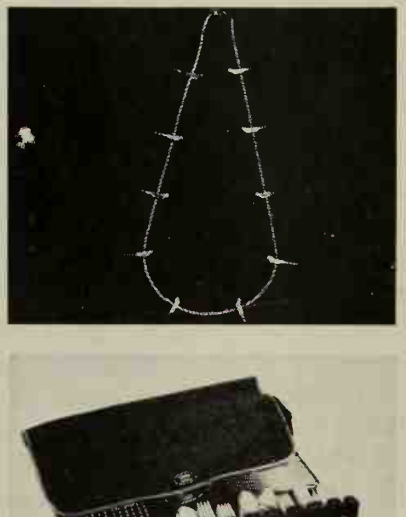


a hummingbird pillow

hose who have never sewed e, design quickly becomes an ctive pillow. Kit: design on natural Belgian linen, heavy embroidery yarn in greens, yellow, red & e; green cording, zipper & instr. w 12" x 12" $4.95 + 45¢ post. Stitchery, BHG6, Wellesley , Massachusetts 02181.

d Fetish necklace

dmade by skilled Indian craftsof the Southwest. Of quality Heshi beads and strung with handcarved mother of pearl s. Made to sell for much more; are being offered in limited ntity. $12.50 + 90¢ post. Rari-, Dept. BH6, 256 S. Robertson, verly Hills, CA 90211.



orham silverware pads

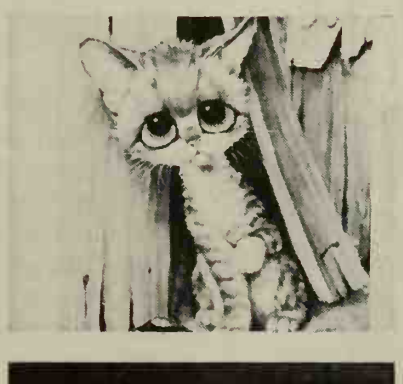
ep your silverware handy and alys ready to use. Pad fits in a buffet wer and keeps flatware in dividers Pacific cloth. Millions of invisible er flecks are woven in cloth to sorb all tarnish. Standard: 108 ces $12.95; jumbo: 120 pieces 4.95 + 95¢ post. Holiday Gifts, pt. 406-L, Wheat Ridge, CO 80033.

nore no more

ientifically designed anti-snore ask insures sound, silent sleep. ashable nylon mask fits over chin, eps jaws closed and prevents oring by encouraging proper eathing. Adjustable to fit both men d women. $3.98 + 20¢ post. Antony Enterprises, Dept. BHG65, 585 arket, San Francisco, CA 94105.

mazing art offer

resistible wide eyed kittens in olor. Created by the famous animal rtist Gig. Show all four appealing ittens Ambrosia, Cleo, Nefertiti and iger Lily. Each print 10" x 14" on eavy paper stock. $1. Three sets 2 + 25¢ post. (add sales tax) merican Consumer, Dept. WQ2, Caroline Rd., Phila., PA 19176.



American Indian jewelry

Authentically handmade Sterling Silver Navajo Indian bracelet and ring set with genuine turquoise stone. Magnificent craftsmanship, order the pair $39.95, or each piece separately, bracelet $24.95; ring $19.95 + $1 post. State ring size. Romar Sales, Dept. RS-3Q, 380 Madison Ave., New York, NY 10017.

this? or this?

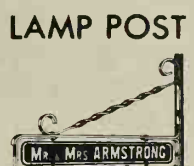
how do others see you?

present your name attractively with personalized name markers for mailboxes, lamp posts & lawns!

Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS

STYLE BR $6.95

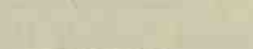


STYLE EB $8.95

STYLE NB $9.95

STYLE OB $11.95

MAILBOX MARKERS
(FIT ANY MAILBOX)



STYLE M ~~$5.95~~ $4.95

STYLE MF $6.95

STYLE EM $7.95

STYLE NM ~~$8.95~~ $7.95

STYLE OM $9.95

STYLE NOM $12.95

LAWN & HANGING MARKERS

STYLE EL $8.95

STYLE NL $9.95

STYLE HR $5.95

STYLE NH $8.95

Friends and visitors often get their first impression of you from the way your name appears on your mailbox, lamp post or lawn. Does your name appear the way you want it to? If not, you can attractively present your name on a custom-made Spear name marker for as little as $4.95! And, your Spear marker helps friends find your home easily—helps delivery men, post men and emergency vehicles find your home more quickly, too! Order today. A Spear name marker will show you're proud of your name!

- Same wording both sides. Any wording you want, up to 17 letters & numbers on long (18") plate; 6 on short (7") plate.
- Black baked enamel coated aluminum plates with embossed white reflector beaded letters.
- Solid rustproof aluminum plates, scrolls and frames.
- Easy to install. Exceeds U.S. Postal Regulations for mailbox identification.

YOUR NAME WITH PRIDE—ORDER TODAY!
(while you're thinking of it!)

If you wish to use your charge card, please fill out appropriate boxes below:

☐ master charge BANKAMERICARD ☐

Expiration Date Month/Year

Master Charge Interbank No.

Credit Card No.

SINCE 1949 SATISFACTION GUARANTEED OR YOUR MONEY BACK
WE SHIP IN 48 HOURS

Spear ENGINEERING COMPANY
4952 Spear Building, Colorado Springs, Colo. 80933

STYLE		ANY WORDING YOU WANT

PRICE $

ADD POSTAGE & HANDLING
☐ REGULAR .95
☐ FASTEST $1.60

TOTAL

RUSH PHONE SERVICE: To place BankAmericard or Master Charge orders only, call: (303) 471-9850 (no collect calls, please), between 8 AM and 4 PM, MDT, Mon. thru Fri. Ask for Sue in the Phone Order Department.

ORDERED BY _____

ADDRESS _____

CITY, STATE, ZIP _____

FUND-RAISING GROUPS & INDIVIDUALS — earn handsome profits. WRITE FOR DETAILS

FATHER'S DAY GIFT IDEA! YOUR NAME WITH PRIDE FATHER'S DAY GIFT IDEA!

The man next door®

The fishing has been great in the lakes around our town this year, and every purchasing agent I talk to says it's astounding how many traveling salesmen now feel the need to cover this territory.

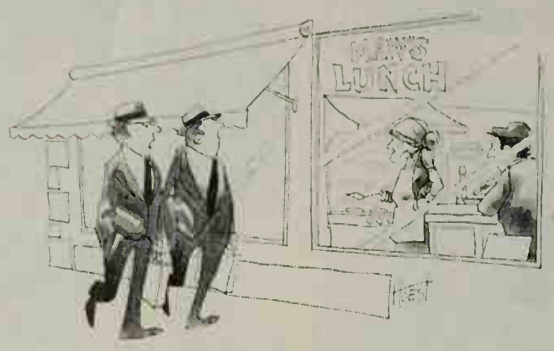
Our thrifty forefathers patched things, never threw anything away, and made do with what they had—habits for which today's antique dealers are very grateful.

Congressman Nick Hanfli says his children can't understand how he can be so critical of the seniority system in the House while supporting it so strongly in the home.

Isabel Norman says that after guarding for years a treasured recipe she got from a friend, she was stunned to read it on a canned food label.

Rosemary is spending her college vacation working with kids in the city's playground program. And we are amazed to hear that she is really quite patient and understanding with other people's younger brothers and sisters.

I reluctantly weeded out a dozen books for Christine to donate to a fund-raising sale being conducted by the women of our church, and I only hope I get there in time to buy them back.



"I don't mind eating here, but she makes me take out the garbage."

My wife, Christine, is going through a very cosmopolitan period, being deeply involved with Mexican jewelry, French language lessons, and Chinese cooking.

Eleven-year-old Judy enjoys visiting her grandparents, but says it isn't as much fun as it was before they read that article about the dangers of spoiling grandchildren.

Principal Norman Hinkle has suggested to the high school commencement speaker that this year he try to achieve a nice balance between optimism and the truth.

All the new plants and greenery around the living room seem to have given our old house cat a new Walter Mitty life, as a ferocious tiger in a dense jungle.

"All of your tests are back, and Dr. Smith and I have gone over them carefully, but frankly we don't know any more now than we did at first, except, of course, that you now owe us $134.75."

Summer has officially arrived and, according to Chris, that means it's time for the stores to stop selling summer clothes.

Kids catch newfangled fads easier than they once caught the measles. And when Rosemary came in with a strange light in her eyes, I knew she'd caught something. She went straight to Grandpa Hillis.

"Grandpa," she began, "some of my friends have a new way to help their folks beat the high cost of living."

"How?" he asked.

"By gathering wild foods," she explained enthusiastically. "Why don't we try it?"

"We?" he snorted. "Why we? Why not just you?"

"Because I don't know the edible things." She patted him on the head. "You know them all," she flattered. "Why don't we gather from the woods tomorrow?"

"No, I think I'll pass on that one," he said, "and I'll tell you why."

Rosemary sat on a low stool, cupped a hand under her chin. "When your Grandma and I were first married," he began, "we had to live mostly from the woods. That's how I learned about all those edible things. It was a necessity."

"Tell her about the time we had to have rabbit or nothing," suggested Grandma.

"That was the time we had unexpected company," he explained. "Your Grandma signaled me to the back door. 'We have no food,' she told me. 'What will we do?' Her voice sounded like tears."

"I reached for my gun. 'I'll try for a rabbit,' I promised, and I scooted out the door."

"Did you get one?" Rosemary asked.

"Finally, but I was leg-weary before I did. I dressed him at the creek, then gave our hoot owl signal as I hurried to the house. Your Grandma met me at the back door. An hour later we had fried rabbit, brown gravy, and hot biscuits. Our guests loved it."

"Just think," Rosemary enthused. "Good food at no cost at all." Grandpa Hillis rubbed his legs reminiscently. "No cost at all," he agreed.

"I think it would be just wonderful," chirped Rosemary, "to do that all over again, just like the olden days. Hunt and fish and pick everything from nature. What would you choose, Grandpa, if you had your choice of it all?"

"I'll just take some vanilla ice cream topped with strawberries," he said, "and you can make it a double dip."

Burton Hillis